

# The Practice That Makes Perfect...



Summer 2009 Newsletter, Volume I

## Skin Cancer : BEWARE

By Michael Parisi, DO

This is the time of year when we are most focused on the heat and the intensity of the sun. The sun is wonderful but the sun can become our enemy if we do not take advantage of the ways we can protect ourselves from the harm the sun can do to our skin. The main cause of skin cancer is excessive exposure to the sun. Excessive exposure and sunburn are preventable. People with light skin are at a greater risk, but skin cancer can happen to anyone. There are also hereditary factors that lead to skin cancer. Using protection against the sun, self examination and visits to a physician if you suspect an abnormality are your best defenses.

Melanoma ( a type of skin cancer) causes the majority of deaths from skin cancer. It begins in the skin cells that produce melanin, the protective pigment that causes us to tan. The cells of Melanoma also produce melanin so the cancer appears on the skin in shades of tan, brown and black but it can be red or white. Melanoma can spread (metastasize) to other internal parts of the body. Early detection is very important for survival. It can appear suddenly **or** in or near a mole.

Basal cell and Squamous cell carcinoma are more common. These, too, are more commonly found in fair skinned people but can occur on anyone. The key to a cure for all three types of skin cancer is early detection and treatment. The best advice involves routine inspections of you body for any changes and skin examination by a  
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## MEET THE PHYSICIAN

**Dr. Michael Parisi** is a native Texan although he grew up all over the country. He received his Osteopathy degree from the University of North Texas Health Science Center in Fort Worth. He completed his internship and residency at East Tennessee State University, James Quillan College of Medicine in Johnson City, TN. He served as Chief Resident in Holston Valley Hospital in Kingsport , TN.



Prior to moving to McKinney in 1999, Dr. Parisi spent two years in practice at Scott & White Hospital Clinic in Gatesville, TX and was an Assistant Professor of Internal Medicine for Texas A&M College of Medicine from 1997-1999.

In McKinney, Dr. Parisi has participated on many committees at the Medical Center of McKinney. He was Chief of Staff and a member of the Board of Trustees.

Dr. Parisi is married with two children. Away from the practice he enjoys his family and attending his children's activities.

## MEET THE PHYSICIAN ASSISTANT

Jill Saad has been a Physician's Assistant in Internal Medicine since 2001. She earned a degree in Biology from Texas Christian University, a Master's from the University of North Texas Healthcare Center, and her PA degree from the University of Texas Southwestern Medical Center at Dallas, Allied Health Science School. She is licensed by the Texas State Medical Board, and works with Dr. Parisi, providing quality primary care to adults.



Ms. Saad is married with two children and resides in the Stonebridge subdivision in McKinney.

2009 ☀ CALENDAR ☀ 2009

### August

- **12th- McKinney New Teacher Reception**
- **14th - Allen New Teacher Reception**

### September

- **McKinney ISD Health Fair**

**Exceptional Healthcare For Our  
Community**

## MEET THE STAFF



**Erin Chandler, RN** has worked part time for McKinney Adult Medicine since 2005. She holds a BSN in nursing and has had experience in

oncology clinical research and orthopedics as well as internal medicine. Erin will tell you, " I love the patient education aspect of nursing. Helping patients understand their health issues and treatment plans is such an important aspect of my job. "

Erin lives in McKinney with her husband and two children. In her spare time she enjoys traveling to see family, around the house projects and spending time with friends.

**Shannon Winburn** is the Practice Manager for McKinney Adult Medicine. A native to McKinney, Shannon began her career in Healthcare in 1994 gaining experience in Family Health and OB/GYN. She joined McKinney Adult Medicine in 2001 starting as the Front Office manager and HIPAA Officer. In 2006 Shannon was promoted to Practice Manager and works closely with Dr. Parisi and his Physician Assistant, Jill Saad. She is in charge of all office operations and ensures that the staff offers excellent customer service to patients and that the practice as a whole provides excellent healthcare to our community. Shannon resides with her three young daughters keeping very busy with their activities.



