



## MESSAGE FROM LEADERSHIP GROUP

### The Calm of Community and The Canker of Contention

“Happy new year to you all. We hope you had a joyous holiday season and that you and your families are well.

As much as we all wanted to ‘graduate’ from 2020, 2021 is only two weeks along and the same level of turbulence seems to be persisting. Amid the turmoil, we admire you all in your efforts to promote peace and unity. We see it manifested in many ways among our members, from a kind message to a colleague in a different office to a willingness to share pearls of experience or cover call for other members of our dermatology community. We admire your goodness.

Early in medical school when trying to adjust to the competitive aspects of performing well among peers during clinical rotations and group projects, some of us encountered times when fellow students were purposefully made to look bad so that those seeking ascendancy could advance. I remember feeling anxiety over this at one point when a student in St. Louis. One day, when visiting an elderly neighbor, I was struck by a beautiful placard in the front entry of their humble home that read “your name is safe in our home”.

What a motto! I would encourage us all to adopt a similar adage regarding all humankind, and especially regarding our colleagues in dermatology: “*Your Name Is Safe In Our Office*”.

Let us see each other as colleagues, friends and associates. Let us see past differences in practice style, minor inadequacies, age, experience, location and the myriad of contrasts that could divide us. Let us see the best in each other and err on the side of trust in each other over doubt. You all are tremendous. Thank you for your diligent efforts to build the community where you reside and to build our dermatology community in Utah. We relish the opportunity to work alongside people of your caliber.

Happy 2021. We look forward to many opportunities to enjoy your association as a state society in this coming year. Please note below an important date change to our Annual Society Meeting. Also, if any of your colleagues are not receiving this newsletter, please have them send their contact information to [utahdermsociety@gmail.com](mailto:utahdermsociety@gmail.com) so they can be included on the society member roles.”

Jim Macdonald

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## MEMBER SPOTLIGHT – This quarter’s member spotlight is Luke Johnson, MD – Pediatric Dermatologist and Medical Dermatologist – Assistant Professor at the University of Utah



### Tell us about your upbringing and what led to medical school

I had a previous career before considering medical school: I was a writer, editor and game designer for games like Dungeons and Dragons. Eventually I decided to go back to school; my plan was to become a pediatric psychiatrist. During my return-to-undergrad days, I discovered that medicine included a lot of interesting stuff—not just psychiatry. Thus, I entered med school with a pretty open mind.

### Tell us about a foundational experience from dermatology residency

Our program was small which enhanced its camaraderie. For example, the faculty and residents would all sit down at the same table for lunch and journal club every month. I felt that this helped me build strong relationship with the faculty and with my co-residents.

**How has your family life enhanced your practice and your ability to provide compassionate care?**

I think about this a lot. I have two small children, and I am a pediatric dermatologist. Having children of my own helps me relate to the feelings of other parents. I also think parents appreciate it when I use examples from my own family to illustrate a point, like with I apply moisturizers.

**What led to the creation of Dermasphere? What is it like to be a podcast host and how do you prepare for each episode?**

I'm a busy guy—most of us are. I didn't feel that I had time to read through a bunch of journal articles or scroll through email digests to stay up-to-date—but I very much wanted to stay up-to-date. I was already a podcast enthusiast, and I yearned for a podcast that could keep me updated on the latest, clinically relevant research in dermatology. Unsatisfied with the few dermatology podcasts that existed at the time, I wondered about making my own. Major kudos to the University of Utah Department of Dermatology: one of its many strengths is supporting its faculty in pursuing their passions.

If nothing else, the podcast has been a good creative outlet for me, and the articles we have discussed have directly impacted my own practice.

For each episode, I read the articles, highlight important points, and write down a summary of what I think are the aspects I want to highlight in our discussion.

**How do you select the articles to review? Who needs more editing, you or Dr. Tarbox?**

My initial goal was to listen to a podcast to free up time I would have spent looking through journals. Making that podcast is counterproductive to that goal for me, but I hope it furthers it for our listeners! I read the table of contents for the JAAD, the JID, and JAMA Dermatology every month. I also subscribe to a couple of email digests about dermatology research—such as Dermatology Daily—and have set up Pubmed to send me lists of new articles that contain certain keywords. I skim titles; if a title grabs me, I skim the abstract; if the article seems like a good fit for Dermasphere, then I read it and decide.

I'm not sure who needs more editing, but the truth is: Neither of us get edited! This is a show with minimal post-production: I normalize the sound levels, add music at the beginning and the end, and that's it.

**Tell us about the pinging bell.**

This was Michelle's idea. The purpose is to highlight particular points that would be good for a) Attending dermatologists in academic institutions to ask their residents (i.e., "pimping" them) and b) Residents and students to recognize as eminently testable. (We tried several other sound effects before settling on a bell—one of my early choices was the sound of someone getting hit by a cartoon train.)

**For clinic, do you prefer scrubs or dress attire? Bowties or neckties?**

Dress attire—I want to look snappy for my patients! I alternate between bowties and neckties. I have so many cool ties of each type, I don't want to limit myself.

