

Resident



Message from the Chair

By Jorge Garcia-Zuazaga, M.D.



JORGE GARCIA-ZUAZAGA, M.D.

Greetings from Cleveland! It is a privilege to serve as the chair of the Residents and Fellows Committee (RFC) of the American Academy of Dermatology for the upcoming year. As a new year begins, I am eager to address topics that are important to residents and fellows throughout the country. Our main goal for this year is to reach out and reconnect with as many residents as possible.

I had the pleasure of meeting many of the RFC committee members in San

Francisco. We have a great team on board with lots of enthusiasm and leadership. If you are not familiar with your resident representatives, log into the RFC Web page at www.aad.org/professionals/Residents/ and find the contact information for all committee members.

For this year, I have several ideas to enhance the communication lines between residents and the RFC. This newsletter is always a great resource for posting our current projects. I am sure you will enjoy the new format and content coming with the next issue. In future issues, we will introduce new features relevant to residency and fellowship training. We will also be working on updating the design and con-

tent of our Web page. In the future, this page will include updated links for fellowships, electives and upcoming events.

My pledge to you is to communicate with the RFC members frequently and to represent you at the Board of Directors meetings and other Academy functions diligently and with integrity. For that reason, I am asking all RFC representatives to make contact with programs in surrounding areas to identify relevant issues to discuss in future meetings. Lastly, if you would like to become involved or just want to share ideas, please do not hesitate to contact me by e-mail at Jorge.Garcia-Zuazaga@uhhs.com. I look forward to a great year. **RR**

Message from the Outgoing Chair

By Eva A. Hurst, M.D.



EVA A. HURST, M.D.

I hope you all had a great and educational time at the Academy's recent meeting in San Francisco! As I write my last column, I want to update you on recent RFC activities. We had a very well-attended and productive national meeting attended by your representatives and our Canadian colleagues. Many representatives expressed fairly universal concerns regarding both timing of and access to many educational courses at the recent meeting. With that in mind, I brought forth a motion at the Council on Member Services to facilitate resident education and address access issues and other meeting concerns

with the Scientific Assembly Committee. We will work hard to try to increase access to the courses you really want and need at future meetings.

In addition, we also passed a motion at the Council on Member Services meeting to encourage the Academy to invite more resident representatives to various strategy and leadership meetings. I recently represented the RFC at the Issues in Dermatology/Synergy Summit in Orlando, which I found to be very educational and productive. However, the RFC would like to see more resident representatives from across the country invited to attend future strategic and problem solving meetings.

Starting with the next issue, this newsletter will have a new name — *Directions in Residency* — and a new look. The Academy's staff has put in countless hours

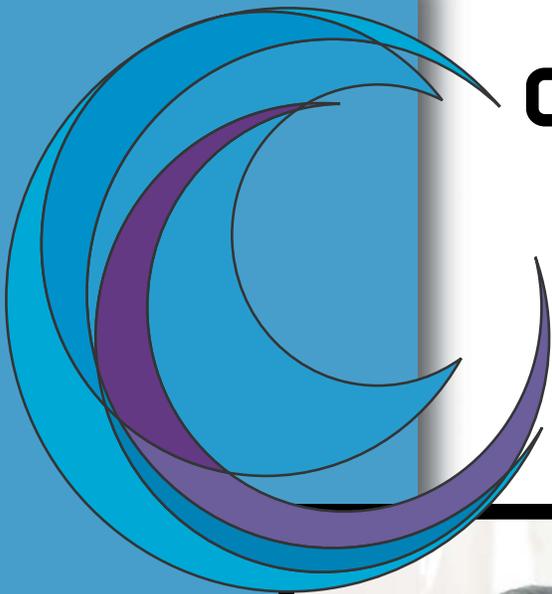
"revamping" our already successful newsletter. The RFC aided the staff with new ideas for features, one of which is *Horizons*, highlighting great accomplishments of dermatology residents across the country. Please feel free to nominate your colleagues for future issues.

Finally, new chair Jorge Garcia-Zuazaga, M.D., and your future RFC have many great ideas and goals for the coming year, including an informative Web page and regional teleconferences/ meetings to assess resident concerns on a more personal level.