**Christina Shipp** has been a Medical Assistant in our practice since February of 2007. She received her training fro PCI in Richardson after graduation from Frisco High School. She did her externship in a Pediatric clinic. Originally from Arizona, Christina lives with her husband and 2 young children who keep her busy. She is a girl scout Leader, enjoys the outdoors, scrap booking & shopping.

## Our Philosophy

We believe in open communication with patients and will answer any questions you may have. We regularly ask for your feedback because patient satisfaction is our primary goal. Should you or a family member need to be referred to another physician for specialty care, we will help coordinate your care.

We invest in building relationships with our patients. These relationships are built with time and attentiveness, delivered in the context of competency and care.



**Mary Smith** has been a medical assistant with us since march of 2008. Mary began her medical career at Wy-

song Medical Center in 1988 and has had experience since then the specialty areas of Pediatrics, Dermatology, OR, ER, and Family Medicine. In her free time, Mary enjoys spending time with her family, especially her son, Ryan.



**Jean Weed** is one of our Front Office Specialists and works part time and full time depending on our needs. Jean has

worked in Healthcare for 14 years and has been with McKinney Adult Medicine for the past couple of years.

Jean resides in Celina, TX with her husband Larry. She has two daughters and 3 grand-daughters. Jean enjoys reading and working as an artist in her free time.



**Amy Hoberg**, one of our Front Office Specialists, has been with us since 2004. She completed coding and billing training in

2003 and worked in a dermatology office verifying insurance. Besides answering our phones and scheduling appointments Amy works to assist patients in any way she can. She excels in her dealings with insurance companies and with our collections. Amy resides in Allen with her husband, Bryan, and her two sons, Trevor and Derrick.

## Skin Cancer continued from page 1

dermatologist, especially if you have had excessive exposure to the sun in the past.

When examining yourself, here are some things to look for changes in the surface of a mole - **The ABCD Rule:**

- **A** for asymmetry- one half does not match the other in size, shape, color or thickness
- **B** for border irregularity – The edges of the mole are ragged, scalloped, or poorly defined.
- **C** for color - The color is not the same throughout. Shade of brown, tan, maybe black and sometimes red, white and blue are present.
- **D** for diameter – Usually melanomas are larger than the size of a pencil eraser when diagnosed but they can be smaller. Changes including bleeding, itching, tenderness or pain means you should see a dermatologist.

Also, the appearance of a new bump, scaliness, oozing and bleeding are warning signs of Melanoma.

So, how do you protect yourself? You've heard it all before.. now take it seriously!

- Apply sunscreen generously when you are outside. Re-apply every two hours and after swimming or sweating. Remember exposure occurs on cloudy days, too.
  - Wear protective clothing-hats, sunglasses, long sleeve shirts, pants.
  - Seek out the shade. The sun is the strongest between 10 am and 4 pm
  - Remember that water, snow and sand reflect the rays of the sun, increasing your exposure.
  - Avoid tanning beds. Everyone thinks a tan improves their looks but think of the consequences of your actions.
  - Protect children. A lot of skin cancer in adults is a result of exposure as a child!
- Don't depend on the sun for your vitamin D. Take a supplement instead.

Have a great, safe summer!

## Allergy Season Is In Full Bloom

By Anthony Vallarino, DO  
Family Health Center of Melissa

You sneeze, your eyes are red watering and itching, your nose runs, you have a tickle in your throat and you cough. Your sinuses fill and your head starts to ache. These may all be signs of airborne allergies. This week marks the beginning of summer and with several more warm months to come allergy sufferers may not be seeing the light at the end of the tunnel.

### What are allergies?

Allergy symptoms are caused when the body's immune system overreacts to what would otherwise be a harmless substance, called an allergen. The body recognizes the allergen as an invader and launches an attack to destroy it.

This causes the release of histamine along with other substances to defend the body against the allergen. Sometimes this defensive response can be an annoyance or life threatening.

### What are common allergens?

Allergens can be dust, molds, weeds, trees, grasses, foods, insects, or animals to name a few and vary by geographic location. The following is a short list of the most common allergens.

