



David E. Fisher, MD, PhD,
Chief, Department of
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SKINnovations

FROM MASS GENERAL

NEW DERMATOLOGY SERVICES FOR PATIENTS

Notice a new monitor in the waiting room?

Once you arrive for your visit, you will notice a new monitor in our medical dermatology reception areas. Developed by our Vice Chair, Alexa Kimball, MD, the monitor displays your doctor's name and tells if he/she is on time for appointments. If there is a delay, an approximate waiting time will show. Although we do our best to keep our doctors running on time, sometimes unanticipated delays occur. We hope this service will help keep you informed about what you can expect once you arrive.

Like getting information online?

Our newly added patient education section at www.massgeneral.org/dermatology helps you prepare for your visits and provide links to informational resources. You can now view a tour of our department and download:

- Directions and Parking Information
- New Patient History Forms
- Medical Release forms
- Brochures and information regarding maintaining healthy skin.

In addition, you will find direct links to:

- Patient Gateway, a fast, efficient, and secure way to access some of your medical information including appointments, some test results and more ...
- The Professional Billing Office to explain statements and provide direct contact to customer service
- Online Resources for information about skin conditions, patient advocacy groups and clinical trials

We hope that you find ease in finding information about our services as well as utilizing our website as a resource for questions about skin treatments and conditions. ■

BY CHARLES R. TAYLOR, MD

SUNBURN: IS IT WORTH THE RISKS?

What is a sunburn?

Sunburn is a very common acute, delayed skin injury resulting from overexposure to ultraviolet (UV) radiation from either sunlight or artificial sources. Although it is more common in fair-skinned individuals, it can affect anyone.



What to do if you get a sunburn

In general, sunburn is better prevented than treated. Repeated sunburns result in premature aging and can lead to the development of skin cancer.

If you do get a sunburn, here are some quick tips:

Mild localized sunburn

Symptoms: *Red tender skin, warm to the touch, mild swelling, tenderness and a hot, dry tight feeling*

- Apply compresses of cool water or take cool baths for 20 minutes, 3-4 times daily.
- To reduce inflammation, a topical corticosteroid ointment may be applied twice a day.
- To soothe and relieve dryness, apply a bland emollient; like petroleum jelly or an over-the-counter Aloe Vera product frequently. Ideally, this product should be fragrance-free and ointment-based.

All topical agents should be applied gently and can be diluted with equal parts of cold water to minimize pain in application. If there's no contraindication, over-the-counter antihistamines can be taken to control

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OUR DERMATOLOGISTS IN THE SPOTLIGHT

LEADING EXPERTS IN DERMATOLOGY

NEW ORLEANS. February 4-8, 2011. Late breaking news, and topics ranging from managing melanoma, women's hair loss, drug safety, and psoriasis – to new advances in phototherapy and emerging laser technologies, were presented by our expert dermatologists at the 69th Annual Meeting of the American Academy of Dermatology.

Our world-class experts presented at the latest American Academy of Dermatology Meeting:

Rox Anderson, MD:

Photodermatology, and Fractional Lasers and Light-Based Technologies

Joi Carter, MD: *Cutaneous T-Cell Lymphoma*

Lynn Drake, MD: *Women with Hair Loss*

Daniela Kroshinsky, MD: *Consultative Dermatology for the Hospitalized Patient*

Maria B. Alori-Palli, MD: *Clinical Trials*

Charles Taylor, MD: *Phototherapy and Photochemotherapy*

Sandy S. Tsao, MD: *A Personalized Planner for Skin Rejuvenation*

Mathew Avram, MD: *Non-invasive Fat Reduction and Body Contouring*

Connie Chung, MD: *Electrosurgery Update*

Alexa B. Kimball, MD, MPH: *Psoriasis, Clinical Trials*

Bonnie MacKool, MD: *Drug Safety: Do No Harm*

Ellen Roh, MD: *Challenging Diagnostic Cases*

Hensin Tsao, MD: *Managing Melanoma, Genetic Risk Profiling*

Zeina Tannous, MD: *Rare and Benign Tumors Encountered by Mohs Surgeon*

To read more about the latest news on skin research and treatments, visit www.massgeneral.org/dermatology/news.

