



MESSAGE FROM LEADERSHIP GROUP

“Greetings to everyone and happy October! We as the new leadership group are thrilled to get to work with you all in our wonderful state society. We are the grateful beneficiaries of the tremendous contributions from so many of you who have made the Utah Dermatology Society great. We thank you for your sacrifices in time and effort to build up the society, past, present and future.

Recently when speaking with one of our members, he expressed how much he was going to miss the past leaders of the society. “They were great leaders and I always felt on their same level,” he said. I responded by saying that I hope our society could accept a new president who is below everyone’s level! This is especially true of me compared to Drs. Hadjicharalambous and Tuttle, our vice president/president elect and secretary/treasurer, respectively. They are exemplary leaders and tireless in their commitment to working on the society’s goals. It is an honor to get to serve with them.

We are starting a newsletter to send out quarterly to the membership. It will contain information about the activities of the society, spotlight our members and their practices and dermatologic pearls for your office. We hope that it will be a simple means of connecting the membership body and promoting unity within our state society that crosses geographic and practice model differences. At the end of each newsletter, there will be a dermatology quiz question. First one to respond with the correct answer (respond to macdonjb@gmail.com) will receive an electronic gift card to a Utah favorite. This month is Cafe Rio...! Please also feel welcome to send feedback and ideas of how to advance the society’s mission, improve the newsletter or anything else for the membership body.

Thank you for all that you do to make the dermatologic care in Utah exceptional! You all make a meaningful impact on our community and I admire your commitment to excellence.

Please note the dates for our annual society meeting for next spring at Zion National Park: April 30th – May 1st, 2021 – In person and virtual options - \$150 tuition fees for 9 hours of CME!

MEMBER SPOTLIGHT – R. Ralph Bradley, MD

Tell us about your upbringing and what led to medical school? I have always loved science and art. When I was young, I planned on being a commercial artist. I had a commercial art scholarship. I designed school directory covers and illustrations for high school publications. I also loved photography and had my own dark room. While studying what was involved with the artist’s choice, I decided that I could better use my talents as a plastic surgeon. That is what led me to medicine.



Tell us about a foundational experience from dermatology residency? At Mayo Clinic I learned the benefit of learning from many other consultants. It was a rich opportunity since dermatology had up to 80 hospital beds including a pediatric dermatology ward. We saw some of the rarest conditions in the world. There was a lot of Goeckerman used in those days to treat psoriasis. The resident in charge would write all the orders. A leg ulcer may have a consultation from dermatology, medical vascular, a vascular surgeon, plastic surgery, infectious disease, rheumatology, psychiatry, and wound care. I learned from each of their inputs how to better manage the patient in a more dynamic way. I learned that it did not all depend on me.

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

My office has involved my wife, her sisters, and several family members. I loved that they were interested in what I did for a living. They were able to enjoy the connection with great patients and staff as we worked to help them. My daughter works in dermatology and plans on being a nurse.

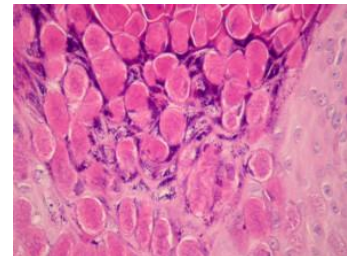
What is your favorite skin condition to help your patients with?

I love difficult problems that are hard to figure out and require a lot of work and learning. I love learning new ways of treating things in this ever-improving world of therapies.

I love to treat acne with isotretinoin because it can change people's lives and even affect who they marry. I have worked as a consultant for The Church of Jesus Christ of Latter-day Saints - Missionary Medical Department. That assignment has allowed me to see and treat rare skin conditions from all over the world including Madura foot, Buruli ulcers, tungiasis, lupus profundus and cutaneous TB.

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)?

I like molluscum contagiosum because it is benign and does not make me nervous. It is easy to diagnose, and the picture gives the feeling of pushing to greater heights.



