No Need to Leave the Strip for Sightseeing
Annual Meeting - October 26-30
see pages 6-7

Financial Tidbits: Investing with Money Managers
see page 17

Dr. Kirby Starts Second Season on ‘Dr. 90210’
see page 23

Dr. Cola Wraps Up First AOCD Mohs Surgery Fellowship
see page 18
American Osteopathic College of Dermatology

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AOCD Annual Meeting
October 27-30, 2008
Las Vegas, NV

AOCD Midyear Meeting 2009
January 20-25, 2009
Steamboat Springs, CO

Upcoming Events

Contribute to DermLine
If you have a topic you would like to read about or an article you would like to write for the next issue of DermLine, contact Ruth Carol, the editor, by phone at 847-251-5620, fax at 847-251-5625 or e-mail at RuthCarol1@aol.com.

Update Contact Information
Is your contact information current? If not, you may be missing need-to-know news from the AOCD. Visit www.aocd.org/members. Click on the red box on the right side of the screen to update your info.

Should you have trouble accessing your profile, you can fax the new information to the AOCD at 660-627-2623. Send the fax to the attention of Marsha Wise, resident coordinator.

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Message from the President

It is said that time passes quickly, and that certainly is true of this year being president of the AOCD. I must say that it has been smooth sailing and I appreciate all of the help that I have received from others within the AOCD. I feel like I just wrote my first letter stating my goals of being president and now I am writing my last letter as the outgoing president.

So what have I learned this year? I have realized that we have a great organization. We must always strive to make it better and never be content with the way things are. I have learned to be more tolerant of others and realize that everybody is doing the best they can, from where they are, with what they have.

I have also come to realize how little time it really takes to make a difference in an organization and in others' lives. The best part of taking action and getting involved is the self-satisfaction and personal growth that I have experienced.

I encourage all of the members of the AOCD to take part, play a role, and make a difference. There are so many ongoing issues, and new ones popping up all the time, that require our efforts. That is what keeps us “green and growing” and from becoming “ripe and rotten.”

It is very easy to sit back and let others do the work. We have all rationalized why we don’t need to get involved in the AOCD: others will do it, the AOCD does not need us, and it will get done without us. Some may even feel that their residencies are not up to par, so why bother? I suggest that these are all great reasons TO get involved. Get on a committee or come to the Board of Trustees’ meeting. I guarantee that you, too, will find a great sense of satisfaction in being part of the AOCD leadership. It really takes so little time!

It has been fun and an honor to serve as your president during the 2007-2008 year. I thank my friends and mentors who have helped me have the life that I have today. I want to recognize my friend and mentor, Dr. Stan Skopit, for all that he has done for me. Dr. Jere Mammino is always in the background and has been “the wind beneath my wings.” Drs. Ed Yob, Lloyd Cleaver, and Jim Del Rosso have done so much to help me and continue to work for you and the AOCD. Becky and Rick Mansfield and Marsha Wise run our organization efficiently and professionally.

Remember that “thoughts become things;” so choose good ones. Thank you for allowing me to serve as your president.

Sincerely,

Jay S. Gottlieb, D.O., FAOCD
AOCD President, 2007-2008
Executive Director’s Report
by Becky Mansfield, Executive Director

AOA Meeting
The summer meeting of the AOA Board of Trustees (BOT) and the AOA House of Delegates (HOD) was held July 17-20 in Chicago. These two meetings establish policy for the AOA organization, specialty affiliates, and state affiliates.

Prior to the opening of the BOT meeting, several committees met to develop recommendations to give to the Board members and House delegates. The Society of Osteopathic Specialty Executives (SOSE), of which the AOCD is a member, met on July 14. All specialties are represented and have a vote. In addition to reviewing the proposed resolutions and making recommendations to the BOT and HOD, SOSE members can propose new policy. They also discussed issues related to continuing medical education (CME) credits and suggestions to encourage members to attend osteopathic CME programs.

Dr. Lloyd Cleaver represents the AOCD at both the BOT and HOD meeting. As a voting specialty delegate, he attends all sessions of the House and reference committee meetings.

I encourage the membership to discuss any issues that are of interest to the organization and its members with AOCD delegates throughout the year.

Annual Meeting
Dr. Don Tillman has developed a diverse educational program that will be of interest to our members. I encourage all members to attend the lectures, which will be held at the Venetian Hotel, and all of our other activities in Las Vegas.

Lecture topics include “The World of Cosmeceuticals: Exfoliators and Antioxidants,” “CLIA Verification Update,” and “Great Cases from Osteopathic Teaching Programs.”

Midyear Meeting
It’s time to make plans for the 2009 Midyear Meeting in Steamboat Springs, Co. Program Chair, Dr. Brad Glick, is developing the program for the January 21-24 conference, which will be held at the Steamboat Sheraton Resort and Conference Center.

Reservation information will be distributed later this fall.

The AOCD staff welcomes your comments and suggestions that will improve our organization.

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Medicare Physician Cuts Averted

The 10.6% cut in Medicare physician payments has been averted thanks to an override of President Bush's veto of H.R. 6531, the "Medicare Improvement for Patients and Physicians Act of 2008," by a strong bipartisan vote in the U.S. House of Representatives and the U.S. Senate.

The projected 5.4% cut for January 1, 2009 was also halted. In fact, physicians will be reimbursed at their current level for the remainder of 2008 and receive a 1.1% increase in 2009 as H.R. 6531 now becomes law.

The final vote tally was 383-41 in the House and 70-26 in the Senate.

Correction of the Medicare payment formula is expected to resume after the 2008 presidential election.

AAD Offers Financial Assistance to Members in Midwest Floods

Dermatologists and dermatology residents who sustained physical damage to their property as a result of the flooding in the Midwest this spring are being offered financial assistance from the American Academy of Dermatology (AAD).

For damage that is not covered by insurance, other forms of financial assistance, or other financial resources, the AAD has made available low-interest loans through a special flood relief fund.

The loans will be for a maximum of $25,000 for dermatologists and $5,000 for dermatology residents, according to the AAD.

In June, the Health and Human Services Secretary Mike Leavitt declared a public health emergency in the flood-stricken states of Iowa and Indiana.

Dermatologists and dermatology residents who are AAD members in good standing can apply for a loan on the Academy’s web site at www.aad.org.

AOCD Membership Continues to Grow

As of this July, the AOCD has a total of 635 members.

The membership is broken down as follows:

- 315 Fellows
- 17 Life
- 10 Affiliate
- 32 Board Eligible
- 98 Residents
- 139 Students
Undoubtedly one of the glitziest four-mile stretches of road known to mankind, the Las Vegas Strip is home to many of the largest hotel, casino, and resort properties in the world.

With each new casino comes an over-the-top façade designed to attract walk-up customers. In fact, many of these entrances have become attractions themselves.

Walk Right Up
The most well-known attraction is the Treasure Island Sirens. The action begins with a 17th century clash between a group of beautiful, tempting sirens and a band of renegade pirates. The sirens use a mesmerizing and powerful song to lure the pirates to their cove, stir up a tempest strong enough to sink a ship, and transform Sirens’ Cove into a 21st century party. This event occurs four times an evening at the front entrance of the Treasure Island Hotel and Casino.

In keeping with a water theme, the Fountains of Bellagio offer one of the most ambitious, choreographically complex water features combined with a clever concert of opera, classical, and Broadway tunes. This aquatic display occurs on the half hour during the day and every 15 minutes in the evening in front of the Bellagio Hotel and Casino.

Escape to the tropics surrounded by palm trees and lush foliage at the Secret Garden & Dolphin Habitat at the Mirage Hotel and Casino. It is home to several Atlantic bottlenose dolphins, as well as Siegfried and Roy’s white tigers, lions, panthers, and leopards.

