



UConn
Health
Center

Skin Deep



Summer 2011 – News and information from the Department of Dermatology

CALENDAR

HARTFORD PSORIASIS NETWORK MEETINGS

at 7pm
First Church of Christ,
12 S. Main St. West Hartford
Hartford Psoriasis Network
1-877-546-5558 x209
hartford@support.psoriasis.org

UConn DERMATOLOGY GRAND ROUNDS, 8 AM, 1ST WEDNESDAY OF EVERY MONTH

June 1st, July 6th, August 3rd,
September 7th
Dermatology Waiting Room
21 South Rd., 2nd Floor,
Farmington

UConn DERMATOLOGY JOURNAL CLUB, 12:15 PM, WEDNESDAYS

Dermatology Conference Room
21 South Road., 2nd Floor,
Farmington

OFFICE CLOSINGS:

Monday, July 4th in observance of Independence Day
Monday, Sept. 5th in observance of Labor Day

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

Summertime is a wake up call. Do you know anyone over the age of 10 who is satisfied with how they look when they are wearing a bathing suit for the first time in nine months? Or do you know anyone who uses a magnifying mirror, necessitated after age 40, to apply makeup or tweeze facial hair, who likes their exaggerated magnified reflection? Each year at this time we ponder what we can do to retain or recapture our youthful image. Here are a few simple suggestions:



1. Wash your face in the evening with a gentle superfatted soap to remove dirt, bacteria, make-up etc. After age 40, you do not need to cleanse your face twice a day.
2. Lubricate your skin. Dry skin looks older.
3. Wear complete (UVA and UVB) sunscreens or sunblocks with at least SPF 15 to protect your skin. Try to avoid the mid-day sun.
4. Manage stress. Stress and anxiety increase the stress hormone cortisol which can cause inflammation and break down collagen in your skin.
5. Eat antioxidant foods like berries, oranges, and asparagus to reduce inflammation
6. Eat omega 3 fats which are good fats and improve the hydration of the skin.. These are found in salmon, flaxseed, and almonds.
7. Exercise regularly. Exercise helps oxygenate your skin which helps new collagen form.
8. Use a retinoid, retinol, or vitamin A derivative topically on your skin. This will help new collagen growth and skin cell turnover resulting in smoother, toned and evenly colored skin over time
9. Use topical anti-oxidant containing creams on your skin. Many are available over the counter and include creams that contain Vitamins C and E as well as green tea, coffeeberry extract, soy isoflavones, flavonoids (plant derived isoflavones), resveratrol (peels & seeds of grapes, nuts, fruits, red wine), beta carotene, omega 3 polyunsaturated fatty acids, caffeic & ferulic acids, pomegranate, caffeine, etc.
10. Change your routine every 6 to 12 months. This will help jump start improvements. For example, substitute a cream that contains alpha hydroxy acids for your antioxidant cream a few times a week or bump up your strength of topical retinoids. This will enhance skin rejuvenation.

These 10 steps are a good beginning to more youthful, healthy skin. Most importantly try to enjoy every day. Every healthy day is a gift and so enjoy it and those around you whom you like and love!..... Jane Grant-Kels, MD

UConn Health Center
Department of Dermatology
21 South Road - MC 6231
Farmington, CT 06030-6230



KNOW BETTER CARE

Mosquitoes & Repellents



Ensuring a Safe Outdoor Season by Janelle Ricketts, MD

Approximately one-third of U.S. residents use insect repellents as a deterrent to bites, stings and transmission of disease from arthropods. Of particular concern in Connecticut is the transmission of severe mosquito-borne illnesses; Eastern Equine Encephalitis and West Nile Virus. The Environmental Protection Agency (EPA), which also regulates insect repellents, has published several recommendations regarding controlling mosquitoes around the home environment. Insect repellents are also useful when a high degree of exposure to arthropods is anticipated. A combination of preventative measures can help ensure a safe and happy outdoor season.

The EPA suggests the following techniques to help control mosquito infestation around the home:

1. Remove any standing water, where

mosquitoes establish their habitat. This includes standing water in buckets, swimming pools or plastic materials.