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

Sunblock

Sum up each decade of your career (i.e. where you were/practice mix/memorable moments) and tell us about which skin conditions were new or memorable from each decade (i.e HIV dermatoses during the 80s)

When I was young my patients were young. I treated acne warts, rashes, and some skin cancer. As I grew old so did my patients and acne changed to skin cancer. Memorable diseases were AIDS. It was a devastating process often presenting in the skin. We felt helpless and sad when we gave a young patient a death sentence with the diagnosis of AIDS-associated with Kaposi Sarcoma. Practice changing developments included PUVA, Isotretinoin, and biologics. The latter two creating miracles for our patients.

What are your plans for retirement?

I love dermatology and if the COVID-19 becomes controlled I would like to practice part-time dermatology. There is no joy greater that obtaining knowledge and to use it to help others. I also have many other interests. I love to read, travel, enjoy music, and develop my photographic skills. I love learning and hope to take some classes. I love being with my family. They bring me the greatest happiness.

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

1. Treat all people like you would like to be treated, including your staff.
2. Never let the profit motive or how much work it will take prevent you from doing the right thing. Do what you do best and refer the rest.
3. Take every opportunity to continue learning and helping. That brings happiness.

What advice would you give new dermatologists?

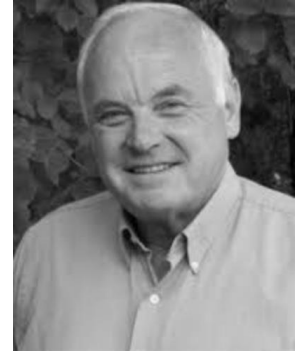
You have a wonderful profession, enjoy every minute. Establish strong professional networks and enjoy the association of the smart people in dermatology, always learning from them. Your success depends

on your dermatopathologist. Keep your family first, they are what matters the most. The biggest surprise in life is how fast time goes and how little time it takes to become what you once thought was old.

R. Ralph Bradley, MD

IN RECOGNITION- E. Barry Topham

E. Barry Topham, M.D. left this world September 21, 2020, just a few months before his 79th birthday. He was taken suddenly by sepsis caused by a torn bile duct. Barry completed medical school at the University of Pennsylvania, then completed residency in Dermatology at UC Irvine in 1974. He returned to Salt Lake City with his growing family and opened Holladay Dermatology Clinic in August of that same year. He worked there until the end, having just this year cut back to one Saturday a month. These appointments were filled so far out that he came in on the occasional other one-half day this year so patients wouldn't have to wait so long to see him. He was actually scheduled to work the day of his funeral. Most of those who were called to reschedule were near his age; most had been seeing him for decades.



Barry loved practicing dermatology. He believed he had the best job a person could have. When asked how his day at the clinic had been, his usual answer was, "Was the best one yet."

I returned to join Barry in 1998 following family tragedy. He slowly but surely taught me all that he knew regarding dermatology, caring for our patients, and making the clinic work as a business. My greatest lessons from him were not only the ability and knowledge to diagnose and treat, but also the empathy to truly care for each patient at every visit as if his or hers was the most important visit of the day. I am blessed to have had so much time with such a great mentor.

Barry would say regarding the profession and practice of dermatology that we are all so blessed. Every day we work we get to help many people, and some in profound ways. We have near-constant advances that allow us to deliver better options and care to improve outcomes. And he certainly would say, "Make your next day at work, and everyone thereafter, the best one yet."

Robert B. Topham, M.D.

PEARLS AND GEMS – ERUPTIVE SQUAMOUS ATYPIA

Eruptive lesions manifesting low-grade squamous atypia have been known as multiple terms, the most common of which is eruptive keratoacanthomas. This entity is known to koebnerize and has been mistaken for locally recurrent or in-transit aggressive squamous cell carcinoma. Authors of a recent trial investigated the efficacy of intralesional 5-fluorouracil treatment for what they term 'eruptive squamous atypia'.