**What is your favorite skin condition to help your patients with?**

I derive a lot of satisfaction from successfully treating atopic dermatitis. I also like scabies: It's a satisfying diagnosis to make and we can cure it!

**If you were to make an art piece to hang on your wall out of a dermatologic condition, what would the image be of (clinical, dermoscopic or histopathologic)?**

Tinea imbricata or the frond-like, "Lichtenberg figures" from a lightning strike.

**Which dermatologic medication would you want all of your family members to take?**

Tretinoin cream, of course! (Assuming no one is pregnant or breastfeeding.)

**Tell us about 3 pearls you've taken away from your office that apply to all aspects of life**

- Even if you already know what you're going to do, sometimes people just need to talk.
- Don't be afraid to delegate to good people.
- Support the people around you, and they will find their way.

### What advice would you give new dermatologists?

Good choice: Dermatology is awesome! Don't be afraid to ask for advice from your senior partners/faculty/random dermatologist that you find on Pubmed—the dermatology community is friendly. Also, looking for a way to stay updated on the latest research in dermatology? I can recommend a podcast!

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### PEARLS AND GEMS

The surging number of ways to utilize dupilumab beyond atopic dermatitis alone:

- **Bullous pemphigoid treatment:**  
J Am Acad Dermatol. 2020 Jul;83(1):46-52
  - **Hand eczema:**  
J Am Acad Dermatol. 2018 Jul;79(1):167-169; J Dermatol. 2019 Aug;46(8):680-685
  - **Prurigo Nodularis** (with or without atopic history):  
JAMA Dermatol. 2019 Jan 1;155(1):118-120; J Eur Acad Dermatol Venereol. 2020 Feb;34(2):e74-e76
  - **Spontaneous Urticaria & Cholinergic Urticaria:**  
J Allergy Clin Immunol Pract. 2019 May-Jun;7(5):1659-1661
  - **Alopecia Areata:**  
J Am Acad Dermatol. 2019 Jun 13:S0190-9622(19)30973-9; Br J Dermatol. 2020 Aug;183(2):396-397
  - **Ecematous eruption of the elderly & Chronic pruritus:**  
J Dermatolog Treat. 2021 Feb;32(1):19-28; Dermatol Online J 2018 Feb 15;24(2):13030
  - **Less common entities:**  
J Dermatolog Treat. 2021 Feb;32(1):19-28
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### SOCIETY UPDATE

We are excited to open a broader collaboration with the University of Utah and wish to especially thank Drs. Sarah Cipriano and Kristina Callis Duffin for leading out in this effort. Some initial goals of the initiative are as follows:

- Each of the chief residents will be sponsored speakers at our annual society meeting and will present their research findings to our membership each year
- The current clinical trials at the University will be published in each newsletter for your reference and referral consideration
- Grand rounds information will be published in the newsletter along with how to login to obtain CME credit for participation

We are excited to announce the expansion of the SLC community journal club (first started by Drs. Reese, Swinyer, Bradley and others 25+ years ago) to a state-wide virtual journal club. All will be invited and we will utilize breakout rooms to facilitate discussion in smaller groups. We have typically held these informal and collegial meetings weekday evenings 6-7 times a year (summers and holiday months off). Please join us!

**Date change for the Annual Society Meeting 2021: \*\*Tentatively November 18-20\*\***

Due to travel restrictions for many of our members and invited speakers, we've changed the dates of the meeting from the end of April to middle of November. It will still be held at the Springhill Suites in Springdale (Zion National Park), with both in-person and virtual attendance available. We've changed

the tuition schedule to be more economical while still having the same amount of CME credit - \$150 (UDS membership and meeting tuition included) for 9 hours of CME credit!

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## Current Clinical Trials at the University of Utah

### **ENROLLING! LITE Study – Home vs. Office Phototherapy for Psoriasis**

**Principal Investigator:** Kristina Callis Duffin, MD

Pragmatic trial studying patient centered outcomes from home phototherapy vs. in-office phototherapy. Patients will be randomized 1:1, to in-office vs. home phototherapy for 12 weeks. Patients will take a monthly DLQI survey through an app on their smartphone and will receive \$20 for each completed survey. Patient's will be required to pay their regular co-pays for office visits, and in-office phototherapy visits (if patient is randomized to in-office phototherapy). If the patient is randomized to home unit, Daavlin will supply the home unit free of charge for 12 weeks.

**Subjects must be:** At least 12 years old with psoriasis, and a good candidate for phototherapy. Patient must be willing to participate in whichever arm they are randomized to.

Contact: Sean Wentland 801-213-3427

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### **ENROLLING! Atopic Dermatitis – Dermira (ADOLESCENTS ONLY)**

**Principal Investigator:** Jamie Rhoads, MD

A randomized, double-blind, placebo-controlled Trial to evaluate the safety and efficacy of Lebrikizumab in patients with moderate to severe Atopic Dermatitis. 52 week study, 19 visits. Patients at visits 1, 2, and 10 will receive \$112.50, at all other visits will receive \$75.00 reimbursement for time and travel.