— SUNBURN

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itch, and oral anti-inflammatory drugs such as Ibuprofen, may help relieve pain.

Severe sunburns

Symptoms: *Red tender skin, warm to touch, intense pain, inability to tolerate clothing, swelling, may develop blistering, headache, nausea, chills or fever*

- Bed rest is indicated for severe sunburns
- Continuous cool compresses or frequent cool baths, topical steroids, bland emollients, and anti-inflammatory drugs such as Ibuprofen, may be added as therapy.
- Do not break blisters. This slows the healing process and increases the risk of infection.

Contact your doctor if you experience large painful blisters, nausea, chills, feeling faint, or develop a fever. Your doctor can carefully monitor your condition to avoid infection and if necessary, prescribe additional medication.

Most sunburns resolve within a week while the effects of severe sunburn may last longer. Remember, it's easier to prevent a sunburn. Dermatologists recommend using a sunscreen with a sun protection factor (SPF) of 30 or higher. ■

MASS GENERAL DERMATOLOGY RESEARCH NEWS

RESEARCHERS DEVELOP WAYS TO STUDY GENE ACTIVITY THAT NOT ONLY MAKES HAIR, BUT DETERMINES WHAT SIZE, SHAPE, AND COLOR IT SHOULD BE.

Your hair is made by the same type of cells that make your skin. They do so only when a second group of cells, the dermal papilla (DP), tells them to make hair instead of skin. Bruce Morgan, PhD, and a principal investigator for Mass General's Cutaneous Biology Research Center has developed a way to better understand how the dermal papilla "talks to" or "signals" skin stem cells to tell them what to do.

These signals not only tell stem cells to make hair – but determine what size, shape, and color it will be.

This research explores what genes in the DP do to specify the size and growth rate of hair. For example, changing a single gene in the DP converts thick, straight dark hairs to thinner, kinked blonde hairs.

Identifying how genes work in the dermal papilla may lead to ways to promote or prevent hair loss. Alternatively, by better understanding how the DP works, there's a potential opportunity to help accelerate the development process for hair transplantation.

Currently, this work is in the early stages of development – a cure for hair loss is still years away.

"By identifying these signals and understanding what they do, we may identify topical treatments to promote or inhibit hair growth," says Morgan.

One of the most important aspects of this research is that its lessons may produce insights that are relevant to other organs in the body – identifying signals that instruct growth (or patterns of growth) in many contexts within the body. ■

Bruce Morgan, PhD, is also Associate Professor at Harvard Medical School and holds several patents.



How to Support This Department

We wish to thank those who have generously supported our research efforts in the past, which has meant improved health and better quality of life for people in the Boston area and around the world.

If you'd like to learn more about our research efforts and how you can help, please contact Kirsten Swan at KSwan1@Partners.org or call 617-643-5778.

BY DANIELA KROSHINSKY, MD

HOW CAN YOU PROTECT YOUR CHILDREN FROM THE SUN'S HARMFUL RAYS?

DANIELA KROSHINSKY, MD, DIRECTOR OF PEDIATRIC DERMATOLOGY AT MASSGENERAL HOSPITAL FOR CHILDREN, ANSWERS SOME FREQUENTLY ASKED QUESTIONS ABOUT HOW PARENTS CAN PROTECT THEIR CHILDREN FROM THE SUN'S HARMFUL EXPOSURE.

Why is it important to protect your skin?

It's important to protect your skin from the sun for many reasons. When we say "protect your skin from the sun," we are referring to the sun's rays, UVA and UVB. UVA contributes more to skin aging, whereas UVB is what contributes more to sunburns. Over time, exposure to UVA and UVB rays can cause premature skin aging and increased risk of skin cancers.

When should parents start thinking about skin protection?

Right away – the sooner the better.

- In general it's good to avoid direct sun exposure for infants under 6 months of age.
- Seek shade and think about UV protective clothing and hats to physically protect from sun exposure
- After 6 months old, sunscreens should be used over any area that would be potentially exposed to sunlight while outdoors.

What sunscreens are safe for kids?

The US Food and Drug Administration (FDA) has approved sunscreens as safe for both children and adults. Be sure to check labels on sunscreen products to ensure the product protects against both UVA and UVB.