The famed volcano at the Mirage may be reopened by the annual meeting. Currently under renovation, the volcano has been a Las Vegas signature attraction since the resort opened in 1989. The thunderous volcano is situated on three water-covered acres. It is 54 feet high and circulates 119,000 gallons of water per minute.

Every night, people gather on the sidewalks in front of the casinos to watch the various free attractions. Fortunately, several footbridges have been installed to keep pedestrian traffic running smoothly at these popular intersections.

Go Inside
More exotic attractions await when you venture inside the hotels/casinos. Most notable are those at the Forum Shops at Caesar’s Palace.

Located in the Roman Great Hall, the Lost City of Atlantis Show consists of an enormous fountain that comes to life at regular intervals as the wrath of the gods is unleashed on the city of Atlantis. Fire, water, smoke, and special effects combine into an extravaganza as life-like animatronic characters including Atlas, Gadrius, and Alia struggle to rule Atlantis. Surrounded by a 50,000-gallon saltwater aquarium, the mythical sunken continent rises and falls before your eyes. Show times are every hour from 10 a.m. to 11 p.m. daily.

The Festival Fountain is a seven-minute special effects show featuring monumental sculptures of mythological Roman gods coming to life. When Bacchus, god of merriment and wine, wakes up and decides to throw himself a party, he enlists the power of Apollo, Venus, and Plutus in preparing the revelry. These characters conjure up a myriad of choreographed mythological images and designs. Music, sound effects, special light effects, lasers, animatronics and special scenic projections on the dome, combine together with a computer controlled waterscape effects and theatrical lighting for a dazzling finale.

One of the newest attractions is the Atlantis Aquarium, the 50,000-gallon saltwater aquarium that provides the backdrop for the Atlantis Show. Five hundred individual fish from more than 100 species call the aquarium home. They are both solitary and schooling fish, which are normally found around coral reefs. They range in size from two inches to four feet. The aquarium contains a variety of tropical marine fish including puffer, butterfly, and trigger fish. The most notable species are the sharks and sting rays. Plan your visit to coincide with one of the two daily dive feeds at either 1:15 or 5:15 p.m. Below-the-scenes tours are offered at 3:15 p.m., Monday through Friday.

Shopping
Only in Vegas is the art of entertainment combined with the art of shopping.

In addition to its many attractions, the Forum Shops feature more than 150 boutiques and shops as well as 15 specialty restaurants. The most recent expansion added 175,000 square feet and additional levels that extend the mall onto the Strip and a grand pedestrian plaza, the signature entrance for the shops.

The Grand Canal Shoppes at the Venetian Resort-Hotel-Casino—a unique, Italian-themed promenade—is home to more than 80 shops that feature jewelry, footwear, designer...
clothing, and home accessories. Between stores, enjoy an authentic gondola ride or a snack at one of the cafes along the cobblestone walkway. Talented performers serenade you as they stroll along the Grand Canal. Performances are held at various times throughout the day, seven days a week.

Shopping at the Castle Walk Shops at Excalibur Hotel and Casino is as much a show as it is a shopping experience. Between stores, see live medieval players jousting in King Arthur's Tournament, or entertain yourself with midway style games and rides.

Head to the Circus Circus Shops at Circus Circus Hotel, Casino and Theme Park to explore an impressive collection of sports memorabilia, apparel, gifts, and collectibles along the 40,000 square foot cobblestone promenade.

Find Balinese carvings and Picasso prints, sportswear and magazines in the boutiques that comprise Mandalay Place at Mandalay Bay Resort & Casino.

Enjoy a taste of Paris at the Rue de la Paix where you will find an array of authentic French boutiques, including a garden shop, wine and cheese shop, and high-end clothing stores in Paris Las Vegas.

The Star Lane Shops at MGM Grand Hotel and Casino feature a variety of souvenir and travel shops decorated in a 1950s Hollywood motif. Visit the Emerald City for costume jewelry, luggage, pearls, magic tricks, souvenirs, candy, and beverages.

Dining Out
Don't expect dinner to be any less spectacular than the attractions and shopping you may have an opportunity to experience while in Sin City. Today, Las Vegas is recognized as one of the world's great dining destinations, with a long list of renowned chefs and restaurants known for their lavishness, architecture, and creativity.

In 1992, the highly respected Austrian chef, Wolfgang Puck, opened Spago at the Forum Shops, escalating Las Vegas into a dining league of its own. Puck now owns and operates three other upscale local eateries: Chinois, also in the Forum Shops; Café de Lupo at Mandalay Bay; and Wolfgang Puck Café and Grille at the MGM Grand.

The list of celebrity chefs here reads like a who's who in the world of fine dining. Emeril Lagasse opened Emeril's New Orleans Fish House at the MGM Grand, and later, Delmonico at the Venetian. Thomas Keller, owner of French Laundry in California's wine country, opened Bouchon at the Venetian. Bradley Ogden has his own self-named haute American cuisine masterpiece at Caesar's.


Homegrown chefs who have also made names for themselves include André Rochat, of André's at the Monte Carlo and downtown Las Vegas and Alizé at the top of the Palms; and Michael and Wendy Jordan with Rosemary's a few miles west of the Strip.

Las Vegas is also home to a large number of the world's top sommeliers. One of the best known is Andrew Bradbury, who has become internationally renowned for the more than 4,000

Getting Around Town

With so many attractions around the Strip and downtown, transportation options are numerous.

Walking is an option, but sometimes distances between hotels can be deceiving. The Las Vegas Monorail runs on the east side of the Strip from Tropicana Avenue to Sahara Road. Double decker buses—known as the Deuce—stop at most major resorts and continue north to downtown and the Freemont Street Experience. A tourist trolley service travels up and down the Strip and stops at various, but not all, hotels. Two small, free cable-pulled trams operate on the Strip. One runs between Treasure Island and the Mirage, while the other provides service to Mandalay Bay, Luxor, and Excalibur. Taxis can only stop at hotel entrances and designated spots, so when planning to get somewhere be sure to ask which is the closest hotel. Free shuttles sometimes require a room key from an affiliated casino.
wines available at Aureole inside Mandalay Bay. Aureole features a three-story wine tower that "wine angels" ascend via climbing harnesses and ropes to retrieve the bottle of your choice.

**Stepping Out**

After dinner, you can head back to your hotel or head to a nightclub or lounge.

PURE Nightclub in Caesar's Palace is the newest nightlife venue. The 2-story nightclub is 36,000 square feet, boasting three separate experiences. The main room features oversized beds, three bars, and a VIP area that overlooks the dance floor, not to mention a balcony with an incredible view of the Strip.

Mandalay Bay is home to two amazing bars on the top floors of its towers. The House of Blues Foundation Room offers a Moroccan-infused view of the Strip, while Mix, atop its companion tower, THEHotel, is a modernist masterpiece with an amazing view. Ghostbar atop the Palms is a wonderful place to rub elbows with the A List.

The New York-New York and Harrah's both tout popular dueling piano bars where the suds and songs just keep on going.

Located in the heart of downtown, 3rd Street is quickly gaining popularity as one of the newest dining and entertainment hotspots in Vegas. New York's famous Hogs & Heifers opened with its unique brand of entertainment where bartenders wear halter tops and leather pants and are armed with megaphones to keep the mood as raucous as possible. Next door, Triple George Grill features not only great food, but also a classic lounge where patrons can relax in oversized leather armchairs, smoke cigars, and banter with the pianist. Next to Triple George is Celebrity Nightclub, which features live music regularly, and Sidebar, an intimate bar specializing in classic cocktails.

Also downtown, Binion's Steak House is known for its breathtaking, south-facing view of the Stratosphere and Strip. Try the Stratosphere's Top of the World Lounge just before twilight to watch the city turn on from 100 stories up.

So after a long day of educational and informative presentations, AOCD members can venture to mythical places and lands across the ocean, feast like the gods, or just relax and unwind without venturing far from their hotel.

