



CALENDAR

CONNECTICUT STATE DERMATOLOGY SOCIETY MEETING

Nov. 5th 4:30pm
Semi-Annual Education
Program Meeting - Aqua Turf,
Plantsville, CT

MELANOMA SUPPORT GROUP

Oct. 21st 6:30pm
UConn Dermatology Conference
Room - 21 South Rd., 2nd Floor,
Farmington, CT

PSORIASIS SUPPORT GROUP

Oct. 8th, Nov. 1th & Dec. 8th
7pm 1st Church of Christ,
12 S. Main St. West Hartford.
Hartford Area Psoriasis
Support Group 1-877-546-5558 x209
hartford@support.psoriasis.org

UConn DERMATOLOGY GRAND ROUNDS, 8AM, WEDNESDAYS

Oct. 7th, Nov. 4th and Dec. 2nd
UConn Dermatology Conference
Room - 21 South Rd., 2nd Floor,
Farmington, CT

UConn DERMATOLOGY JOURNAL CLUBS, 12:15PM, THURSDAYS

Oct. 21 & 28, Nov. 18 & 25 and
Dec. 16 & 23,

OUR OFFICE LOCATIONS WILL BE CLOSED ON:

Friday, Nov. 27th

WE UPDATE OUR CALENDAR AND EVENTS
ON A REGULAR BASIS. TO SUBMIT AN EVENT
OR FOR MORE INFORMATION, FEEL FREE TO
CONTACT OUR MAIN LINE AT
860-679-4600.

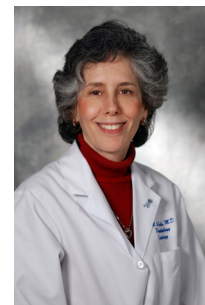
Letter from our Chairman

Welcome to the inaugural issue of our Dermatology Department Newsletter. We hope that the Newsletter will inform our friends and patients about upcoming events, allow you to get more acquainted with our faculty and staff, share with you information about exciting new dermatology research that will have a clinical impact, and teach you a few clinical tidbits that might improve the health of your skin.

We would love the newsletter to be interactive so if you have suggestions or questions, please be sure to share it with our staff.

Also the newsletter will not only be available in our office but is also available on line via our website: <http://dermatology.uhc.edu/>

In this first edition, we have asked Dr. Hanspaul Makkar to introduce himself to you by sharing his background and interests. Dr. Makkar is only one of two dermatologists in North America who is triple boarded in dermatology, pediatric dermatology and Mohs Dermatologic Surgery. We are obviously very lucky to have him as part of our team. We will introduce you to other important members of our staff and you will also be informed of some of the cosmetic procedures we perform in our new Dermatology Office at 21 South Road in Farmington. Future issues will include a review of some of the newest therapies in psoriasis, an introduction to other faculty members, and an introduction to our residents.



UConn Health Center
Department of Dermatology
263 Farmington Avenue - MC 6230
Farmington, CT 06030-6230



Sunblock: Not Just for Summer!

Protecting the skin from sun exposure is important all year, not just during the sunny days of summer. Ultraviolet (UV) rays can harm your skin on cloudy, hazy and cool days, as well as reflect off water, cement, sand, and snow. Since 80% of our total lifetime exposure to damaging UV light occurs during our first 18 years, sun protection in childhood is essential.

Two types of UV radiation reach the earth. UVB is responsible for sunburns and most skin cancers, while UVA contributes to skin cancers and signs of aging.

Sunburns, tanning and even freckles are visible signs of UV damage to the skin. UV light can also cause invisible skin damage that accumulates over the years. Decade after decade of unprotected sun exposure results



in wrinkles, age spots, broken blood vessels, irregular pigmentation, and skin cancer.

SPF (Sun Protection Factor) refers to a product's ability to block UVB radiation from reaching the skin. Higher SPF numbers imply stronger protection. We recommend an SPF of 30 or more for adequate sun protection.

There is no measurement for a product's ability to protect skin from UVA radiation, but a "broad spectrum" sunblock offers both UVB and UVA protection.

During the summer months, use about one ounce of sunblock per application. Sunblock needs to be applied about 30 minutes before going outside, reapplied 20 minutes later to ensure that no areas were missed, and then reapplied every 2 hours for the best protection. A wide-brimmed hat with at least a 3-4" brim should be worn, as well as protective clothing containing SPF which is now widely available.

Lips and eyes are very sensitive to UV rays also. SPF 30 lip protection and sunglasses should be worn to avoid sun damage.

Check your sunblock's expiration date and remember their effectiveness is diminished by exposure to high temperatures.