2. Apply EPA-approved insect repellents as directed on the labels.

3. Use protective clothing that covers exposed skin when outdoors.

4. Follow insect-borne illness warnings.

5. Use yellow outdoor lights, which are less attractive to mosquitoes than the standard lights.

6. Secure window screens to keep insects out of the home.

7. Contact your local health department about any concerns related to insect control

To avoid mosquito bites, the CDC recommends either DEET, Picaridin, oil of lemon eucalyptus or IR535. The CDC recommends use of either 20-30 percent DEET to skin and clothing or an application of permethrin to clothing for tick bite prevention.

While DEET has an excellent safety profile, there are a few reports of severe side effects from either misuse or overuse of DEET. The American Academy of Pediatrics recommends use of DEET-based insect repellents only in children over 2 months of age and only at a maximum concentration of 30 percent.

Permethrin can be applied on clothing and other camping gear, but not on the

skin directly. Permethrin-impregnated nets have also been useful in controlling the spread of malaria by mosquitoes and are also effective against ticks. Potential toxicity, if overused, can result in neurologic symptoms and overheating.

Picaridin is relatively new to the market and is known for its great safety profile. It cannot, however, be used in children under age 2.

Oil of lemon eucalyptus is effective against mosquitoes for at least 4-7 hours. There is no proven effect against ticks. It cannot be used in children under age 3.

IR535 has no serious reported toxicities.

Combining sunscreen with an insect repellent can increase any potential toxicity of the insect repellent and/or limit the effectiveness of the sunscreen. It is therefore not advisable to combine sunscreens and insect repellents.





Wound Care & Healing after a Procedure

by William Holmes, MD (PGY 3)

Will it hurt?

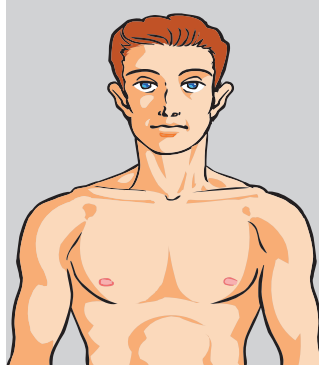
Maybe. Most often, there is little to no pain after a procedure. Sometimes there is a mild “achy” feeling that is easily relieved by over the counter pain medications. Some areas such as the finger or toenails tend to be more painful and may require prescription strength pain relievers.

Do I need antibiotics?

Not usually. Biopsies and excisions have a very low risk of infection. Your dermatologist might recommend antibiotics if your procedure involves the ear, groin, lower legs or the fingers/ toenails.

Why do I need to keep my wound covered?

Faster healing. A moist wound allows healing cells to migrate to areas of the wound where they can help the most. This is most important in the first 24 hours when skin cells form the initial barrier over the wound. Daily application of petrolatum and covering with a dressing keeps the layer of cells intact and promotes healing.



Why Vaseline® instead of antibiotic ointment?

Potential for skin allergies. Over the counter antibiotic ointments are on the top ten list of most common causes of allergic skin reactions.

The skin is a little red and tender, do I have an infection?

Probably not. Inflammation is a part of normal healing and may cause some redness and slight tenderness right at the sight of the procedure. Signs of infection include redness spreading suddenly to the surrounding skin, increasing tenderness and drainage of pus. It can be hard to distinguish inflammation from infection, so you should call your dermatologist if you think your wound is infected.

When will my wound be completely healed?

Healing starts immediately and the surface will generally appear healed within days to weeks. After the wound closes, healing continues within the skin for one to two years. In general, the appearance does not change after one year.

What if my scar is getting bigger or I'm not happy with the appearance?

Call your dermatologist. Some scars may need revision or treatment. Available treatments include revision (surgery to change the scar) and dermabrasion.

 Cosmetics



New Technology for Skin Rejuvenation by Michael Tortorello, PA-C

As we live longer and feel well, we recognize that many of us may feel better than we think we look! At UConn Dermatology, we continue to expand our skin rejuvenation services to help our patients achieve their health goals.

We now offer a new laser technology called CO2 fractional laser resurfacing. This therapy allows us to treat the effects of sun damage to the skin effectively and more comfortably, while reducing post-treatment recovery time. Our CO2 laser emits tiny dots of laser light in a pattern that protects much of the skin’s surface. Excellent results are obtained due to the computerized, pre-selected depths of light penetration, promoting the stimulation of collagen production production, the skin’s underlying structural support tissue.

