

# Dr. Beatriz H. Porras — Finding Your Inner Harmony

By Jamie Lober  
*Cincinnati Woman Magazine*

Beatriz H. Porras, M.D. dermatopathologist and medical director at Skin Diagnostics, Inc., found her purpose in her early years. “When I was five years old, my grandpa died of melanoma and that is when my interest started. I knew what I wanted to do,” recalls Porras. She stresses that beauty comes from the inside and sees first-hand the price people pay to be tan when they come in with skin cancers, wrinkles and spots.

## Skin Health

When it comes to skin health, Porras is delighted that there is a new regulation on tanning beds that prohibits use by anyone under eighteen years old. Still, she emphasizes self-discipline and being attentive to your body. “It is important for people to learn to do a self skin check and have somebody teach them what to look for,” says Porras. There is no reason you cannot find any changing lesions, asymmetry, irregular borders, changes in colors or anything that has not healed in more than three months. “You cannot see your lungs because the lungs are inside, but you can see your skin everyday. Just doing a self checkup can save your life,” affirms Porras.

Skin cancer is partly preventable. “Fifty percent is genetic and fifty percent is what you do and what kind of life you have,” explains Porras. Since the majority of sun damage occurs during the first ten years of life, you should make sure your children wear sunscreen that contains zinc oxide and titanium dioxide. A conscious effort should be made to reapply



Marco (6 years old), Dr Al Ryes (Nephrologist), Louie (12 years old) and Lucy (the family dog).

it every two hours. Avoid the worst times of exposure. “From ten until three, the sun rays are really bad. From three later on in the afternoon is better,” insists Porras.

Porras says that anyone with acne, rosacea, hyperpigmentation or dry skin is not alone. Noting that her job can really help people and make a difference, she shares her plan to release her own skin care line that targets people with problem skin who may have trouble finding products. “I know exactly what people need,” says Porras. She feels that medical grade products, or products

made by physicians, contain the most valuable ingredients. Along with the skin care line she is also writing a book to help people find answers to the most common skin problems to help them find solutions. The Skin care line and book will be called SKIN M.D. 911 and will be released towards the end of the year.

## Family First

A typical day is hectic for Porras, but she attributes her strong organizational skills and not requiring a lot of sleep to helping her get through. “I can go to bed at midnight and get up at five or four and still feel good,” says Porras. Planning ahead by organizing a menu of what to eat at home for an entire week has been helpful. Knowing the right people when she needs help, whether it be office staff or friends, has also made things easier. “I have been lucky to find people who are good and reliable,” comments Porras.

Family comes first in Porras’s life. She tells of her upbringing in South America as the youngest of eight children. In her Cincinnati home, she tries to make her kids’ lives relaxed and easy. “I do not push them or make them play a lot of sports,” comments Porras. She believes children should have fun.

In addition to spending time with her children, she enjoys working out at the YMCA everyday. “It helps me to keep



**The Skin Diagnostics Laser and Rejuvenation Team.**  
From Left to Right Remma Duke (Billing), Jes Brookes (Office),  
Beatriz H. Porras, M.D (Physician) Nina Ramundo (Esthetician)  
Mona Abner (Permanent Makeup) and Jackie Newman (Esthetician).

focused and centered. I do yoga twice a week which has been a blessing in my life because yoga is not only to keep your body healthy but also your mind,” says Porras. Though Porras knows women naturally multitask, she wants you to think about yourself first and be good to yourself. “Exercise, eat healthy and do something special for yourself once in awhile, like get a manicure, hang out with friends, read a nice book, buy something nice, play your favorite sport or do yoga,” suggests Porras. For Porras, happiness can be as simple as a good cup of tea, spending time with her dog or horseback riding.

## Finding Your Inner Harmony

She encourages you to take a look at yourself. “The best advice I can give is to find happiness inside yourself. Nobody or nothing is going to give you happiness,” believes Porras. It starts with your soul and doing things that you like. Porras finds it rewarding to see others happy. “Kids come to me because they are miserable with acne and they cry and say they do not want to go anywhere. Three or four months later after I put them on treatment, they look better, feel better and become more confident,” says Porras.

Achieving happiness with your personal and professional life as Porras has done

comes down to establishing priorities. “If you do not have priorities established, you will be doing things that do not make sense,” emphasizes Porras. It is all about you. “In order for you to know your priorities, you have to know yourself and do meditation. Meditation is very important and if you do not know how to meditate, you need to find somebody or a way to learn how to do it,” she adds.

As a woman who does it all, Porras understands what it is like to be a Cincinnati woman. She believes in being appreciative for the good that each day may bring. Since Mother’s Day falls in the month of May, it is a good time to say ‘thank you’ to the special women in your life whether a mother, sister or friend. Porras feels it is those small meaningful gestures that matter most.

Porras has a true wealth of knowledge about skin health and about life. A firm believer in prevention, she insists, “It is important to come once a year for a general checkup.”

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Dr. Porras at her house practicing yoga.