In conclusion, it has been my distinct pleasure to serve as your representative and chair of the Residents and Fellows Committee. I wish you all the best and look forward to many years of interactions with you all in the future. **RR**

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2006 Annual Meeting — San Francisco

Volunteers Abroad

At the Volunteers Abroad Course, held at the Academy's 64th Annual Meeting in San Francisco, course participants received a wealth of valuable information, including an overview of medical humanitarian assistance, personal preparation for work in austere environments, dermatologic formularies in the international settings, and cultural and political influences on the skin. During



Course participants learn about the values of volunteerism (left). During the luncheon (right), participants ate Humanitarian Daily Rations (HDRs) and learned first-hand about the reality of subsistence-level resources available during humanitarian crises.

the luncheon, participants ate Humanitarian Daily Rations (HDRs) and learned first-hand about the reality of subsistence-level resources available during humanitarian crises, as well as the politics of food aid, nutritional relief, and nutritional diseases.

For more information, please contact Jennifer Miller, member services specialist via e-mail at jmiller@aad.org. **RR**



Fox Award Recipients for 2006 Named

Following another informative Residents/Fellows Symposium, held March 5 at the AAD Annual Meeting in San Francisco, the 2006 Everett C. Fox Award was given in two categories — lab-based research and clinic-based research.

For clinic-based research, the award was conferred to Gregory J. Fulchiero Jr., M.D., M.S.B.E., from Penn State University for "Alanyl-tRNA Antisynthetase Syndrome in a 58-year-old Woman."

For lab-based research, the award was given to Marina O'Kane, M.B., from the department of dermatology, Adelaide and Meath Hospital, Dublin, Ireland for "Transcriptional Events Modulated by Corticotrophin Releasing Hormone (CRH) — Receptor Mediated Responses in Psoriasis." **RR**



Jashin J. Wu, M.D., was the first of many who gave informative presentations at the Resident and Fellows Symposium.

Practice Management Symposium for Residents

The daylong Practice Management Symposium for Residents was held March 2, in conjunction with the Academy's 64th Annual Meeting in San Francisco. Included among the speakers and topics, Keith Borglum (left) presented "Practice Options" and Victor Marks (right) presented "Dermatology is a Service Business!" **RR**



Live AAD CME Activities At A Glance

To view a list of all the activities online, go to www.aad.org/professionals/MeetingsEvents/LiveAACMEactivities.htm



Dr. Stone Seeks to Improve iPLEDGE Program

Academy President Stephen P. Stone, M.D., has contacted the heads of the drug companies that manufacture isotretinoin via letter to demand that they take immediate action to improve the management and performance of the iPLEDGE program. Because these companies created iPLEDGE and hired the Covance firm to design and run the program, the Academy believes that it is their duty to ensure that it runs smoothly and efficiently — but that they have failed to do so. To read Dr. Stone's letter, go to the Academy's Web site at www.aad.org. Under "Featured Items," click on "Academy's iPLEDGE Information Page."

Academy members are being asked to contact their senators and members of Congress to ask that they insist that the FDA improve the program immediately.

FAQs on the iPLEDGE Program

A list of FAQs for patients, prescribers, and pharmacies are now posted on the iPLEDGE Web site. These documents were created by Covance and help to explain basic tasks required by

iPLEDGE and address technical issues, such as resetting passwords. The FAQs are available to program users after they log into the online iPLEDGE system at www.ipledgeprogram.com.

Contact Your Legislator

The Academy believes that elected officials need to hear from dermatologists about the ongoing problems with the iPLEDGE program. Academy members are being asked to contact their senators and members of Congress to ask that they insist that the FDA improve the program immediately. Contact information for elected officials can be identified using the "Find your Legislators" tool on the Academy Web site. Members are asked to e-mail, phone or write their elected officials, share with them the problems they are experiencing with the program, and ask that they contact the FDA.