Fractional laser therapy is unique in its ability to address several skin issues at the same time. Through one treatment, we can help reduce fine lines and wrinkles, diminish pore size, remove sun or “liver” spots, improve skin texture and more.

Treatments are accomplished in an office visit using local anesthetic while you remain awake. The procedure can usually be performed in less than 40 minutes and has the expected recovery time of 5-14 days, which is reduced significantly from traditional laser resurfacing techniques. We can adjust our treatments to accommodate your schedule as well. If a two-week recovery sounds too long, a more superficial laser treatment can be performed followed by 2-3 follow-up treatments, ultimately achieving the same results as one, deeper peel.

So, if you are feeling better than you think you look, please come in for a skin rejuvenation consultation at which time we can evaluate your individual needs and treatment options in detail. Fees are based on your specific treatment prescription and will be discussed during your consultation.

Awards, New Faces & Congratulations within UConn Dermatology

Well Done!

Congratulations to Dr. Julia Anderson - PGY-3 who has received a Resident International Grant from the American Academy of Dermatology to participate in a six week elective in Africa to establish dermatology support programs and teledermatology consulting services. She is the third resident within our program to receive this competitive and prestigious grant. Kudos to Dr. Anderson!

“D.R. T.E.A.C.H.E.R. Award”

Congratulations to Marti Rothe, MD for being awarded the D.R. T.E.A.C.H.E.R awarded, presented to her on June 14th at UConn’s Dermatology Residency Graduation. The acronym stands for : Dermatology Residency Top Educator Award for Commitment and Hours Spent in the Education of Residents. Recipients are chosen by the graduating Chief Residents. Keep up the good work, Dr. Rothe!

Congrats, Grads!

Big congratulations go out to our two most recent graduating residents, Dr. Meagen McCusker and Dr. Janelle Ricketts! It has been a wonderful three years and we are lucky to have both staying on as Attendings. What a wonderful addition to our ever-growing department!

A Big Welcome!

A big welcome to the following new providers in our office! Most are now accepting new patients and referrals.

- Dr. Gayle Harris Dr. Omar Ibrahim
- Dr. Meagen McCusker Dr. Janelle Ricketts
- Dr. Bruce Strober

We also welcome the following PGY 2 Dermatology residents: Logan D’Souza, MD and Michael Horwich, MD, PhD! Dr.’s D’Souza and Horwich began their residency on July 1st, 2011.

For more information or to schedule an appointment, please contact:

**UConn Dermatology Associates
21 South Road, Second Floor
Farmington, CT 06030-6231**

Main Line: 860-679-4600 Web: dermatology.uchc.edu

Michael Tortorello, PA-C

Michael Tortorello is a Certified Physician Assistant who specializes in both medical and cosmetic dermatology. Michael attended the Physician Assistant Program at Cornell Medical Center and specialized in surgery. He is board-certified by the National Commission on Certification of Physician Assistants. Michael has an extensive background in dermatology and plastic surgery with a great deal of training with the use of lasers, peels and cosmetic fillers.



William Holmes, MD - PGY 3

Dr. Holmes is a graduate of the University of Arizona and holds a B.S. in Molecular and Cellular Biology & Anthropology. He received his medical degree from the Medical College of Wisconsin and spent his transitional year at Wheaton Franciscan Healthcare, also in Wisconsin. His professional interests include dermatologic disorders of mucous membranes, pediatric dermatology and MOHS & procedural dermatology. Dr. Holmes enjoys mountain biking, writing short stories and spending time with his girls.



Our Management Team

Cathy Sonnenberg, Clinical Practice Manager (left) and Allen Meckowski, Clinical Coordinator (right) are the backbone of the department. Their roles are crucial to the overall day to day processes of what makes our office run.



They are in charge of all aspects of the department, assuring that patient’s, staff and provider’s needs are met. Cathy and Allen work tirelessly everyday as a team, often putting in long hours to make sure that the job get’s done. Our office certainly would not be what it is without the hard work and efforts of these two people. Thank you, Cathy and Allen, for being so great at a job that can often be thankless, overwhelming and exhausting. Your efforts do not go unnoticed.