

## Dr. Alysa Herman

Skin Cancer Surgeon

135 San Lorenzo Ave, Suite 700

Coral Gables, FL 33146

305-444-4979

*What is the most rewarding aspect of your practice?*

**The opportunity to impact a patient's health and well-being is the most rewarding aspect of my practice.** Seeing patients at their follow up appointments and observing that their skin cancer is gone and their surgical site is well-healed are the number 1 and number 2 goals of the practice.

*How challenging is it to deal with patients during the pandemic?*

**I think it has been challenging for all of us in healthcare to treat patients during the pandemic.** In addition to implementing all of the PPE and sanitizing requirements, psychologically, there is a fear that we are risking our own health by continuing to work and take care of others. Patients have also been very apprehensive to come into the office. They have done so reluctantly because their fear of not treating their skin cancer has outweighed their perceived risk of staying home and delaying treatment.

*When and how did you decide on your specialty?*

I decided on my specialty of Dermatologic Surgery during my 3rd of medical school. **However, I knew I wanted to be a doctor since the age of 7.** I was intrigued that my 3 top interests could be combined into a single specialty: dermatology, oncology and surgery.

*How often should people see a dermatologist?*

**People should see their Dermatologist on an annual basis, particularly if they live in sunny climates like Florida.** If a person has a history of skin cancer, they typically will see their Dermatologist more frequently, on average 2-4 times a year.

*What do you say to clients who are equally concerned with sun damage and the toxics present in sunscreens?*

Mineral-only sunscreens offer a solution to protecting your skin from harmful UV radiation and sun damage while also avoiding toxic chemicals. Mineral sunscreens (like zinc oxide and titanium dioxide) are recognized by the FDA as being both safe and effective. **Mineral sunscreens sit on top of the skin, are not absorbed, and provide excellent sun protection.**

*What was the best piece of advice you've ever received from a mentor?*

Follow your inner voice. As simple as this may sound, it takes courage and resilience to proceed along your own uncharted path, particularly when those closest to you offer alternative advice and are wary of your plan. **Learning to trust yourself is a great lesson once learned.**