Getting Patients Involved

Also, if dermatologists have patients willing to share their experiences with iPLEDGE, they are being asked to submit their stories to the Academy by e-mail at isotretinoin@aad.org or by fax to (202) 842-4355. Patients must include their name, address, and phone number in the statement and give the Academy permission to share their story with the public. The Academy will forward patients stories to their legislators. **RR**

Password Assistance Available Online

In response to advocacy by the American Academy of Dermatology, the iPLEDGE program has been modified to simplify the process for resetting forgotten or misplaced passwords online. To learn more about resetting passwords, go to the Academy's Web site at www.aad.org and click on "Academy's iPLEDGE Information Page" to be taken to this information. Getting passwords to female patients of childbearing potential in a timely manner has emerged as an urgent problem with the iPLEDGE program. This timing issue is due in part to the "express registration" of these patients who are transitioning into the iPLEDGE program from previous risk management programs. Beginning March 14, the iPLEDGE program sent all patients of childbearing potential their passwords by overnight delivery. Patients who did not receive their passwords should contact the iPLEDGE program at (866) 495-0654.

Academy Action

The Academy continues its efforts to make this new program more workable and less burdensome for dermatology patients and practices. The Academy will also continue to communicate with members regarding future developments and improvements. **RR**

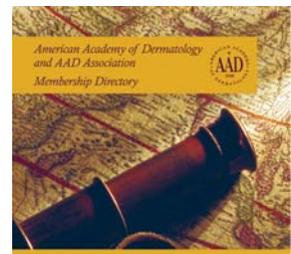
Who Needs the "Other" Book, When You've Got the AAD's Electronic Membership Directory!

The *Electronic Membership Directory* can easily be installed on your desktop at home, at the office, or on both! All you need is your member ID.

Updated each month, the *Electronic Membership Directory* includes quick access to:

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- Academy resource documents.
- *Dermatology World* issues.

Visit www.aad.org/professionals/pracmanage/memberdir.htm to update or download a copy of the *Electronic Membership Directory* or call the MRC toll-free at 866-503-SKIN (7546).



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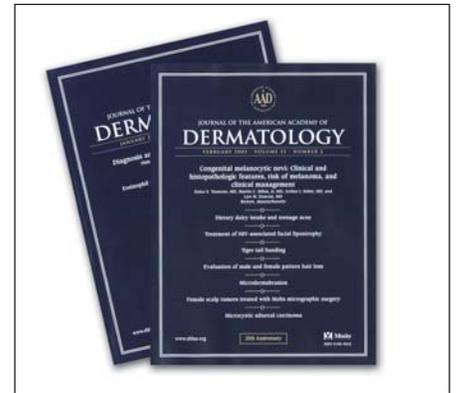
For third year residents, your graduate membership and all of its benefits will end June 30, 2006. Some of the benefits that will expire include the *Journal of the American Academy of Dermatology (JAAD)*. During your residency and fellowship training, you received a complimentary subscription to JAAD. This subscription will end with the July 2006 issue. Applicants for membership receive JAAD at no charge. Additionally, members receive a considerable discount for registration at Academy meetings. If you apply for membership by Sept. 1, 2006, you can attend the 2007 Annual Meeting for only \$60. The non-member rate for this meeting is \$1,300.

By applying for membership by Sept. 1, 2006, you will be able to continue to

experience the many benefits being an AAD member includes as well as receive a 70 percent reduction of your first year's dues if you join the Academy in the year in which you complete your training.

The dues for the first year of membership (2007) will be \$225. A \$100 application fee must be submitted with the application and you will be billed for the balance of \$125 in early November. Please note that this offer is only good if you apply before Sept. 1, 2006. If you apply after Sept. 1, 2006, you will be required to pay a \$100 application fee plus the full amount of \$750 for 2007 dues.

Please take a few minutes to apply online through the AAD Web page: www.aad.org/aad/AADMembership/fellowmember.htm.



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For further information, please contact the MRC toll-free at (866) 503-SKIN (7546) or (847) 240-1280 (outside the United States) or by e-mail at mrc@aad.org. **RR**

Volunteer for Camp Discovery

The American Academy of Dermatology's Camp Discovery program — founded in 1993 by Mark Dahl, M.D., during his presidency — is a special camp for children with severe skin conditions. Camp Discovery has offered three separate camping experiences for children ages 8-16 years old; two weeks in Minnesota and one week in Pennsylvania. This year the Academy will be offering a fourth week of camp in Minnesota. This is a great opportunity to provide more children with this unique experience.

