

# Ask the Experts

Cy-Fair families' questions answered by local experts



DR. DANA ZISKROUT, OD

**Eye Trends-Barker Cypress**  
12320 Barker Cypress Rd., #400  
281-373-1020  
eyetrendsbc.com  
See ad on page 4

## Q Will wearing sunglasses make a difference in preserving my vision?

Yes! The leading cause of low vision and blindness in America is primarily age-related and includes eye diseases, and some diseases are worsened by prolonged exposure to ultra-violet (UV) light which comes from the sun. Wearing high quality prescription or non-prescription 100% UVA/UVB blocking sunglasses can reduce the risk for many types of serious eye diseases. Dark lenses don't possess sufficient eye protection. They reduce the sun's intensity, but don't block incoming UV rays. Instead, dark lenses make the pupil dilate and the eye gets flooded with harmful UV light. The same is true with polarized lenses - they are great at reducing intense glare yet still need the UV light to be blocked.



DR. SAMANTHA ROBARE-STOUT, MD

**Dermatological Association of Texas**  
20320 N.W. Fwy., #700  
713-554-4688  
dermtexas.com  
See ad on page 69

## Q What are the warning signs of skin cancer?

Most skin cancers develop in sun exposed areas. The three most common forms of skin cancer are basal cell carcinoma, squamous cell carcinoma, and melanoma. The best ways to detect melanoma are asymmetry: when one half is unlike the other, irregular borders, variation in color, the diameter is greater than the head of an eraser, and an evolving mole. Basal cell carcinoma classically starts like a pimple and does not resolve. Often basal cell carcinoma is pearly pink in color and may bleed easily. Squamous cell carcinoma is often a scaly red bump or area on the skin that does not heal. Skin cancers may also have less typical appearances, so any growth on the skin that is new or changing, should be evaluated promptly by a board-certified dermatologist.



DR. JACINTA ODAFE, MD

**Memorial Hermann Medical Group  
Copperfield**  
8480 Hwy. 6 N.  
281-550-9005  
memorialhermann.org

## Q What takes place at a well-woman visit?

A well-woman visit is an annual check-up for females, also known as a preventive care visit. This is the type of visit where your doctor will perform recommended screening exams and discuss your overall health. An important part of the well-woman visit is the gynecologic exam. During this exam, your doctor will perform a clinical breast exam and a pelvic exam. A pap smear is done during the pelvic exam. Pap smears screen for cervical cancer. Additionally, a mammogram will be ordered at this visit for women age 40 and older. Your doctor will also order blood work to screen for high cholesterol and diabetes. If you are due for any vaccines, this is given at the well-woman exam, also.

Special thanks to our panel of *Cy-Fair Magazine* experts Dr. Dana Ziskrout, OD, Dr. Samantha Robare-Stout, MD, and Dr. Jacinta Odafe, MD.

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*Sherea Vitelli*  
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