Children under 6 months old should be kept out of the sun. After 6 months of age, children can be protected with a broad-spectrum sunblock and sun protective clothing.

Research

Vitamin D

Most plants and animals that are exposed to sunlight have the capacity to make vitamin D. In people, vitamin D is critically important for growth and health from birth until death. We know that vitamin D is essential to bone and immune system health. Ongoing research seeks to identify problems that may be associated with vitamin D deficiency.

Vitamin D can be obtained through eating certain foods, taking supplements, and exposing the skin to ultraviolet light. The amount of sun exposure required to make vitamin D in the skin however, also increases your risk of developing skin cancer! Too much ultraviolet light exposure can actually cause vitamin D to break down in the body. The American Academy of Dermatology recommends protecting your skin from ultraviolet light and obtaining your required vitamin D through diet and supplements.

Current recommendations from the Food and Nutrition Board for minimal daily vitamin D intake range from 200 IU for those under 50 to 600 IU for seniors. The Institute of Medicine is expected to increase intake recommendations when they meet in 2010. Some experts state that optimal vitamin D intake recommendations are closer to 800-1000 IU daily for adults. Recent articles have suggested that if a person is vitamin D deficient they need to take a supplement of 4000 IU per day. Food sources of vitamin D include beef liver, egg yolks and cheese. In the United States, fortified foods such as milk and breakfast cereals provide most of the dietary vitamin D.

Certain groups of people are at higher risk for vitamin D deficiency, including the elderly, darkly pigmented individuals, exclusively breastfed infants, and people with malabsorption syndromes.

Vitamin D status is easily measured through a blood test that your doctor can order.



What is a Dermatologist?

A dermatologist is a doctor who specializes in treating conditions that affect the skin, hair and nails. After earning a four year medical degree and completing at least a one year internship, a dermatologist studies for three more years of specialty medical and surgical training. Many dermatologists have general practices and see patients with all types of skin concerns. Some dermatologists gain additional training and expertise in a specific area of dermatology, such as skin cancer, pediatrics, surgery, or cosmetics.

What does 'Board-Certified' mean?

When a dermatologist is board-certified, it means the dermatologist has:

- Completed a three-year residency in dermatology
- Passed a rigorous two-part test administered by the American Board of Dermatology

At the University of Connecticut Department of Dermatology, all our physicians are board-certified with many holding multiple board certifications. Our doctors are general dermatologists, and some are specialists in melanoma, surgery, or pediatrics.



Some of our physicians have an interest and expertise in cosmetic procedures and oversee that area of our services. We have also established a residency program to train doctors to become dermatologists and be the future of our profession.

What is a Dermatopathologist?

Dermatopathologists are doctors who specialize in dermatopathology, or the study of skin disease at a microscopic level. Dermatopathology encompasses both the diagnosis of individual patients through the examination of their skin biopsies, and the study of skin diseases at a cellular level. Dermatopathologists work closely with dermatologists to diagnose skin conditions. Dermatologists diagnose most skin conditions based on the appearance, distribution on the body, and behavior of the condition over time. Sometimes, these criteria are not enough to effectively diagnose and treat a patient, so a skin biopsy is taken to be examined under the microscope. This microscopic examination by a dermatopathologist reveals the cellular forms of disease and can help clarify the diagnosis. Here at UConn Dermatology, we have physicians who are board-certified in both specialties.




Our Cosmetic Services

- 1. Anti-aging creams** for at home use are available to our patients. Our products are not available in pharmacies or cosmetic counters.
- 2. Chemical peels** improve skin texture and tone, lessen fine lines and bring about a healthier more youthful appearance.
- 3. Microdermabrasion**, also known as the "lunchtime peel," is a quick, non-invasive procedure for exfoliating the skin without any downtime.
- 4. Laser and IPL treatments** are offered for:
 - Removal of dilated blood vessels
 - Removal of pigmented lesions (liver spots)
 - Rejuvenation of skin tone and texture
 - The fastest hair removal available for all skin types, from the fairest to the darkest
- 5. Injectable Muscle Relaxers** temporarily eliminate wrinkles by causing facial muscles to relax, resulting in a smoother skin surface.

6. Injectable Dermal Fillers temporarily correct facial wrinkles and folds, depressions in the skin, scarring and can restore the lip border. Results from these injections can last six to nine months. There are also longer lasting dermal fillers that are injected into the skin to soften creases or folds and support areas of volume loss or contour specific facial areas. Results usually last for 12 months.