As you may know, the success of Camp Discovery depends on the involvement and commitment of many people. The AAD is actively reaching out to you for support of the Camp

Discovery expansion. Support can come in many ways, including:

Volunteering

Camp Discovery offers a teaching experience like no other because the children have skin conditions that many dermatologists do not see every day. It is through the generous commitment of medical staff that Camp Discovery is so successful. If you or another medical person (resident, nurse, physician's assistant, nurse practitioner, etc.) would like to volunteer time at camp, please contact the Academy office at (847) 240-1737. The camp facilities are equipped with beautiful, air conditioned buildings. Approximately 40 vol-

unteers (counselors and medical staff) are needed for each week of camp.

Financial Contribution

It is through generous support that this program is so successful and offers these children an experience of a lifetime. There is no fee for the participants of Camp Discovery; your contribution pays for their travel to the camp grounds, food, lodging, medical supplies and all of the wonderful activities. If you would like to make a donation to the Camp Discovery Endowment Fund please call (847) 240-1450.

If you have any questions or need more information, please contact Janine Mueller at (847) 240-1737 or jmueller@aad.org. **RR**



*Boards' Fodder:**LASERS (Light Amplification by Stimulated Emission of Radiation)*

Tamar Zapolanski, B.A., Cindy Rogers, M.D., and Sharon E. Jacob, M.D.

LASER TYPE	WAVELENGTH (NM)	COLOR	CHROMOPHORE	MODE	CUTANEOUS APPLICATIONS	SIDE EFFECTS	EYE DAMAGE
Argon	418/514	Blue-Green	Hb, melanin	Continuous	Vascular lesions	Scarring, dyspigmentation	Retina & choroid
Argon-pumped tunable dye	577/585	Red	Porphyrin	Quasi-continuous	Vascular lesions, facial telangiectasias, rosacea, poikiloderma of Civatte, port-wine stains	Hypertrophic scarring, textural changes	Retina & choroid
Copper vapor/bromide	510/578	Green	Hb, melanin	Quasi-continuous	Pigmented lesions, vascular lesions, facial telangiectasias, rosacea, poikiloderma of Civatte, port-wine stains	Hypertrophic scarring, textural changes	Retina & choroid
Potassium-titanyl-phosphate (KTP)	532	Green	Melanin	Quasi-continuous	Pigmented lesions, vascular lesions, facial telangiectasias	Mild erythema, edema, transient crusting (*)	Retina & choroid
Nd: YAG, frequency-doubled	532	Green	Melanin	Q-switched	Pigmented lesions, red/orange/yellow tattoos	Systemic allergic or localized granulomatous tissue reaction to tattoo ink particles, mild erythema, edema, transient crusting (*)	Lens, retina, vitreous, & choroid
Pulsed dye	510				Pigmented lesions, red/orange/yellow tattoos	Systemic allergic or localized granulomatous tissue reaction to tattoo ink particles	Retina & choroid
	585-595	Yellow	Hb	Pulsed	Vascular lesions, hypertrophic/keloid scars, striae, verrucae, nonablative dermal remodeling, facial telangiectasias, port-wine stains, hemangiomas, pyogenic granulomas, Kaposi's sarcoma, poikiloderma of Civatte, facial rhytides	Epidermal damage, pigmentary change, postoperative purpura and edema (*)	Retina & choroid
Ruby	694	Red	Melanin, tattoo	Q-switched	Pigmented lesions, blue/black/green tattoos	Transient pigmentary alteration, systemic allergic or localized granulomatous tissue reaction to tattoo ink particles	Retina & choroid
				Pulsed (normal mode)	Hair removal	Blistering, epidermal crusting, purpura, transient pigmentary alteration (*)	Retina & choroid
Alexandrite	755	Red	Melanin, tattoo	Q-switched	Pigmented lesions, blue/black/green tattoos	Transient pigmentary alteration, systemic allergic or localized granulomatous tissue reaction to tattoo ink particles	Retina & choroid
				Normal mode	Hair removal, leg veins	Blistering, transient pigmentary alteration	