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**Speakers Address Challenging Cases at Annual Meeting**

The AOCD Annual Meeting, slated for October 26-30 in Las Vegas, promises to be an educational experience within the confines of an adult playground.

This year's meeting will be held at the all new Palazzo, which is the sister resort to the Venetian Resort-Hotel-Casino.

For residents, the event will begin with the In-Training Examination and business meeting on Sunday. The AOBD Exam/CAQ Exam on dermatopathology and Mohs Micrographic surgery will also be given that day. The AOCD Executive Committee will be meeting, as well.

The Welcome Reception will be held from 6:30-8:30 p.m.

**Guest Speakers**

Speakers (listed with their topics) scheduled to present lectures on Monday between 9:15 a.m. and 1 p.m. are as follows:

- Donald K. Tillman, D.O., FAOCD
  Program Chair, AOCD President-Elect
  Opening Remarks & Introductions

- Elliott Milstein
  President & COO, Biopelle, Inc.
  *The World of Cosmeceuticals: Exfoliators and Anti-Oxidants*

- Daniel Morris, D.O.
  General Vascular Surgery
  *Laser Approach to Cutaneous Superficial Varicosities*

- Professor Eggert Stockdeth, M.D.
  Chair, Skin Cancer Center Charlie in Berlin
  *The Role of Evidence Based Medicine*

- Gregory G. Papadeas, D.O.
  Advanced Dermatology Skin Cancer & Laser Surgery Center
  *CLIN Quality Assurance Test*

Following the alumni lunches, the AOCD Business Meeting will be held from 3-5 p.m.

The President's Reception Banquet will be held from 6-10 p.m. A dessert reception will follow.

Speakers (with their topics) scheduled to present lectures on Tuesday between 7:30 a.m. and 3:30 p.m. are as follows:

- Cindy Hoffman, D.O.
  Program Director
  NYCOM/St. Barnabas Hospital
  *Great Cases from Osteopathic Teaching Programs*

- James Del Rosso, D.O., FAOCD
  Program Director
  TUCOM/Valley Hospital Medical Center
  *So Many Drugs, So Little Time*

- Joseph Bikowski, M.D.
  Director of Dermatologic Education
  The Medical Center
  *Challenging Cases in Dermatology*

- Leon Kircik, M.D.
  Mohs Micrographic Surgery & Cutaneous Oncology
  Dermatologic Surgery, Baptist East Hospital
  *Management of Challenging Cases in Psoriasis - Handling Prior Authorization*

- Elias Lopez-Hakimian
  CEO, Crystal Cove Wealth Management
  *Asset Protection*

- Rick Lin, D.O., FAOCD
  Dermatology Clinic of McAllen
  *Planning and Implementing Your Paperless Dermatology Office with Full Integration of the Electronic Medical Record*

- Michael B. Morgan, M.D.
  Professor of Pathology, U.S.E. College of Medicine
  *Tropical Dermatology - Know Your Mycobacterioses*

**Resident Speakers**

Resident speakers (listed with their topics) scheduled to present lectures on Wednesday between 7:50 a.m. and 4 p.m. are as follows:

- Michael B. Morgan, M.D.
  *Professor of Pathology, U.S.E. College of Medicine*
  *Tropical Dermatology - Know Your Mycobacterioses*
Spiradenocarcinoma: A Case Report

Columbia Hospital, Palm Beach, FL

Danica Alexander, D.O., 3rd Year

Merkel Cell Carcinoma Mimicking a Cyst

Elliot Love, D.O., 3rd Year

Richmond Medical Center, Cleveland, OH

Congenital Dermatofibrosarcoma Protubersans

Todd Kreitzer, D.O., 3rd Year

Richmond Medical Center, Cleveland, OH

Hypohidrotic Ectodermal Dysplasia

Mollie Jan, D.O., 3rd Year

Frankford Hospital, Allentown, PA

Congenital Leukemia Cutis in the Setting of Acute Myelogenous Leukemia

Patrick Keesha, D.O., 2nd Year

Northeast Regional Medical Center #2,

Duncanville, TX

Acrokeratoelastoidosis: A Case Report and Literature Review

Chris Buatti, D.O., 2nd Year

Genesys Regional Medical Center, Grand Blanc, MI

A Unique Case Report of Atrophoderma of Pasini and Pierini in an Adolescent

Brad Neumann, D.O., 3rd Year

Pontiac/Botsford Osteopathic Hospital, Farmington Hills, MI

Ebers-Danos Case Presentation

Patty Klein, D.O., 3rd Year

Wellington Regional Medical Center, Margate, FL

Lovenox Treatment in Erythema Dyschromicum Perstans

Emily Rubenstein, D.O., 2nd Year

NSUCOM/Largo Medical Center, Port Richey, FL

A 42-Year-Old Female with Erythematous Plaques

Preethi Sundaram-Mohip, D.O., 2nd Year

Wellington Regional Medical Center, Margate, FL

Leprosy Case Presentation & Review

Joe Laskas, D.O., 2nd Year

Frankford Hospital, Allentown, PA

Erythematous Kaposi’s Sarcoma in an HIV Negative Patient

Mindy Conroy, D.O., 2nd Year

Frankford Hospital, Allentown, PA

Multiple Minute Digiteal Hyperkeratoses

Jason Mazzucaro, D.O., 2nd Year

St. Joseph Mercy Health System, Clinton Township, MI

Mycosis Fungoides of the Nail

Krana Chavda, D.O., 2nd Year

St. John’s Episcopal Hospital, Far Rockaway, NY

Osler-Weber-Rendu Disease

Nicole Bright, D.O., 2nd Year

Mollie Jan, D.O., 2nd Year

Frankford Hospital, Allentown, PA

Cutaneous Manifestations of Crohn’s Disease

Aubree Usmani, D.O., 2nd Year

NSUCOM/Largo Medical Center, Port Richey, FL

Atrophie Blanche: Specific Disease or Physical Finding?

Ramona Nixon, D.O., 3rd Year

O‘Bleness Memorial Hospital, Zanesville, OH

Eccrine Agiomatous Hamartoma

Brian Stewart, D.O., 3rd Year

St. Joseph Mercy Health System, Clinton Township, MI

Aplasia Cutis Congenita Associated with In-Utero Twin Death

Daniel Marshall, D.O., 3rd Year

Northeast Regional Medical Center, Kirkville, MO

Workhorse Flaps in Nasal Reconstruction

Roger Sica, D.O., 3rd Year

NSUCOM/Largo Medical Center, Port Richey, FL

Prevalence of MRSA in the Setting of Dermatologic Surgery

Saira Momin, D.O., 2nd Year

TUCOM/Valley Hospital Medical Center, Las Vegas, NV

Dermatological Applications in Vitamin D Deficiency

Christopher Buckley, D.O., 3rd Year

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Minocycline Induced Hyperpigmentation: A Case Report and Review

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Atrophie Blanche: Specific Disease or Physical Finding?
Support the AOCD and its Foundation for Osteopathic Dermatology (FOD) as well as honor Drs. Jay Gottlieb (current president) and Don Tillman (incoming president) by placing an ad in the 2008 Ad Journal.

In addition to honoring AOCD officers, an ad in this publication can serve to recognize College members, including residency program directors and residents. Placing an ad can even serve to market one’s practice and staff.

Monies raised through the submission of ads support the FOD established in 2004. The FOD’s goal is to improve the standards of the practice of osteopathic dermatology by raising awareness, providing public health information, conducting charitable events, and supporting research through grants and awards given to those applicants under the jurisdiction of osteopathic dermatology physicians.

The 2008 Ad Journal will be presented at the Presidential Banquet during the annual meeting in Las Vegas.

For further information about submitting ads, contact Shirley Gottlieb at shirleygottlieb@aol.com or 954-963-5862.