7. Sclerotherapy is a popular treatment for spider veins of the legs. After an initial consultation, eligible candidates undergo injections of concentrated saline into these veins. This causes these veins to lighten over subsequent months.

If you are interested in learning more about our full range of cosmetic services and the physicians and nurses who perform them, please call 860-679-4600 or 860-282-3888 to schedule a consultation. We will be happy to explain the procedure to you in detail and discuss the associated risks and benefits in order to help you determine if you are a candidate for cosmetic services.

Awards, Offices, New Faces and Special Thanks within UConn Dermatology

Congratulations to our providers on their awards and honors:

"Best Doctors in America® 2009-2010"

Mary W. Chang, MD	Pediatric Dermatology
Jane M. Grant-Kels, MD	Dermatopathology
Jane M. Grant-Kels, MD	General Dermatology
Jane M. Grant-Kels, MD	Skin Cancer
Hanspaul Makkar, MD	Pediatric Dermatology
Marti J. Rothe, MD	Atopic Dermatitis
Marti J. Rothe, MD	Contact Dermatitis
Marti J. Rothe, MD	General Dermatology
Marti J. Rothe, MD	Psoriasis
James D. Whalen, MD	General Dermatology
James D. Whalen, MD	Skin Cancer
Diane Whitaker-Worth, MD	General Dermatology
Diane Whitaker-Worth, MD	Pediatric Dermatology

"2008 Patients' Choice Award" - Hanspaul Makkar, MD

National and State Offices Held:

- Jane Grant-Kels, MD, *Chairwoman* of the 68th Annual Meeting of the American Academy of Dermatology in Miami, Florida - March 5-9, 2010

- Philip Kerr, MD, *President* of the CT Dermatology and Dermatologic Surgery Society, May 2009 - May 2010

- James Whalen, MD, *Treasurer* of the CT Dermatology and Dermatologic Surgery Society, May 2009 - May 2010

A Big Welcome!

We welcome Michael Tortorello, PA-C to our Farmington office. Michael is our new Physician Assistant who came to us in August, is currently accepting new patients.

Special Thanks...

...to Judy Colligan, RN for her help with the inaugural issue of this newsletter.

For more information or to schedule an appointment please contact:

Locations:

* UConn Dermatology Associates

21 South Road, Second Floor, Farmington, CT 06030-6231

* UConn Health Partners

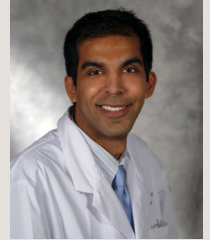
99 Ash Street, East Hartford, CT 06108

Main Line: 860-679-4600

Web: dermatology.uchc.edu

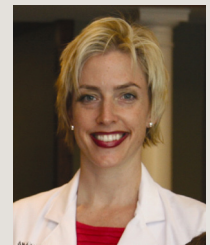
Hanspaul S. Makkar, MD

As an Assistant Professor of Dermatology, Surgery and Pediatrics at the University of Connecticut, Dr. Makkar is a fellowship-trained Mohs Micrographic Surgeon and Dermatologic Surgeon as well as a Pediatric Dermatologist. He is Board Certified in all three. He is also Board Certified in Canada. Originally from Toronto, Ontario, he completed his undergraduate and medical education at Northwestern University in Chicago. Dr. Makkar completed his medical internship at Brigham and Women's Hospital in Boston, followed by a Dermatology residency at the University of California, San Francisco, where he also served as Chief Resident. He then completed his fellowship in Mohs Micrographic Surgery and Dermatologic Surgery, followed by a fellowship in Pediatric Dermatology at the University of California, San Francisco. Dr. Makkar's clinical interests include pigmented lesions in children, birthmarks, vascular anomalies and pediatric dermatologic surgery.



Meagen M. McCusker, MD - PGY 3

A third year Resident, Dr. McCusker has an undergraduate degree from the University of Connecticut with a B.S. in Neuroscience. She went on to Georgetown University where she received her M.S. in Physiology. Dr. McCusker completed her medical education as well as her first year of residency in Internal Medicine at the University of Connecticut School of Medicine. Her clinical interests include inflammatory dermatoses, immunology, nutrition and artistic techniques in dermatologic surgery.



Farmington Office Telephone Clerks

Erin, Lori, Kay and JoAnn (not pictured) are Clerks here in the Department of Dermatology. They are in the front lines for patient services in the department where they triage phone calls from thousands of patients within and outside of Connecticut on a weekly basis. They provide patient information, and schedule appointments and consults from referring physicians in the community. They are a true asset to the department and provide much needed support to the providers in our practice.