The most important thing about sunscreens is to remember to apply early, enough and often.

- **Early** refers to about 20 to 30 minutes before going outdoors.



- **Enough** means making sure that you're using enough sunscreen – usually about two tablespoons (6 for adults), over the entire body. Remember to rub in well!
- **Often** means every two to three hours while outdoors. Apply sunscreen every hour if you're swimming or more often if you're going to be toweling off, sweating or potentially rubbing off the sunscreen; in those cases, you should reapply as soon as you do those activities.

What else can we do for our children?

Approximately 80 percent of a person's sun exposure occurs before age 18, so start establishing safe sun habits and educating your children against the dangers of excessive sun exposure early, and especially about the dangers of indoor tanning. ■



MASSACHUSETTS
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DO YOU HAVE ACNE?

You may qualify for a research study of a birth control pill versus placebo (contains no active medication).

- If you are Female and 18-45 years old
- At least 10 bumps on your chest and back
- Desire birth control
- 6 study visits over 24 weeks
- Must use other form of birth control during study
- Up to \$750 in compensation for time and travel

For more information, please e-mail harvardskinstudies@partners.org or call (617) 726-5066.



BY SANDY S. TSAO, MD

WANT TO LOSE INCHES THIS SUMMER?

IF YOU ARE LOOKING TO LOSE INCHES THIS SUMMER, TUMESCENT LIPOSUCTION MAY BE RIGHT FOR YOU. DR. SANDY TSAO, MD, A BOARD-CERTIFIED DERMATOLOGIC SURGEON WITH ADVANCED TRAINING IN THIS PROCEDURE, ANSWERS SOME COMMONLY ASKED QUESTIONS.

What is Tumescant Liposuction?

Tumescant liposuction is a well established and highly effective method to remove unwanted fat. It is an outpatient procedure that does not require general anesthesia, thus eliminating some of the dangers associated with older forms of liposuction. Additionally, the patient has less discomfort and a faster recovery time.

Who are the best candidates for this procedure?

The best candidates for this procedure are healthy individuals who have not responded well to diet and exercise.

This procedure is for people who have a larger volume of unwanted fat and are thus not candidates for CoolSculpting®.

This is not a weight loss procedure, but rather body contouring. Patients with the right expectations are very satisfied with the results.

What areas of the body can be treated?

This is a cosmetic procedure that removes fat deposits from one or more areas of the body, including the stomach, hips, thighs, buttocks, and neck.

What happens during the procedure

Prior to the procedure, we will discuss the area(s) to be treated. On the day of the procedure I will mark out the treatment area(s) and then administer the tumescant anesthesia directly into these treatment sites. A small vacuum assisted device is inserted and guided back and forth throughout the treatment area to remove the undesired fat. The entire procedure is usually performed in 2-3 hours.

What happens after the procedure?

You will be given a support garment for the treated areas to be worn for one month. There will be some expected swelling and minor bruising lasting between 2-3 weeks and mild discomfort after the procedure, generally lasting 2-3 days.



Sandy S. Tsao, MD, Laser and Cosmetic Dermatologic Surgeon

How safe is this procedure?

Consistently, tumescant liposuction has become a world-wide standard of care that has an exceptional safety record. Certainly, with any surgery there are risks as well as benefits. Sometimes there are minor complications of skin irregularity, numbness, or infection. Usually, these minor complications are temporary or easy to correct.

When will the patient see results?

Patients can expect to see results within one-to-three months.

Is this procedure covered by insurance?

No, this procedure is not covered by insurance; it is considered a cosmetic procedure.

How much does this cost?

Since the cost is determined by the number of areas treated and the size of the area being treated, it is best to discuss your needs individually. ■



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SUFFER FROM PSORIASIS?

You may be eligible to participate in a research study.

- All qualifying subjects receive FDA-approved medication.
- 10 study visits over 24 weeks
- Must have 10 percent or more of body surface covered with psoriasis AND be overweight
- Compensation up to \$1,000

Please contact us: (617) 726-5066 or harvardskinstudies@partners.org

Contact Us | If you would like to receive a copy of this newsletter, please ask your patient coordinator or e-mail us at MGHSkinNews@partners.org