Honor Members by Placing Ad in 2008 Journal

Dr. Anderson Presents Osteopathic Philosophy to Military

Reagan Anderson, D.O., MCS, MPH, a second-year resident at Oakwood Southshore Medical Center in Trenton, Mich., represented osteopathic medicine at the US Army’s Health Promotion and Preventive Medicine Conference held last month.

The 11th annual conference, which is attended by active duty osteopathic physicians, was held in August in Albuquerque.

Osteopathic Philosophy

Dr. Anderson was asked by the AOA to speak about the osteopathic philosophy. Surprised and humbled by the request, he was thrilled to accept it. “I was surprised to get the call because out of the thousands of osteopathic physicians who have served in the armed forces, the AOA asked me to represent the profession,” says Dr. Anderson, who is under the directorship of Steven Grekin, D.O., FAOCD.

“Osteopathic medicine brings to those under their medical privilege and they want to teach all of their providers how to be more holistic,” he says. “My job at this conference, in the space of one hour, was to plant the seeds of osteopathic medicine into the minds and imaginations of the military physicians so that they get a glimpse of how to treat a patient’s mind, body, and spirit.”

To that end, Dr. Anderson’s speech was entitled, “Mind, Body, and Spirit of Combat Medicine.”

“I attempted to go through the unique perspective an osteopathic physician brings to every patient encounter and show through story and metaphor how doctor-patient interactions can be so much more than just treating the symptoms of a disease,” he says. “I tried to show that a patient encounter is not complete until all aspects of a person are honored with attention and time: nobody is a symptom; a diagnosis is never isolated to a solitary cause; and no disease can ever be fully treated by focusing on just the complaint and not addressing that which contributed to the disease in the first place.”

Art Imitates Life

Earlier this summer, the cable television channel HBO began airing a new series called “Generation Kill,” which follows the battalion in which Dr. Anderson served during his two tours of duty. During the invasion of Iraq, a reporter from Rolling Stone magazine was embedded within the 1st Reconnaissance Battalion. The reporter wrote a book of the same name that HBO turned into a mini-series. Although Dr. Anderson arrived at the battalion after the reporter had already left, he says it is a very accurate portrayal of what he experienced serving as the battalion surgeon between June 2004 and September 2006 in the Al Anbar province. “For those who ask me what I did in the military, this series is a very accurate representation of what my job entailed, the operational tempo in which I was a physician, and the challenges that were faced while trying to serve this battalion of marines,” he says, adding, “The images and situations are acted out so accurately that I often feel like I am over there again while watching it.”
Mark Your Calendar for Midyear Meeting

The Midyear Meeting in Steamboat Springs, Co., slated January 21-24, 2009, promises to be an exciting event.

Expect phenomenal lectures presented by attending dermatology faculty from the finest osteopathic and allopathic institutions, including a Psoriasis Forum led by the esteemed Francisco A. Kerdel, M.D., of the Florida Academic Dermatology Center at the University of Miami Hospital. As always, there will be an excellent panel of osteopathic dermatology residents providing lectures on a variety of current topics in dermatology and dermatologic surgery.

Of course, the City of Steamboat Springs can't be beat. With its legendary Champagne Powder® snow, this western town is home to world-class skiing, snowboarding, Nordic skiing, snowmobiling, and snowshoeing. For those of you who prefer viewing the slopes, do so from a private balcony or while relaxing and keeping warm in front of a beautiful fireplace at the Sheraton Steamboat Resort, the city's only ski in/ski out conference resort.

Access to Steamboat Springs has never been easier with jet service to a larger and more efficient Steamboat Springs Airport.

So join us for a tremendous educational experience and all around great time. For further information, contact Becky or Marsha at the AOCD home office, 660-665-2184, becky_aocd@yahoo.com or marsha_aocd@yahoo.com.

See you in Steamboat!

We are dedicated to helping patients attain a healthy and youthful appearance and self-image.

Dr. Schwarze Appointed to AOA Task Force

Robert Schwarze, D.O., FAOCD, has been appointed to the newly created Certification Fee Task Force by AOA President Peter Ajluni, D.O.

The purpose of the task force is to facilitate ACGME-trained DOs in obtaining AOA certification.
Hello Everyone,

What happened to the summer? By now you should have received the 2008 AOCD Membership Directory. Please remember to keep your address and e-mail address current. If you experience problems logging on to www.aocd.org/members, please let me know.

Both the In-Training Examination for the residents and the Board Examination are being held at 7 a.m. on Sunday, October 26. Resident lectures for the annual meeting will be held Wednesday, October 29. It will be a full, informative day. Lectures are scheduled from 8 a.m. to 5 p.m. and cover a wide variety of topics.

Intent-to-Lecture applications for the 2009 midyear meeting are now being accepted. We have a limited number of spots, so get your application in as soon as possible. Resident lectures will be held on Wednesday, January, 21. The faculty disclosure statements and Intent-to-Lecture forms can also be downloaded from our web site at www.aocd.org/qualify.

Residents celebrating their birthdays in September are as follows: Drs. Adam Weiner, Jack Griffith, Marcus Goodman, Bo Rivera, Shari Sperling, Andrea Baratta, Peter Morrell, Roger Sica, Patrick Keehan, and Lela Lankerani.

Those who will celebrate their birthdays in October are as follows: Drs. Melinda Conroy, Joseph DelPriore, Michelle Bruner, Danica Alexander, Alice Do, and Risa Ross.

Residents who will celebrate November birthdays include the following: Drs. Carlos Gomez-Meade, Tony Nakhla, Jessica Flowers, John Laska, Shannon Campbell, Michelle Foley, and Emily Fibeger.

Residency Program Continues to Grow
Since the last newsletter, four more residents have joined the AOCD residency programs. We now have a total of 97 residents as of July 1.

The NYCOM/St. Barnabas Hospital Residency Program held its first seminar and reunion this past May. Approximately 16 NYCOM alumni attended the seminar held at Mt. Sinai Medical Center in New York City. A total of 20 residents have graduated from the program since it began in 1993.

The seminar offered five hours of continuing medical education (CME) credit approved by the AOA presented by faculty from both St. Barnabas and Mt. Sinai Medical Center. Topics included common skin diseases presented by Charles Gropper, M.D.; hair shaft disorders by Michael Scott, D.O.; pediatric dermatology by Sourab Choudhury, D.O.; melanoma and other skin cancers by Deborah Daly, D.O.; surgical fat transfer by Cindy Li, D.O.; dermal filler by Carissa Summa, D.O.; and surgical landmarks by Mitchell Fisher, D.O.

An alumni dinner followed the presentations at the famous Opia Restaurant in Manhattan.

“We believe that this is the first seminar and reunion of its kind in the history of the osteopathic dermatology residency programs,” says Michael Scott, D.O., FAOCD, who served as event co-chair with Shaheen Oshtory, D.O., who was chief resident prior to her graduating in July. “It will be planned as a recurring event every three years to enhance the rewarding relationships and training of the faculty, staff, residents, and alumni of the NYCOM/St. Barnabas program.”

“Everyone participating had a grand time making new friends, seeing the department, meeting the current residents, and renewing old friendships,” he notes.

NYCOM/St. Barnabas Holds First Reunion

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Residents Update
by Marsha Wise, Resident Coordinator

Grand Rounds Online
Be sure to check out the Dermatology Grand Rounds on our web site at www.aocd-grandrounds.org. Each residency program has been asked to submit a case.

This month, TUCOM/Valley Hospital Medical Center (Program Director: James Del Rosso, D.O., FAOCD), and UHHS Case Western University, Richmond Heights Hospital (Program Director: Joan Tamburro, D.O., FAOCD) are expected to submit cases.