LASER TYPE	WAVELENGTH (NM)	COLOR	CHROMOPHORE	MODE	CUTANEOUS APPLICATIONS	SIDE EFFECTS	EYE DAMAGE
Diode	800-810		Melanin, Hb		Hair removal, leg veins, pseudofolliculitis barbae (^)	Pigmentary alterations	Lens, retina, & vitreous
Nd:YAG	1064	Infrared	Nonspecific	Q-switched	Pigmented lesions, blue/black tattoos	Crusting blistering, purpura, transient pigmentary alteration, pinpoint bleeding	Retina & cornea
				Normal mode	Hair removal, leg veins, nonablative dermal remodeling (^)	Crusting blistering, purpura, transient pigmentary alteration, pinpoint bleeding	
Nd:YAG, long-pulsed	1320	Infrared	Melanin		Nonablative dermal remodeling, atrophic scars, rhytides, pseudofolliculitis barbae (^)		Retina & choroid
Diode, long-pulsed	1450	Infrared	Melanin		Nonablative dermal remodeling, acne, atrophic scars, facial rhytides, transverse neck lines	Transient edema, erythema, postinflammatory hyperpigmentation	Cornea
Erbium: glass	1540	Infrared	Melanin		Nonablative dermal remodeling, rhytides (#)		Cornea
Erbium: YAG (pulsed)	2940	Infrared	Water	Continuous	Ablative skin resurfacing, epidermal lesions, seborrheic keratoses, verrucae vulgaris, xanthelasma, sebaceous gland hyperplasia, adnexal tumors	Postoperative erythema and edema, bacterial and viral infection, pigmentary alteration, ectropion, hypertrophic scar formation	Cornea
Carbon dioxide	10600	Infrared	Water	Continuous	Actinic cheilitis, verrucae, rhinophyma		Cornea
				Pulsed	Ablative skin resurfacing, collagen shrinkage, remodeling, epidermal/dermal lesions, seborrheic keratoses, verrucae vulgaris, xanthelasma, sebaceous gland hyperplasia, adnexal tumors	Postoperative erythema and edema, bacterial and viral infection, pigmentary alteration, ectropion, hypertrophic scar formation	Cornea

KEY:

- * Use is limited in darker skin types.
- ^ Safer for hair removal of darker skin types.
- # Safer for darker skinned patients.

REFERENCES:

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Lasers in dermatology: Four decades of progress. 2003 JAAD
<http://www.emedicine.com/derm/topic525.htm>
<http://dermnetnz.org/procedures/copper-bromide-laser.html>

ABBREVIATIONS:

CW: Continuous-Wave Nd: Neodymium Hb: Hemoglobin
QS: Quality-Switched YAG: Yttrium-Aluminum-garnet



SHARON E. JACOB, M.D.

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Boards' Fodder Archived Online

You can view past board foddors at the Residents section of the Academy's Web site, www.aad.org/professionals/Residents/BoardsFodder.htm. Topics (in PDF format) include:

- Syphilology
- Bones, Eyes, and Nails
- Contact Allergens
- Viruses
- Porphyrias
- Genes
- Bugs and their Vectors
- Histologic Bodies
- Inherited Palmar Plantar Keratodermas

Watch for all-new DIRECTIONS in RESIDENCY, next issue!

When *Resident Roundup* was first published, in 1999, it began as a four-page, two color publication, produced three times a year. Thanks to the interest of the residents in the publication and the commitment of our sponsors, we now have a four-color, eight-page publication, published it four times a year. It also has several sustaining features, like *Boards Fodder*, *Practice Makes Perfect*, and *Spotlight on Residency*. What was once a little "roundup" newsletter is now becoming a mini-journal for residents.

Accordingly, it's time to update and improve our newsletter. Next issue you will see the premiere of *Directions in Residency*. The new name for the publication reflects forward movement — a sense that residents are coming into their own and heading into a new direction as dermatologists. The new publication will continue to carry the features that have been successful. What you'll see in 2006, apart from the new name, are some updates to the magazine to make it look

fresher. We'll continue to have the features that have been successful, and we're also adding some new features, like *Horizons*, spotlighting residents making a difference and *Reflections*, where Academy leaders will give their thoughts about their residency experience.

As we continue to grow, we also want to develop more new features — whether it's a feature you'd like to see developed or one you'd like to develop yourself, you can send your ideas to the editor at dmonti@aad.org.

In the meantime, watch your mailbox this summer for the all-new *Directions in Residency!* **RR**

The American Academy of Dermatology would like to thank Connetics Corporation for providing an unrestricted educational grant in support of the *Resident Roundup* newsletter.



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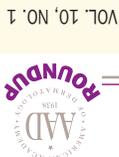
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