30 patients with 136 ESA lesions were reviewed. 67% had complete resolution of ESA with intralesional 5-FU monotherapy. The other 33% of patients required additional non-surgical treatments to clear (topical 5-FU, cryotherapy, acitretin). The treatment technique included: local analgesia first obtained with lidocaine with epinephrine, followed by intralesional infusion of 5-FU 50 mg/ml, 0.1 to 1 ml for lesions under 1.5 cm; repeat injection every 2-4 weeks as needed until clear.

Please refer to the article for more details into this useful treatment approach: J Am Acad Dermatol. 2019 Jul;81(1):111-122

SOCIETY UPDATE

We are applying for an advocacy grant through the AAD to initiate a social media awareness campaign about skin cancer prevention and early detection. Here is the detail of our application. More news to come in the future.

Issue: Skin cancer prevention

Goal: To initiate a public awareness campaign focused on mothers to promote sun precaution and skin cancer prevention in their families.

Description of plan: Work with 3 social media influencers in the mother-baby space with more than 250,000 followers each. We will send out sponsored posts with information regarding melanoma warning signs, risk factors and information regarding skin cancer prevention. Within the post we will include links to the melanoma foundation and AAD websites and we will be able to track impact from the posts from traffic data on these sites.

We aim to develop a relationship with several different influencers that we will hope to continue with in the future to further advance this public campaign through other initiatives.

NEWS AND NOTES



President – James Macdonald, MD

Dr. Macdonald did dermatology residency in Scottsdale, Arizona and completed his dermatopathology fellowship at the University of Colorado in Denver. He is enthralled with his beautiful wife, Brooke and 6 kids, who is trying to convert to trail running and snowboarding from an early age. He feels immensely grateful to get to work with wonderful partners, develop relationships with the amazing people of Utah and for the collegiality of the members of the Utah Dermatology Society.



Vice President – Elena Hadjicharalambous, MD

Dr. Elena Hadjicharalambous, AKA Dr. Hadji, was born and raised just south of Detroit, MI. She graduated summa cum laude from Michigan State University with a Bachelor of Science in Physiology in 2010. In 2014 she graduated summa cum laude from Wayne State School of Medicine, where she was inducted into Alpha Omega Alpha Medical Honor Society, received the University's achievement award for academic excellence, and was awarded the Senior Award in Dermatology. Following medical school, Dr. Hadjicharalambous completed a transitional year internship at Beaumont Health in Dearborn, MI, then returned to Wayne State to complete her residency in Dermatology where she contributed to medical textbooks and journals while serving as Chief Resident



Treasurer/Secretary – Marie Tuttle, MD

Dr. Tuttle earned her bachelors and medical degree at the University of Utah. She completed dermatology residency at Case Western Reserve University (CWRU) Department of Dermatology, then joined the faculty as an assistant professor with dual research and clinical appointments with CWRU, University Hospitals and the Cleveland VA Medical Center. Since 2015, she has been serving patients in Southern Utah as a Dermatologist for Intermountain Healthcare, and as of 2018, in an independent practice focused on providing an exceptional level of dermatologic care for her community.

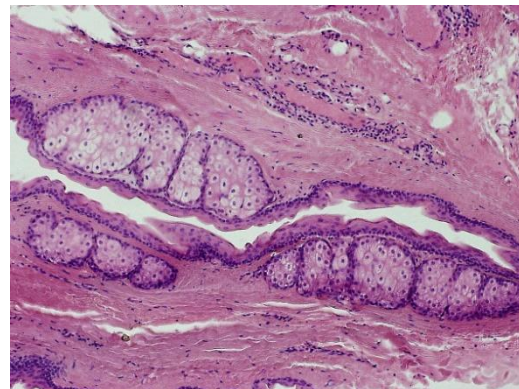
QUICK QUIZ

“A healthy appearing 15 year old presents to your office with the complaint of numerous bumps on his chest. He would like to know if it is a genetic condition and if so, what is the pattern of inheritance and what is the mutation?”

You perform a physical exam and find the following:



Your pathologist sends you the digital image of the histopathology to review with the patient:



What is your answer regarding the name of the dermatosis, inheritance pattern and mutation defect?
(respond to macdonjb@gmail.com – winner to be sent Café Rio gift card)