The schedule for the rest of the year is as follows:
- October, Wellington Regional Medical Center (Program Director: Bradley Glick, D.O., FAOCD) and Western U/COMP/Phoenix Area Dermatology (Program Director: Stephen Kessler, D.O., FAOCD);
- November, Western University/Pacific Hospital (Program Director: David Horowitz, D.O., FAOCD) and NSUCOM/BGMC (Program Director: Stanley Skopit, D.O., FAOCD).

Residents’ Birthdays
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“Everyone participating had a grand time making new friends, seeing the department, meeting the current residents, and renewing old friendships,” he notes.

The NYCOM/St. Barnabas Hospital Residency Program held its first seminar and reunion this past May.
The following is a list of the 36 new residents who began this past July:

- Amy Adams, D.O. (MWU/AZCOM)
- Andrea Baratta, D.O. (St. John's Episcopal Hospital, South Shore)
- Angela Brimhall, D.O. (UHHS Case Western University, Richmond Heights Hospital)
- Michelle Bruner, D.O. (Oakwood Southshore Medical Center)
- Joseph DelPriore, D.O. (Western University Pacific Hospital)
- Laura DeStefano, D.O. (Columbia Hospital)
- Rachel Epstein, D.O. (Largo Medical Center)
- Emily Fibeger, D.O. (St. Joseph Mercy Health System)
- Jessica Flowers, D.O. (Largo Medical Center)
- Gwyn Frambach, D.O. (St. Barnabas Hospital)
- Carlos Gomez-Meade, D.O. (NSU-COM/BGMC)
- David Judy, D.O. (Largo Medical Center)
- Francisca Kartono, D.O. (Pontiac Osteopathic Hospital)
- Susun Kim, D.O. (TUCOM/Valley Hospital Medical Center)
- Brent Loftis, D.O. (Northeast Regional Medical Center #2)
- Sarah Maggio, D.O. (St. Joseph Mercy Health System)
- Julian Moore, D.O. (NSU-COM/BGMC)
- Peter Morrell, D.O. (Northeast Regional Medical Center #2)
- Payal Patel, D.O. (Genesys Regional Medical Center)
- Autumn Potaracke, D.O. (UHHS Case Western University, Richmond Heights Hospital)
- Zaina Rashid, D.O. (MWU/AZCOM)
- Rupa Reddy, D.O. (NSU-COM/BGMC)
- Brooke Renner, D.O. (Pontiac Osteopathic Hospital)
- Albert Rivera, D.O. (Northeast Regional Medical Center)
- Leah Schammel, D.O. (Oakwood Southshore Medical Center)
- Maryam Shahsavari, D.O. (Western University, Pacific Hospital)
- Thomas Singer, D.O. (Wellington Regional Hospital)
- Shari Sperling, D.O. (St. John's Episcopal Hospital, South Shore)
- Amy Spizuoco, D.O. (Western U/COMP/Phoenix Area)
- Jennifer Stead, D.O. (St. Joseph Mercy Health System)
- Sean Stephenson, D.O. (O’Bleness Memorial Hospital)
- John Stoner, D.O. (Frankford Hospital)
- Jacqui Thomas, D.O. (Columbia Hospital)
- Sabrina Waqar, D.O. (Columbia Hospital)
- Adam Wiener, D.O. (Wellington Regional Hospital)

All residents are asked to provide the following documents:

- A copy of your medical school diploma (and exact date of graduation)
- A copy of your internship diploma (exact dates of attendance and name and address of school)
- A copy of your state license
- 2 passport size photos
- A current CV

Information should be sent to the AOCD at P.O. Box 7525, Kirksville, MO 63501.

### Dr. Krishnamurthy Wins 3rd Place in Competition

Karthik Krishnamurthy, chief resident at the NYCOM/St. Barnabas Hospital Residency Program, recently won third place in the New York Academy of Medicine Annual Resident Competition in the dermatology division.

All New York dermatology residency programs are invited to submit one presentation from their program, of which 10 are chosen to present at the actual competition. Twelve other allopathic programs competed in the competition, which was held in June.

Dr. Krishnamurthy was the only osteopathic resident entered in the competition. He presented a case review on blood root necrosis.

“I am very excited and honored to be recognized among the academic institutions in New York and proud to represent my residency program, which has given me the opportunity to learn and practice dermatology,” says Dr. Krishnamurthy. “I would also like to thank my program director, Dr. Cindy Hoffman, who encouraged me to enter the competition, and for always being supportive.”

### Dr. Keeling Welcomes Baby Boy

Jon Keeling, D.O., third-year resident at Wellington Regional Medical Center in West Palm Beach, Fla., and his wife, Julie, welcomed a baby boy.

John Thomas "Jack" Keeling was born on July 13 at Morton Plant Hospital in Clearwater, Fla. He was 7 lbs 8 oz, and 20.5 inches tall.
Oakwood Southshore Residents Thrive in ‘Community’

With four osteopathic dermatology programs in the state, residents at the Oakwood Southshore Medical Center Residency Program in Trenton, Mich., have a large sense of community.

Additionally, there is an allopathic dermatology residency program affiliated with Wayne State University at Oakwood with which the osteopathic dermatologists routinely interact.

Adding to that expanded sense of community is the fact that Program Director, Steven Grekin, D.O., FAOCD, is the sixth dermatologist in his family—the most dermatologists in any one family—who often calls on relatives to offer unique electives for the residents. As an example, his cousin, Roy Grekin, M.D., is the chief of Dermatologic Surgery at the University of California, San Francisco, where the residents do a rotation.

Similarly, they do a pediatric dermatology rotation with Amy Paller, M.D., at Northwestern Memorial Hospital in Chicago, although Dr. Paller is not related. “Our residents get the opportunity to study with the thought leaders of our specialty,” says Dr. Grekin, who has served as program director for the past five years.

Established in 1991, the Oakwood program has graduated 12 residents to date. Six residents are currently in the program. Interestingly, Dr. Grekin was the first resident to graduate from the original program.

The four osteopathic dermatology programs, which have a total of 25 residency spots, comprise a statewide consortium that offers six didactic sessions on the campus each year. As a result, Oakwood residents are able to participate in some different and interesting didactic sessions. As an example, a cadaver lab modeled after the Scripps course is presented every other year.

In addition to conducting grand rounds with the allopathic program, the two dermatology residency programs also share resources.

Oakwood Southshore is funded as an osteopathic program through the allopathic hospital system, explains Dr. Grekin. As a result, the program does not have funding issues. Oakwood residents receive book allowances and reimbursement for attending conferences. “Our long term goal is to combine with the Wayne State program, which will provide our program with a full-time teaching faculty paid by the university,” he says, adding that the two programs are in discussions.

Academic Life

Residents attend academic didactics every Monday morning and Friday afternoon during which they discuss topics from authors Bologna, Andrews, and Spitz, among others. On Tuesdays and Thursdays, they are with attendings. Residents conduct grand rounds on Wednesday mornings. Afternoons are reserved for dermatopathology and clinic. Friday morning is clinic.

There are 13 training faculty with a wide variety of interests from Mohs surgery to dermatopathology. Dr. Grekin is looking to add a pediatric dermatology attending in-house. Informal presentations are given daily by attending staff while on service.

“We get to work with a diverse spectrum of dermatologists, some in large clinical settings and others in community practices,” notes Brandon Miner, D.O., second-year resident. Even though there are a lot of large hospitals in the state, the residency program is in a unique location allowing residents to see a variety of patients. “We see a high volume of patients and a lot of diverse disease, such as 4-centimeter melanomas with lupus and strange cutaneous infections,” he adds. Oftentimes, patients do not come in for treatment until their skin conditions have become quite extensive. The greater Detroit area has one of the highest rates of community-acquired methicillin-resistant staphylococcus aureus in the nation, as well.

Other didactic sessions include weekly dermatoscopy reviews, clinical unknown presentations, pathology slide reviews with clinical and pathologic correlation at Hilbrich Dermatopathology Labs, and lectures presented by attending staff.

