

Skin Deep



Spring 2016 – News and Information from the Department of Dermatology

CALENDAR

**UConn DERMATOLOGY
GRAND ROUNDS, 8AM
WEDNESDAYS**

May 4 & June 2

**Dermatology Waiting Room
21 South Rd., 2nd Floor,
Farmington**

**UConn DERMATOLOGY
JOURNAL CLUBS, 12:15PM**

May 20 & 25, June 15 & 29

**21 South Rd., 2nd Floor,
Farmington**

**HARTFORD PSORIASIS NETWORK
MEETINGS, 7:00 TO 8:45PM**

May 12 & June 9

**Lucy Robbins Welles Library
95 Cedar St., Newington**

**RSVP to register or for questions:
Marjorie: 860-888-6669 or Missy:
860-635-0580**

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

Letter from Our Chairman



*P*soriasis is a marker for systemic disease, with unchecked inflammation present in multiple organs and tissues beyond the skin. Patients with moderate to severe psoriasis are more prone to atherosclerotic vascular disease and subsequent myocardial infarction and stroke. Further, all psoriasis patients, and especially those more severely affected by their skin disease, are much more likely to suffer from psoriatic arthritis, with inflammation and damage affecting the joints, ligaments and tendons. Too often dermatologists don't query psoriasis patients about the presence of swollen and tender joints, spinal pain and stiffness, and frequent tendonitis. Importantly, the presence of psoriatic arthritis necessitates treatments that address more than the skin. Drugs that clear psoriasis do not normalize inflamed joints and ligaments result in a persistently-reduced quality of life. Consistent with our approach to a multidisciplinary management of complex medical dermatology, our department has created a psoriasis and psoriatic clinic where each patient is co-managed by a rheumatologist, dermatologist and a resident in dermatology. Please refer psoriasis patients whom you suspect are afflicted by psoriatic arthritis to this clinic, which currently convenes monthly and, using all treatment modalities, manages psoriasis patients according to their disease severity. The clinic also will appropriately refer patients to other specialties for evaluation and treatment of their psoriasis related comorbidities.

**- Bruce Strober, MD, PhD
Professor and Chairman**

THE DELICATE BALANCE

- Jane Grant-Kels, MD

Your dermatologists at UConn Health are performing many roles when they take care of you. They are providing the best dermatologic care that is available anywhere in the world. They are role models, mentors and teachers to the next generation of dermatologists. This is not an easy balance and we need your help to be successful.

Our dermatology residents are the best and brightest that the medical education system produces. They were the top of their class in college and medical school, aced all of the national board exams, have published in the literature, and were offered the highly sought after residency position at UConn Dermatology because they



came with the highest possible recommendations from their medical school and previous teachers. Their participation in our department makes us better dermatologists. They make us better because they ask us tough thought-provoking questions and expect us to be the best... and so we are.

When I was growing up in the 1950's, one of the gifts my dad gave me was that he believed in me. He allowed me to imagine I could be anything I wanted to be (an unusual philosophy regarding women in the 1950's) and when I spoke to him, he always made

me feel better about myself and what I was doing. My dad felt that my generation would be better than his; he did not buy on to the hype that his generation was the "greatest". His sense of optimism gave me the wings I needed to pursue the career of my choice. What my dad did for me, we must do for our children and our residents. They are the future and if given the proper motivation and opportunities, the future will be bright. I believe that the next generation of dermatologists is smarter and more capable than the last generation.

So the next time you come to see us and the first physician to come into the exam room is one of our extraordinary dermatology residents, please welcome them and be kind to them. They are the best and brightest and will ensure that you get the best and most compassionate dermatologic care medical science has to offer.

Cosmetics

Ever wonder what we offer to our patients when it comes to cosmetic services?

Here's a list:

1. **Laser and IPL treatments are offered for:**

- Removal of broken blood vessels (telangiectasias)
- Removal of sun spots, age spots, and liver spots (lentigines)
- Removal of unwanted tattoos
- Rejuvenation of skin tone and texture
- The fastest hair removal available for all skin types, from the fairest to the darkest

2. **Fractional laser resurfacing** can improve fine lines, wrinkles, scarring, uneven coloration, skin laxity, textural irregularities, and a thinned collagen layer. At UConn we perform both nonablative and ablative fractional laser resurfacing.

3. **Spider veins** can be treated with either **sclerotherapy or laser treatments** or both. An initial consultation will determine which type of treatment is best for you.

4. **Chemical peels** improve skin texture and tone, lessen fine lines and bring about a healthier more youthful appearance.

5. **Microdermabrasion**, also known as the "lunchtime peel," is a quick, non-invasive procedure for exfoliating the skin

without any downtime.

6. **Botox** temporarily eliminates wrinkles by causing facial muscles to relax, resulting in a smoother skin surface.

7. **Volumizing fillers** temporarily correct facial wrinkles and folds, areas of volume loss, scarring and can restore the lip border.

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 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.





WHAT EXACTLY IS A MOHS SURGERY FELLOW?

- KEN GALECKAS, MD, PGYS



Micrographic Surgery and Dermatologic Oncology Fellowship Program

UConn Dermatology is dedicated to teaching future dermatologists and is the home of a robust dermatology residency training program. In addition, we are in our third year of a Mohs surgery fellowship program. The “fellow” is a board-certified dermatologist who has applied via a competitive process for the opportunity to train here for a 5th post-graduate year.

