

## Board-certified dermatologist provides head-to-toe healthcare

By Lori Steindorf/Features Editor

(Seguin) -- Armed with an arsenal of knowledge, skill, medical expertise and cutting-edge equipment, a local dermatologist continues to wage war against detrimental hair, nail and skin conditions.

Also at the helm of a booming medical practice in San Antonio, board-certified dermatologist Dr. Kim Ross-Garcia opened the doors of her thriving Seguin office, located at 1342 E. Walnut St., seven years ago with colleague Dr. Robert Magnon.

From cosmetic procedures, such as skin-retexturing microdermabrasion and expedient laser hair and vein removal, to the extraction of deadly skin cancers and unsightly warts, Dr. Ross-Garcia outfits area residents with quality healthcare from head to toe.

Dr. Ross-Garcia is especially vocal in her campaign against skin cancer and strongly advocates preventative skin-care maintenance. The best way to prevent skin cancers and sun damage, she says, is to avoid sun exposure, though this is not always possible. To rid her clients of the effects of sun damage, she makes available to them the very popular anti-aging medication Retin-A.

"Try to avoid the sun as best as possible, which is kind of hard in San Antonio, so avoiding the sun during the real hot hours between 10 a.m. and 1 p.m. when the sun is straight overhead," she said. "If we could try to get them out of the sun, we could prevent the skin cancer, such as the basal cell, the squamous cell and then the deadly melanoma. So I would like to emphasize that everyone should come in for a yearly exam so that we can go head to toe and maybe if we can find a skin cancer we can take it off early."

Because of Seguin's climate, its predominance of fair-skinned people and residents' inclination to spend more time outdoors gardening and farming, she says a higher risk of skin cancer exists and underscores the importance of using sunblock while outdoors.

"Wearing the sunblock is very important. The UVB part of it you want to do 29 or above because that blocks 97 percent of the sun rays and then you also want something that blocks the UVA, which is the one that's in the tanning booth and that one causes most of the wrinkles, and the zinc oxide will be a block."

Dr. Ross-Garcia says vigilance and early detection are essential in preventing further surgeries for skin cancers. People simply cannot afford to be apathetic about an unchecked mole, she said.

"It's too many times that I hear, 'Oh, I've had this mole. It's been changing. I've seen another doctor who says it's OK, and my friend thinks it's OK, or I just put it off', and then they come in and it's a deep melanoma and then we have to go to an oncologist," she said.

"If we can find it earlier, that would be great, and we could save some lives and we could prevent further surgeries because I do take quite a few skin cancers off the nose and off the face and then if they could pass that down to their generations -- that would be great."

In addition to the critical, life-saving surgeries she performs in removing skin cancers, Dr. Ross-Garcia also offers a range of cosmeceutical products and services. The photo albums of clients Dr. Ross-Garcia keeps in her lobby are



*Dr. Kim Ross-Garcia, board-certified dermatologist, shows one of the skincare products her medical practice carries to client Henry Gross. Dr. Ross-Garcia, who specializes in hair, nail and skincare, has been in practice in Seguin for seven years.*

testimony to the stunningly dramatic effects achieved through her techniques.

Wrinkle and fine line fillers Botox and Restalyne injections have grown in popularity with people of all socioeconomic statuses because they are quick, painless, affordably priced and produce results, she said.

"We also do Radiesse, which lasts a little bit longer -- those are soft fillers. The Radiesse is once a year, the Restalyne is once or twice a year, and it really fills in the grooves around your mouth. The Botox will soften the harsh look between the brow," she explains.

"And so, people come in over their lunch hour, and have it done and it's just very gratifying. It's very gratifying to look less tired, I think it really perks you up, and people have a better attitude about themselves and a little bit more confidence."

Dr. Ross-Garcia attributes the success of her medical practice to keeping abreast of the latest and best trends in dermatology married with technology.

"We keep up with everything. I go to journal club with several other dermatologists, and we keep abreast of all the journals and discuss both the general dermatology, the surgical and the new techniques. We review them and we decide which ones we think would fit well in our practice, which ones would be the best to offer, which ones I would feel comfortable in offering. There's a lot of new techniques out there that just don't work as well so we do a lot of research."

Dr. Ross-Garcia is a graduate of Wright State University in Dayton, Ohio, the Medical College of Ohio in Toledo and the University of Texas Health Science Center.