The dermatopathology training is extensive, says Dr. Miner. Not only do residents spend time at the scope with a dermatopathologist, but they are required to review histopathologic unknowns posted on a group web site every week and must come prepared with their answers as they review Weedon’s Histopathology of the Skin, he says. Oakwood residents are required to do an additional dermatopathology rotation with the Wayne State program directors who are dermatopathologists.

Oakwood Southshore also offers a division of clinical research that quickly indoctrinates residents into research protocols. Between five and nine studies are running at all times at the Grekin Skin Institute, notes Dr. Grekin. Studies have covered such topics as tinea, psoriasis, acne, cosmetic and injectable fillers, as well as novel cosmetic devices. Residents learn about evidence-based medicine and see firsthand the lengthy process involved in getting drugs approved by the Food and Drug Administration.

An added bonus is that residents are able to enroll uninsured or underinsured patients into the trials, Dr. Miner adds.

Meetings

If this grueling academic schedule is not enough, Oakwood residents are required to attend all of the annual Michigan Dermatology Society meetings. Because it is one of the largest dermatology societies in the country, the full-day meetings are very well attended by practitioners and residents, and commonly host world-renowned lecturers. The osteopathic residents host one of these meetings, with the rest hosted by the allopathic residents. In preparation, residents must bring 30-plus unique cases to present. Two of
the meetings are reserved for lectures only.

Residents are also required to attend the Michigan Osteopathic Association meetings, which always include a dermatology subspecialty breakout group, and the Michigan Osteopathic Dermatology Society meetings. Then there are the Michigan State University campus lectures that typically address practice management issues.

Don’t forget about journal club every third Tuesday of the month. Three of the four osteopathic programs participate in the journal club. Each program is responsible for presenting an additional lecture series throughout the year at the Michigan State campus.

“There’s a really good academic feel with all of the programs here,” says Dr. Miner. “We get together in an academic setting, share lecture materials, and study for boards.”

For the last three years, some of the Oakwood residents have had the highest scores on the mock in-training examination. They have also published in journals, including *Journal of the American Academy of Dermatology*, the *Archives of Dermatology*, and *Dermatologic Surgery*, among others.

**Legacy Project**

The residents’ accomplishment that Dr. Grekin is most proud of, however, is the Legacy Project. Started three years ago, the project is a means to improve the program while improving the care for patients in the community. “Instead of the residents spending three years in the program just taking, they have to give something back,” explains Dr. Grekin.

Every year, each resident creates a new way to contribute. As an example, one resident developed educational materials for cosmetic procedures performed in the residency program, one resident developed a review guide for dermatopathology questions on the boards, and one created a cosmetic clinic that offers discounts for hospital employees when residents perform the procedures. This year, the residents are lecturing at several local high schools.

“These projects get handed down year to year and the program’s legacy grow bigger and bigger,” Dr. Grekin adds. “It’s a way of giving back for future generations.”
Erik Austin, D.O., MPH, was recently voted as the “Best Physician for 2008” in the annual readers’ poll for north San Diego County.

The poll includes readers of the Carmel Valley News, the Del Mar Village Voice, and the Rancho Santa Fe Review, which represent three key communities in north San Diego County. Nearly 50,000 people reside in these three communities, with approximately 200,000 people in the surrounding areas, which are served by several hundred physicians across all specialties. The north county residents voted in the annual Readers’ Choice poll conducted this past summer.

“Austin Dermatology Center has been open a little more than one year. To have this kind of community support is very nice and I am very pleased to serve these fine folks,” says Dr. Austin.

In recognition of his “best” status, Dr. Austin received a certificate and an article about his practice published in each of the three newspapers. He thanked the readers who selected him, saying “I truly appreciate this recognition and will endeavor to live up to this honor. I will always remain enthusiastic about providing patient-centered medicine, so that my patients will reach their optimal health.”

From being in print to reviewing it, Dr. Austin was recently drafted by the AOA to review articles in the areas of dermatology, public health, environmental medicine, and preventive medicine for the *Journal of the American Osteopathic Association (JAOA)*.

“I am looking forward to this opportunity. I like to be of assistance whenever I can and am pleased to be selected,” he says. “In addition, I am proud to represent the AOCD in some small way in this endeavor,” says Dr. Austin, who believes that it is important to have someone representing the College on the JAOA staff of peer reviewers.

He is equally passionate about seeing the JAOA meet its professional and scientific destiny and continue its growth in the definitional areas of research, education, and clinical practice cited by Felix Rogers, D.O., associate editor, in his recent JAOA editorial.

Dr. Austin responded to a call for peer reviewers in the June issue. The advertisement requested applications from osteopathic physicians, basic scientists, and others in the biomedical professions. He submitted a letter of interest and curriculum vitae for the search, which was conducted by Gilbert D’Alonzo, D.O., JAOA editor-in-chief and professor of Medicine, Pulmonary Disease Section, Temple University School of Medicine.

Dr. Austin graduated from the Texas residency program under the direction of Bill V. Way, D.O., FAOCD, in affiliation with KCOM Northeast Regional Hospital. He is the medical director of Austin Dermatology Center and a member of the Dermatology faculty at Western University of Health Sciences.
The following are a few rules on investing and using money managers:

- Don’t ask a money manager where to invest. Rather, you should determine how to invest. For example, if Anheuser-Busch sells for $50 a share that means tens of thousands of money management analysts have determined that is the right price for the stock. If one thinks it is worth more, they are saying that many smart individuals are wrong (ie, the markets don’t work). If, however, you had foreknowledge on its buyout, and thus know the true value of the stock, not only would you have the opportunity to significantly increase your portfolio, you might be incarcerated if the government deemed it insider trading.

Moreover, remember that more than 80% of all trades are done by professionals at institutions. Consequently, they can manipulate the market by mass day trading with the truncated speed of a gazelle. A good example is when you hear “there doc run on a stock,” meaning heavy buying or selling.

The Efficient Market Hypothesis maintains that it is impossible to beat the market because prices already reflect all the relevant information regarding a company. Thus, it is futile to search for undervalued stocks or try to predict market trends through fundamental or technical analyses. Studies have verified that when relevant information about a company changes, the information is reflected in its stock price within 40 seconds.

- Most folks cannot better the market, yet you meet many advisors who think they are special. While there is only one Tiger Woods, there are 20,000 Tiger want-to-bes out there claiming to be the best. Of course, you have no way of knowing which one is the best at any point in time.

Large houses have the money to hire the best Tigers or money managers. Even with all that strength, 93% of the time money managers fail to best a passive basket of “index” funds made up of 60% stocks and 40% bonds, based on a 10-year average. Let me know if you meet the other 7% of managers.

- An index fund blindly buys every stock in a defined index with a goal of accepting a return equitable to the general market. This is a low expense concept since there is no significant trading that occurs. Often these indexes replace a poorly performing company with a better one over six months or so, avoiding financial disaster within the portfolio. As the number of pure index fund filters increase, a fund realizes the potential to outperform a price index fund and it becomes less of a pure index fund (ie, dimensional fund advisors are an example of an active, not passive, approach to index funds).

- Don’t get involved in the “losers game.” Be sure to watch the performance of your overall portfolio, not just a few winners.

- Regarding risk, you should decide how much risk you want to take early on and make that clear to your advisor. Don’t tell your advisor, or determine on your own, that your personal goal is to have a 20% annual return without any risk, as this is impossible. Generally speaking, the higher the return rate desired, the higher the risk.

- Avoid situations in which excessive trading occurs (ie, when you realize less than half of your return on your account). This means someone is trying to time the market, which is impossible according to Peter Lynch, one of the greatest investors of our time. Always get a performance report showing a cumulative history—or returns—for one or two years or as long as five years.
Although Carol Cola, D.O., FAOCD, is excited to resume her practice back in Pottstown, Penn., she is appreciative of what the last year as the first Mohs micrographic surgery fellow within the osteopathic profession has meant.