**Dust mites** are a common household allergen and can cause allergy symptoms year round, they live in upholstery, carpeting, and bedding.

**Pollen** allergy or "hay fever" is another major cause of seasonal allergies. Trees, weeds, and grasses release their pollen into the air, which causes flare-ups of allergy symptoms.

**Molds** are tiny fungi that grow both indoors and outdoors in warm moist environments. Outdoors they can be found around areas of slow water drainage or under piles of leaves. Indoors they can be found in the bathroom or clothes hamper, and typically produce a characteristic "musty" smell.

**Pet** allergens typically occur when an animal licks itself and the saliva dries to its fur or feathers. As the saliva dries tiny proteins break off and become

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Sunshine can be beneficial by providing us with essential Vitamin D. But .....



The sun can be harmful if we don't protect ourselves from its UV rays!

Wear sunscreen and sunglasses!

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airborne and linger in fabric, carpet, or furniture.

**How are allergies treated?**

The best treatment is identification, education, and avoidance. Here are some tips on avoiding airborne allergies.

- Keep house holdpets restricted to certain parts of the house (i.e. out of the bed rooms)
- Clean frequently
- Remove rugs and carpeting
- Use covers on mattresses and pillows
- Keep windows closed and avoid mowing the yard if you are allergic to your grass
- Keep ceiling fans off to decrease the amount of circulating allergens
- Change out your air conditioner filter regularly
- Dust the blinds frequently

Oral and inhaled medications are also beneficial for troublesome symptoms. Sometimes people have significant trouble with allergies leading to persistent allergy symptoms, frequent sinus infections, and difficult to control asthma and may benefit from allergy shots (immunotherapy). Immunotherapy is the process of giving the body escalating doses of known allergens and decreasing the allergic response over time. Immunotherapy is done under the supervision of a physician in the office. It has been done for over 90 years and been generally safe and well tolerated. However anytime a known allergen is introduced into the body the risk of a dangerous allergic reaction called anaphylaxis is present.

If you are concerned that your allergy symptoms are poorly controlled talk to your doctor about treatment options.

## SUMMER HEAT AND BUG BITES

By Reena Daniel, M.D.  
Healthcare Center of Craig Ranch

Summer is here and swimming, beach vacations and other outdoor activities will bring us in closer contact with the population of insects most of us dread. Bees, mosquitoes, fire ants and spiders are all more active

and abundant in our environment during this warmer time of the year. Our outside activities, especially in the garden, bring greater exposure for us and often disrupt these creatures making them more prone to bite.

Common bug bites of summer are from bumblebees, wasps, yellow jackets and hornets. Fire ant bites are also more prevalent as gardeners and warm weather lovers get outdoors. Spider bites are also common, but they are around all year and there is less of an increase during the summer months. You always want to be careful of Brown Recluse Spiders.

Bug bites are usually harmless but can be quite annoying because of the redness and itching. They shouldn't be larger than ten centimeters in diameter and these bites should not get worse with time. Most bites can be treated by applying ice or over the counter medicines for bites. Benadryl can be used for the itching and inflammation. If pain is associated with the bites, ibuprofen and Advil work well. Bites will take approximately 3-5 days to go away if taken care of and if a person is NOT allergic. A small percentage of the population is allergic to various insect bites. Reactions can be mild to severe. Severe reactions involve pain at the site of the bite, nausea, cramping and hives. Anaphylactic shock is another dangerous allergic reaction requiring immediate attention and could result in death if not treated. People who know they have severe allergic reactions to certain bites should carry an Epi-Pen for self administered medication called epinephrine. Minutes count, so if a reaction occurs do not delay getting treatment at the emergency room. During anaphylactic shock inflammation of the brain and nerves can occur, as well as, swelling in the throat to restrict breathing.

Reduce the number of bug bites by wearing protective clothing. Don't wear bright colors or perfume that attract bugs and spray insecticides around the yard and house. There are bug sprays that can be used on yourself if you are going to be outdoors for extended periods of time. Keep children away from wasp nests and ant piles. Ensure happy summer fun by taking the right precautions while working or playing outside!

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