Mohs Surgery

Mohs surgery is a surgical technique where skin cancers are removed and the tissue is fully checked with microscopic frozen sections to ensure complete tumor removal. If any tumor remains, the surgeon returns to where the cancer remains and removes another “layer” of tissue. In this way, 100% of the margin can be assessed and the maximum amount of normal tissue can be spared. Mohs surgeons are also extensively trained in cutaneous reconstructive surgery, and most cases are repaired during the same surgical appointment.

Fellowship Training Program

Not just any Mohs surgeon can train someone! Mohs surgery fellowship training programs must pass a rigorous application and review process before being allowed to train a

fellow. Once the training program is approved, it must continue to adhere to the standards set by the Mohs College. All approved training programs are periodically re-evaluated on a 1 to 5-year basis to ensure that their academic and clinical requirements are being followed and fulfilled. UConn Dermatology has received a full 5-year accreditation.

UConn Mohs Surgery is a busy service. There are over 3000 annual cases performed within the department. Over the last 3 years, the fellow participates in approximately half of them. In order to graduate and enter the American College of Mohs Surgery as an associate, the fellow must participate in a minimum of 500 Mohs surgery cases, learn to accurately interpret slides of tissue samples that have been removed during Mohs surgery and perform a wide breadth of reconstructions, ranging from simple closures to complicated multi-step repairs.

The fellow is carefully supervised by the attending Mohs surgeons. This ensures that all patients receive the best possible surgical outcome and have the best possible experience here at UConn Health.

YOU CAN MAKE A DIFFERENCE!!!

Your gift to the George H. Grant Department of Dermatology Melanoma Research Fund will help UConn Health make advances in the diagnosis, treatment and prevention of melanoma.

Every contribution towards UConn Health benefits our patients and their loved ones.

Gifts of any size are deeply appreciated.

Donors who make annual gifts totaling \$1,000 to \$25,000 are honored in the UConn Foundation’s Leadership Giving Society.

Make your donation at:

health.uconn.edu/giving

Thank you for your generous support!

In the News!

Deborah Bugryn, APRN

Congratulations to our Nurse Manager, Deb Bugryn, APRN who is recertified as an adult clinical nurse specialist as well as cardiovascular RN through ANCC (American Nurses Credentialing Center).

Sam Dadras, MD, PhD

We are extremely happy to report that Dr. Dadras' paper, entitled "microRNA in situ hybridization for miR-211 detection as an ancillary test in melanoma diagnosis", has been accepted for publication in *Modern Pathology*. This is a high-impact journal in diagnostic pathology where we reported the development of a novel test developed here at UConn Health. Dr. Dadras is an Associate Professor of Dermatology and Genetics/Developmental Biology.

Breton Yates, MD - Chief Resident

On April 25th, at the UConn School of Medicine Spring Awards Ceremony, Dr. Breton Yates was one of 7 residents at UConn awarded the Graduate Medical Education Outstanding Resident Award. Congratulations to Dr. Yates!! This is a wonderful honor and great reflection of our residency program and department.

Short Shadow - Seek Shade!

One way to determine when to stay out of the sun is by following the shadow rule: "Short Shadow- Seek Shade." When a person's shadow is shorter than the length of the person, the intensity of the UV rays from the sun is more likely to cause sunburn. Seek shade when you can and try wearing protective clothing even in the spring, summer, and autumn months. Your skin will thank you for it years later!

Tell a Friend about UConn Dermatology

With offices in Farmington, Canton and Southington, our highly experienced and board-certified faculty and providers will administer excellent health care for you, your family and friends. We thank you for choosing UConn Health for your dermatologic care. Call for an appointment today and we will be glad to assist you.

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

**UConn Health
Department of Dermatology**

Main Line: 860-679-4600

Web: health.uconn.edu/dermatology

Jane Grant-Kels, MD

Dr. Grant-Kels is a professor of Dermatology, Pathology and Pediatrics at UConn. She is also presently vice chairman of the UConn Dermatology Department. She attended Smith College, Dartmouth and Cornell University Medical College. She completed her pediatrics and dermatology residency programs at Cornell's New York Hospital and Memorial Hospital.



Following this, she completed a fellowship in dermatopathology at New York University Medical Center. Dr. Grant-Kels is board-certified by the American Board of Dermatology and the American Board of Dermatopathology. She joined UConn on January 1, 1980 and was the founding Chair of the dermatology department which has grown to over 120 physicians and staff. She is currently on the board of the American Academy of Dermatology and Women's Dermatology Society. She has published extensively and is on the editorial boards of numerous scientific journals. Her area of expertise is melanoma and pigmented lesions.

Ken Galeckas, MD, PGY 5

Dr. Galeckas is our current Mohs fellow. He graduated from Boston University School of Medicine and has been a board-certified dermatologist since 2008. After teaching dermatology residents at Bethesda Naval Medical Center from 2008 - 2011, he has been in private practice at InterMed P.A., in Portland, Maine. He will return to that practice, and establish a Mohs surgery service, after finishing his fellowship here at UConn School of Medicine this June.



Cheryl Martin, RN Clinical Trials

Cheryl manages research studies and study patients for both Dr. Bruce Strober and Dr. Mona Shahriari. She earned her BSN at the University of Maryland, and after many years in ICU and ER, was welcomed to the Calhoun Cardiology Center in 2001. She found her work with Dr. Michael Azrin conducting Cardiac Cath Lab interventional research, mainly in acute myocardial infarction treatments. In 2014 she transitioned to UConn Dermatology. She is involved with current clinical trials including biologics and other innovative potential treatments for Psoriasis, Hydradenitis Suppurativa, and Atopic Dermatitis.