“It was a wonderful and pleasant year,” says Dr. Cola, who took a leave of absence from her practice to accept the full-time fellowship at Dermatology Associates of Tulsa, which is the practice of Edward H. Yob, D.O., FAOCD. Serving as the program director, Dr. Yob was instrumental in getting the fellowship approved by the AOA in 2007.

Dr. Cola applied for the fellowship in order to add Mohs surgery to the services offered by her practice, which includes three other dermatologists and one physician assistant. “If it wasn’t for my wonderful partners and staff back home, it wouldn’t have been possible to do this fellowship,” she says, adding, “They were so gracious as to cover me and my patients while I was gone.”

Although Dr. Cola performs the majority of surgeries in the practice, she was never trained in Mohs. When patients needed such surgery, they were referred elsewhere, sometimes requiring them to travel as much as an hour away. Many of these patients are elderly and transportation is an issue for them, she says.

Because Dr. Cola interviewed for the fellowship toward the end of the application process, she had to move quickly, literally

“Normally people have a year to get ready for this type of opportunity,” she says. “I had eight weeks.” That is, eight weeks to obtain an Oklahoma medical license, make arrangements for her part of the practice, get her children off to college, and help settle her mother in an assisted living facility after moving from the house she had lived in for 40 years. “I got all of that done and put everything in my car and came out.”

“I’ve really enjoyed working with Dr. Yob and his staff,” says Dr. Cola. “It was exciting to learn new procedures. It was also a challenge, but sometimes when you do the same thing all the time, you look for a challenge.”

In some ways, it was easier than being in practice, she notes. “In retrospect, as a resident it might seem like hard work going through it. But after you’ve had the opportunity to manage your own practice and see patients on a daily basis, it’s a welcome break,” says Dr. Cola who opened her own office 15 years ago after graduating from an AOCD preceptorship in the Philadelphia area.

“We all appreciate what Dr. Yob has done for us by starting this fellowship,” she adds. “It’s the first one for the osteopathic profession and I know he put a lot of time and effort into it.”
New Tamper-Resistant Prescription Pads in Effect

Beginning October 1, the second phase of the tamper-resistant prescription pad requirements issued by the Centers for Medicare and Medicaid Services (CMS) takes effect.

The law requires that all handwritten and/or computer-generated printed prescriptions for Medicaid outpatient drugs must comply with federal and/or state guidance for tamper resistance.

Currently, a handwritten or computer-generated printed prescription must contain at least one of the following three characteristics to be compliant. By Oct. 1, handwritten or printed prescriptions must contain all three of the following characteristics:

- One or more industry-recognized features designed to prevent unauthorized copying of a completed or blank prescription form,
- One or more industry-recognized features designed to prevent the erasure or modification of information written on the prescription by the prescriber, and
- One or more industry-recognized features designed to prevent the use of counterfeit prescription forms.

The National Council for Prescription Drug Programs suggests the following best practices to meet the tamper-resistant requirements:

**Category 1:**
- Photocopied “COPY,” “ILLEGAL,” or “VOID” pantograph

**Category 2:**
- An erasure revealing background (resists erasures and alterations)
- Quantity check off boxes
- Refill indicator (circle number of refills or “no refill”)

**Category 3:**
- Security features and descriptions listed on the prescription

While the law specifies “prescription pad,” these requirements also apply to computer-generated prescriptions that are printed using paper inserted into the printer, according to the CMS. Special paper may be used to achieve copy resistance, but the agency says it is unnecessary. Computer-generated prescriptions may be printed on plain paper and be fully compliant with the regulations provided that they contain at least one feature from each of the three categories.

The tamper-resistant requirement does not apply under the following circumstances:

- When a prescription is communicated by the prescriber to the pharmacy electronically, verbally, or by fax;
- When a managed care entity pays for the prescription; or
- In most situations when drugs are provided in designated institutional and clinical settings.

In addition, emergency fills with a non-compliant written prescription are allowed as long as the prescriber provides a verbal, faxed, electronic or compliant written prescription within 72 hours.
New Dermal Filler Deserves a Try

by Igor Chaplik, D.O., FAOCD

New products that claim to be long lasting and safe continue to flood the filler market. While Collagen and Restylane have been used for several years with excellent safety and efficacy, a newer dermal filler deserves mention.

Radiesse is a new generation dermal filler that was originally used as a sterile implant for vocal augmentation, maxillofacial augmentation, and radiographic tissue marking. The product consists of smooth calcium hydroxylapatite microspheres that are suspended in a water-based gel carrier. It was approved by the Food and Drug Administration (FDA) to treat nasolabial folds. The product is easy to inject as a bolus and then massaged into the skin or it can be used in a linear retrograde manner and is quite forgiving. Its effects last nearly one year and it is arguably the safest of all the injectable fillers.

However, there is some stigma associated with Radiesse. Some practitioners believe that due to its longer lasting duration, a mistake or overcorrection will be more lasting than those associated with the typical filler. They maintain that all longer lasting fillers have a higher granuloma rate, despite studies that prove otherwise. Also, the pain associated with Radiesse injections can be a negative for some practitioners and patients alike, necessitating the use of nerve blocks.

The reality is that Radiesse has a lower incidence of granulomas than Restylane. The manufacturer reports the number of granulomas <1:50,000 as compared with collagen (1:2,500) or Restylane (1:2,600). Pain with injection can be minimized using a topical anesthetic or mixing 2% lidocaine directly with the material using a luer lock adaptor. Furthermore, Radiesse allows for more volume to be delivered with one syringe than the competition. Radiesse can “volumize” areas such as the hollows associated with HIV lipoatrophy and even sunken cheekbones associated with aging.

When working in areas that are very mobile, such as the sphincter acting muscles of the eyes or lips, Radiesse is not an ideal filler due to clumping or bumping. These bumps are not granulomas, but rather are a collection of the material brought together by the muscles’ action. Either Restylane or Juvederm is a better suited filler for those areas.

In conclusion, many caveats exist when choosing a dermal filler. But practitioners should not be dissuaded from using a longer lasting filler, such as Radiesse. If used for the FDA approved sites, the injection of this filler is rewarding to both the patient and physician. While it should be the product of choice for areas that require more volume, it is also versatile enough to use in the fine lines of certain locales.
Updated PhRMA Code Effective 2009

Updated guidelines on interactions with healthcare professionals from the drug industry’s trade and lobbying group—the Pharmaceutical Research and Manufacturers of America (PhRMA)—will go into effect in January, 2009.

The 36-page document comprising 15 rules addresses interactions with respect to marketed products and related pre-launch activities like its predecessor published in 2002. The Code on Interactions with Healthcare Professionals was developed to ensure that pharmaceutical marketing practices comply with the highest ethical standards, and that interactions with physicians are professional exchanges designed to benefit patients and enhance the practice of medicine.

Among its changes, the revised code:
• Prohibits distribution of non-educational items to healthcare providers and their staff. These include pens, mugs, and other “reminder” objects typically branded with a company or product logo. The Code acknowledges that such items, even though of minimal value, “may foster misperceptions that company interactions with healthcare professionals are not based on informing them about medical and scientific issues.”
• Prohibits company sales representatives from providing restaurant meals to healthcare professionals, but allows them to provide occasional meals in healthcare professionals’ offices in conjunction with informational presentations.
• Reaffirms and strengthens previous statements that companies should not provide any entertainment or recreational benefits to healthcare professionals.

Other revisions include more detailed standards regarding the pharmaceutical company support for continuing medical education (CME); principles on the responsible use of non-patient identified prescriber data; and additional guidance for speaking and consulting arrangements with healthcare professionals, including disclosure requirements for healthcare providers who are members of committees that set formularies or develop clinical practice guidelines and who also serve as speakers or consultants for a pharmaceutical company. For example, companies can still provide funding for CME events, but they are prohibited from paying for meals directly. However, “a CME provider at its own discretion may apply the financial support provided by a company for a CME event to provide meals for all participants.” The revised code does not prohibit companies from offering “reasonable compensation…and reimbursement for reasonable travel, lodging, and meal expenses” incurred by physicians who serve as consultants or speakers.

