

Recognizing Melanoma Awareness Month



Dr. Marmur (third from right) and her colleagues, Dr. Jackie Berliner, Dr. Jaimie Glick, and Dr. Liza Levin with James Fields and guests.

Klingenstein Fields Wealth Advisors (KFWA) recently recognized Melanoma Awareness Month with an informative and lively presentation by Dr. Ellen Marmur on May 6, 2019 at the Vanderbilt Suites in midtown Manhattan. At this fun and informal get together, over 70 guests enjoyed cocktails and hors d'oeuvres, and had the opportunity to chat with Dr. Marmur and her colleagues, Dr. Jackie Berliner, Dr. Jaimie Glick, and Dr. Liza Levin.

Dr. Marmur's practice is at the forefront of advocating for skin health, and for using new, increasingly sophisticated technology for early and accurate skin cancer diagnosis. Some of the newest tools discussed include:

- **Dermoscopy**, which helps doctors better distinguish between benign spots and malignant areas
- **Specialized computer capabilities**, that detect, and examine, in much greater detail, suspicious skin abnormalities
- **Genetic profiling, genomic testing, and scanning technologies** that can identify hundreds of potential alterations or mutations

While we all may recognize the importance of protecting oneself from the sun, Dr. Marmur reminded us that:

Skin cancer is on the rise and most of it arises from exposure to UV rays. Using sunscreen can significantly reduce the risk of sun damage, particularly if you use SPF (Sun Protection Factor) 30, which blocks 95% of UV rays. UV protective clothing can provide even greater protection.

You still need your Vitamin D! Healthy bones need Vitamin D. Just a few minutes outside can do the trick (but don't forget skin protection!). Alternatively, good food sources of Vitamin D include fortified milk and other dairy products, fortified cereal, and oily fish (salmon and tuna).

Vigilance is key. Treatment within 30 days can have a major impact on prognosis, so don't ignore what may seem harmless. Make sure you check your skin at home and visit your dermatologist on a regular basis.

Dr. Marmur is proud to support "Skin Cancer, Take a Hike," a participant-driven fundraising event dedicated to raising awareness and funds for the American Academy of Dermatology's SPOT SkinCancer™. To learn more about this effort, please visit [Skin Cancer, Take a Hike](#).

KFWA seeks to offer events and information that address your entire well-being, and we welcome any suggestions or ideas you may have for future events. As always, we are here to help you with your wealth needs and goals at 212.492.7000 or info@klingenstein.com.

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