**Subjects must be:** Adolescent patients ( $\geq 12$  to 17 years weighing  $\geq 40$  kg) with moderate-to-severe atopic dermatitis (AD) who are candidates for systemic therapy.

Contact: Adrienne Evans 801-213-0375

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### **ENROLLING! Pfizer-C2501007-Hidradenitis Suppurativa**

**Principal Investigator:** Jamie Rhoads, MA

Phase 2a, randomized, double-blind, placebo controlled study is being conducted to provide data on safety, tolerability, pharmacokinetics (PK), and efficacy of PF-06650833, PF-06700841, and PF-06826647 in adults with moderate to severe hidradenitis suppurativa (HS). In addition, the study is intended to provide additional information for determining the future clinical development of janus kinase (JAK) inhibitors and/or IL-1 receptor associated kinase 4 (IRAK4) in HS. 16 week study, 10 visits. Patients will receive \$40.00 per visit for reimbursement of time and travel.

**Subjects must be:** Between the ages of and 75 years, Participants with a diagnosis (or recognizable symptoms consistent with a diagnosis of moderate to severe HS for at least one year. HS lesions (Hurley Stage II-III) present in at least two distinct anatomic areas. Inadequate response to at least a 4-week (28 day) trial of an oral antibiotic for the treatment of HS.

Contact: Sean Wentland 801-213-3427

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### **ENROLLING! Confocal Microscopic Features of Scarring and Nonscarring Alopecia**

**Principal Investigator:** Julia Curtis, MD

A trial to collect confocal images of types of alopecia on patients who are already receiving a biopsy (as standard of care) so that we can collect a database of images and compare images and stages of disease to the results of the standard of care biopsy results. Patient must consent and receive imaging prior to biopsy being done in clinic. Currently there is no compensation for patients, however, the confocal imaging will be done at no cost for the patients.

**Subjects must be:** 18 years and older patient with scarring or non-scarring alopecia.

Contact: Adrienne Evans 801-213-0375

**ENROLLING! UVA-1 for treatment of skin tightening and improvement of hand function in scleroderma**

**Principal Investigator:** Chris Hansen, MD

A prospective, randomized, investigator-blinded, intra-patient, UV-blocking glove-controlled study. Patients will receive 30 sessions of UVA-1. UVA-1 treatments and study visits will not be charged to patients. Patients will received \$10 for each UVA-1 treatment and \$40 for each study visit.

**Subjects must be:** 18 years and older patients with scleroderma affecting the hands.

Contact: Adrienne Evans 801-213-0375

**UNIVERSITY OF UTAH GRAND ROUNDS SCHEDULE**

UNIVERSITY OF UTAH DERMATOLOGY GRAND ROUNDS  
January – June 2021 Schedule

1/1/21	Closed for Holiday	3/19/21	Academic Day (AAD Meeting)
1/8/21	Kim Blain, MD // Resident Interviews	3/26/21	Abram Beshay, MD
1/15/21	Combined Business Meeting and Educational Update 7:45-8:45 //JAAD/JAMA 11am	4/2/21	Jamie Rhoads, MD
1/22/21	Lauren Madigan, MD // Resident Interviews	4/9/21	JAAD/JAMA 7:45am // Business Meeting 9am
1/29/21	Academic Day	4/16/21	Alice Frigerio, MD
2/5/21	Brooks Bahr, MD	4/23/21	Chris Hansen, MD
2/12/21	JAAD/JAMA 7:45am // Business Meeting 9am	4/30/21	Academic Day (UDS Meeting)
2/19/21	Spencer Bertoch, MD	5/7/21	Academic Day (SID Meeting)
2/26/21	Academic Day	5/14/21	JAAD/JAMA 7:45 // Business Meeting 9am
3/5/21	Keith Duffy, MD	5/21/21	Luke Johnson, MD
3/12/21	Alaina James, MD, PhD, University of Pittsburgh, 7:45am //Business Meeting 9am, JAAD/JAMA 11am	5/28/21	Erik Newman, MD
		6/4/21	Resident Graduation Ceremony
		6/11/21	JAAD/JAMA 7:45am // Business Meeting 9am
		6/18/21	Eric Millican, MD
		6/25/21	Academic Day

## QUICK QUIZ

Last issue's winner was Matt Innes, MD with Tanner Clinic with the first correct response regarding the quiz question about steatocystoma multiplex. Congratulations Matt! I hope the Café Rio did you right.

For this issue, it seems apropos that amid the ongoing pandemic we should have our quiz question focus on all things SARS-CoV-2. Please respond to [macdonjb@gmail.com](mailto:macdonjb@gmail.com) and a gift card to a Utah favorite restaurant will be sent to the first correct responder.

- A patient wonders, who is more susceptible to COVID-19, men or women? How would you answer and why?
  - A patient wonders what vitamin when deficient leads to increase susceptibility to SARS-CoV-2 infection—how would you advise her/him and what would you recommend for supplementation?
  - A patient asks you to explain what protein the mRNA fragment in the COVID-19 vaccine is translated into and what that protein does for SARS-CoV-2?
  - Lastly, a patient asks if vaccines are safe. What would you say? (not a trick question)
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