Companies that comply with the voluntary guidelines are being requested to train their representatives about the industry codes of practice, in general, and assess them periodically to ensure that they are abiding by the PhRMA guidelines.
When Jonathan Richey became a member of the National Psoriasis Foundation (NPF), he never envisioned that it would require a good pair of walking shoes.

Dr. Richey, an intern at Genesys Regional Medical Center in Grand Blanc, Mich., and graduate of the Kirksville College of Osteopathic Medicine, first learned about the NPF when he was diagnosed with the skin condition at age 19. “I had already decided that I wanted to be a dermatologist long before this happened and was surprised to have developed a skin condition myself,” he says.

In 2004, when Dr. Richey entered medical school, he became a member of the NPF, which offers information about the chronic disease and treatment options. Given his chosen profession, keeping updated on the cutting edge treatments and research is important, he says.

Walk On

Three years later, Dr. Richey signed on as a volunteer after learning that the NPF was kicking off its inaugural Walk for Awareness to be held the day before the AOA Convention in San Diego. After the San Diego walk, he volunteered as chairman for the walk in Ann Arbor held this past June.

The purpose of the walks is to raise awareness about psoriasis and psoriatic arthritis as well as raise money for the NPF’s education, advocacy, and research programs. Each walk has two lengths—1k and 5k—to accommodate everyone involved. The NPF walks do not offer sponsorship for the amount of walking that a participant does, but rather team captains and members ask for one-time donations from friends, family, and associates. Team captains are encouraged to get at least three individuals to join the team and raise $100 in donations. Members help the team achieve the donation goal, which can be changed by the individual teams to raise more money. In fact, some teams have raised thousands of dollars, says Dr. Richey.

At the San Diego walk, he served as a committee member and team captain. As a committee member, Dr. Richey was involved in motivating walkers and staffing the education booth, the later of which entailed teaching people about psoriasis and available treatments.

“Organizing the walk was a unique experience,” he says. “At times, the organizing committee and I wondered if we were going to be successful. Working with so many great individuals and seeing everyone’s effort was encouraging and satisfying.”

For the Ann Arbor walk, Dr. Richey served as committee chairman. In addition to meeting regularly with other committee members to plan the event, he served as a liaison with the national office staff in charge of the walks. Activities to encourage participation ran the gamut from being a spokesperson publicizing the walk in the local media to requesting corporate donations.

JAOCD Sponsors Show Support

The JAOCD serves to better the continuing education needs of the AOCĐ members, residents, and the dermatology community at large.

We asked the JAOCD sponsors why they chose to support the AOCĐ specifically by sponsoring the journal. Additionally, we asked how valuable a journal is to a medical society such as the AOCĐ.

Ann Deren-Lewis, vice president of Professional Relations at Stiefel Laboratories, responded as follows:

“AOCD’s goals are very familiar to Stiefel Laboratories and we share in the AOCD’s mission to improve the standards of the practice of dermatology, and stimulate the study and extend knowledge in the field of dermatology. Sponsoring the journal is a wonderful way for us to partner on these common goals.

Stiefel has a deep appreciation for, and an insight into, the needs of the dermatology community. We have longstanding relationships with societies, such as the AOCD, that are based on mutual trust and true collaboration. This journal is only one example of how we can partner to advance education and the overall field of dermatology.

The journal plays an integral role in serving to support continuing education needs for AOCD members, residents, and the dermatology community overall. For more than 160 years, Stiefel Laboratories has established itself as one of the most valued and respected dermatology company in the world by investing in educational tools, such as journals, that are a foundation to communication about innovations in patient care.”

Future issues of DermLine will feature what other JAOCD sponsors had to say.
The effort seems to have paid off. The San Diego walk raised more than $35,000 with upwards of 200 participants. Despite the torrential downpour toward the end, the Ann Arbor walk raised $18,000—$8,000 more than the committee anticipated—and still counting as individuals continue to make donations following the walk. The latter had more than 100 participants. The route, which was down Main Street, was lined with signs. It gave maximum visibility to the cause and drew a lot of attention from the community, says Dr. Richey. In 2007, the first year of the walks, the NPF raised more than $500,000.

**Beyond the Walk**

Meeting people who have psoriasis or family members, friends, and co-workers of people with the skin disorder is what Dr. Richey enjoys most about his volunteer efforts. “I enjoy hearing about each of their experiences. In addition I enjoy educating patients, family members, and friends about psoriasis,” he says. Because psoriasis commonly causes red scaly patches that are very noticeable, people can be put off by what they see and concerned that they will catch it. Helping people understand that psoriasis is immune-mediated and not contagious is satisfying and helps make people less judgmental about individuals who have psoriasis, adds Richey.

Ironically, psoriasis patients are some of the only patients that dermatologists tell to get sun exposure as light therapy is a common treatment. But because of the psoriatic plaques that frequently occur on the skin of the elbows and knees, psoriasis patients often wear long sleeves and pants, even in the summer months, to hide the disease.

Dr. Richey is confident that the walks have indeed raised awareness about psoriasis. This is evidenced by recent legislation introduced to Congress to increase research funding. Recent research has lead to discoveries such as the fact that there are more co-morbidities associated with psoriasis than previously thought. He is hopeful that such research will lead to a cure one day.

Being involved in the NPF has also raised awareness about osteopathic dermatologists, says Dr. Richey. “DOs are frequently associated with primary care. But there are 635 DO dermatologists registered with the AOCD in the US treating the skin conditions of many Americans,” he says, adding, “As I was interviewed by radio and news stations, I was able to share with them what a DO is and our qualifications to diagnose and treat diseases of the skin, hair, and nails.”

Dr. Richey encourages AOCD members to look for Walks for Awareness in their area and participate by sponsoring a participant, telling their psoriasis patients about it, or creating a team to walk. Eleven walks throughout the country were scheduled in 2008. The NPF has even created a Virtual Psoriasis Walk for Awareness for people to participate in, no matter where they live. The goal is to raise $20,000 by November 21.

For more information about psoriasis, the NPF, or upcoming Walks for Awareness, visit the NPF web site at www.psoriasis.org.

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**Dr. Kirby Starts Second Season on ‘Dr. 90210’**

Will Kirby, D.O., FAOCD, will be the only dermatologist featured on E! Entertainment Television’s “Dr. 90210” this season slated to air in September.

Last season, he joined the cast of the cable TV series that showcases plastic surgeons—and now an osteopathic dermatologist—who work in Beverly Hills. The series chronicles the doctors’ social lives, their interactions with patients, and the patients’ lives. This season, Dr. Kirby’s story line will feature lip augmentation and a liquid face-lift.

In addition, Dr. Kirby filmed a guest spot in the season finale of Comedy Central’s “Reality Bites Back,” another episode of TLC’s “LA Ink,” and an appearance on TVTropolis’ “Reality Obsessed,” a Canadian show. All of these television appearances are scheduled to air this fall.

After graduating from the Pacific Hospital/Western University Residency Program in 2007, Dr. Kirby opened his own practice in Beverly Hills.
Journal of the American Osteopathic College of Dermatology - JAOCD.

We are now accepting manuscripts for the publication in the upcoming issue of the JAOCD. ‘Information for Authors’ is available on our website at www.aocd.org. Any questions may be addressed to the Editor at jaocd@aol.com. Member and resident member contributions are welcome. Keep in mind, the key to having a successful journal to represent our College is in the hands of each and every member and resident member of our College. Let’s make it great!

- Jay Gottlieb, D.O., FAOCD