

Central Ohio  
**Plastic Surgery**  
Where Art and Surgery Come Together  
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[Visit our web site.](#)

## Can you prevent skin cancer?

***"Get check ups, wear sunscreen."***

### **Australian actor Hugh Jackman issues skin cancer prevention warning**

After removal of slow-growing basal cell carcinoma from his nose earlier this month, the *X-Men* star was featured in the news talking about skin cancer prevention.

Dr. Lichten commends Jackman for his forthrightness and cautionary advice, saying, "He is correct. Check ups with your dermatologist are crucial. My patients already know how I feel about sunscreen: It's for everyone, every day."



Basal Cell Carcinoma  
Source:SkinCancer.org

The National Skin Cancer Foundation reports that 1 in 5 people will develop skin cancer in their lifetime. Fortunately, with regular check ups and proper use of sunscreen, skin cancer is highly preventable.

In honor of Skin Cancer Awareness Month, we created this Jackman-inspired skin cancer prevention quiz so you'll know how to prevent melanoma and other types of skin cancer.

### **SKIN CANCER PREVENTION QUIZ: TRUE OR NOT?**

***1. Burning isn't bad as long as your skin turns from pink to tan.***

NOT. Burning is never healthy for skin. Neither is tanning or UV tanning booths.

**2. You should do a monthly skin self-exam.**

TRUE. Just like a breast self-exam, it's important to check yourself head-to-toe every month.

**3. Avoid the sun from 10 a.m.-4 p.m.**

TRUE. Seek the shade anytime but especially during those hours.

**4. Wear a sunscreen every day.**

TRUE. Of course, it's true. More importantly, choose your sunscreen wisely. Look for broad spectrum UVA/UVB protection with an SPF of >15 for everyday; broad spectrum, water-resistant >30 SPF when swimming, running or being outdoors for extended periods of time. Reapply every 1-1/2 to 2 hours, as well as after water activities, rubbing with a towel or sweating. It simply is not enough to apply sunscreen in the morning and forget about it the rest of the day. Reapply, reapply, reapply.

**5. Hats and sunglasses are fashionable, but not required.**

NOT. Always cover up in the sun. Best choices? UV-blocking sun shades and wide-brimmed hats. Special sun protective clothing is a good idea, too.

**6. Freckles are not a sign of sun damage.**

NOT. Actually, freckles can be a sign of sun damage if they look different from other freckles or have one or more of [The ABCDEs of Melanoma](#): A - Asymmetry or unmatched halves; B - Border or edge that's uneven, scalloped or notched; C - Color variety from brown to black to blue and more; D - Diameter that is large than a pencil eraser; E - Evolving or changing in shape, color or size.

How did you do? No matter what your score, start protecting yourself from sun damage right now.

If you, like Jackman, have had a skin lesion excision and would like to learn more about [reconstructive surgery after skin cancer](#), please [request a consultation](#) or call us at 740-653-5064 in Lancaster or 614-862-8008 in Columbus.

*Dr. Lichten also recommends ...*

- *A yearly mole check from your dermatologist*
- *Daily use of sunscreen, even on cloudy days and when driving*
- *Learning more about skin cancer, including types, prevention tips and more at [SkinCancer.org](#).*



***Get your skin summer-ready***

**Upcoming Laser Events: June 11 & July 23**

We offer state-of-the-art laser procedures in our Lancaster office to improve the appearance of your skin.

- [Hair Reduction](#)
- [Skin Resurfacing](#)
- [Tattoo Removal](#)
- [Vein Reduction](#)

Call 740-653-5064 to schedule your appointment.

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## *Longer lashes and BOGO, too? Yes, please.*

### **LATISSE® Special Offer: Now through July 31, 2014**

Thin, sparse, inadequate eyelashes? You may have a condition called eyelash hypotrichosis. Ask Dr. Lichten about [Latisse](#), a prescription solution proven to grow lashes fuller, longer and darker.

Now, with this special limited-time offer, you can purchase a 5-mL kit and get a 3-mL kit FREE. You'll be well on your way to better lashes by the end of summer.

Call 740-653-5064 to schedule your appointment.

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## *Runners' Corner: What to do after the finish line*

### **Use your downtime for a just-for-you recovery break**

Congratulations, runner! You earned your next (or first) medal, achieved a new PR or reached a milestone.

Now that you're done training, tapering down and finishing the race, let's talk post-race recovery.

Dr. Lichten recommends scheduling your [plastic surgery procedure](#) during your downtime. Set your next goal race, then schedule an appointment to discuss the type and timing of your procedure(s).

Learn more about recovery time for various procedures on [Dr. Lichten's blog](#).



**Book an Appointment**



**RSVP  
Special  
Event:  
July 9**

**Try 1  
area of  
Botox  
for free**

### **Never tried Botox? Here's your chance.**

Many people are curious about Botox but afraid to try it. Here's your chance to see it erase fine lines and wrinkles.

*"I'm afraid it will hurt!"*

It's normal to be afraid and most patients feel nothing more than a little pinch. Dr. Lichten numbs the area first and we always have a stress ball on hand for you to squeeze. It helps. Honest!

*"I don't want to look frozen or scary."*

Of course you don't. That's why Dr. Lichten, a board-certified plastic surgeon does all his own injectables. The results are natural and most patients say they look more rested, less angry. Maximum results can take up to 2 weeks and last 3-4 months.

*"It's too expensive."*

Botox is one of the most affordable non-invasive cosmetic procedures. It's used (and enjoyed) by millions of men and women of all ages and skin types. Plus, we're offering one area for free when you RSVP for this very special event.

*Must be a first-time Botox user, RSVP required (740-653-5064).*

### *Same location, one floor down*

Our Columbus office has moved. We're still at 5969 E. Broad St., just down one floor from Suite 300A to Suite 202. (That's the same suite number as our Lancaster office.)

[Contact us.](#)

### *Are you extra-special?*

Of course you're are! But are you one of our VIPs, too? [Ask how you can become a VIP](#) and receive special offers and exclusive savings.

### **Say 'Hello' More Often**



