Inspired Community Health

One of the pillars of our Department of Dermatology is Community Health.

Working at the community level to promote sun protection helps us benefit an even greater number of people.

Our Community Health slogan is “Healthy Skin Made in the Shade.” If we prevent one skin cancer, then we make a difference!

We are fortunate to have a Vice Chair of Community Health in our Department – Dr. Michael Ioffreda. He leads our Community Health efforts, which include:

- Building shade structures in community parks
- Planting shade trees
- Sunscreen stations at health fairs

Our donors make all this possible! The Lewis family, who own Klick-Lewis car dealership, and grace our front cover, are one of our consistent supporters of our Community Health mission.

And it was the vision of Jim and Joyce Marks who created a sustainable focus on Community Health in our department with their commitment to fundraising. Thank you.

Enjoy our 2017 Annual Newsletter – we have a great TEAM.

Jeff Miller, MD
Chair, Department of Dermatology

Our Cover

Joseph Gascho, MD, is a Cardiologist and artist at our Medical Center. His photographs of people displayed throughout our hospital hallways remind all of us to treat each other with respect and dignity.

A special thanks to Three generations of the Lewis family—(left to right) Patrick, Warren Sr., and Warren Jr. Their portrait graces the cover of our annual newsletter. They are an inspirational family that has been afflicted by skin cancer. For them, sun protection is what matters most and why they are wearing sun protective clothing.

In addition to providing sun protective clothing to their family members, the family has also provided sun protective clothing to their 50+ employees at the Klick Lewis car dealership in Palmyra.

The Lewis family inspires Penn State dermatology to provide sun protective education, shade structures, shade trees, sunscreen, and sun protective clothing as part of our community health mission. Community Health matters!
The Penn State Dermatology has been providing care to patients for 43 years. Our history has shaped us to become the department that we are today. One of the best ways to gain insight into the future is to understand the past.

The dermatology division at Penn State Hershey was founded in 1975. Donald P. Lookingbill, MD was the first dermatologist and he was the first division chief. Five years later, in 1980, James G. Marks Jr., MD joined Dr. Lookingbill as the second dermatologist at Penn State Hershey. Two short years later, in 1982, the dermatology residency at Penn State was founded. They started training one resident per year.

In 1997, after 22 years of service, Dr. Lookingbill decided to leave Penn State and join Mayo Clinic. Dr. Marks stepped in as the second division chief. In 2002, dermatology became its own department and Dr. Marks was the first chair. After a trip to the Pike Place Fish Market in Seattle, he brought the fish philosophy back with him. Now, every new member of the clinic receives a card with the four tenets of the fish philosophy: choose you attitude, make their day, be there, and play.

In 2014, Jeffrey J. Miller, MD, MBA became the second chair. He emphasizes the missions of our department: patient care, education, research, and community service. Dr. Marks has remained a dermatologist in the clinic and has enjoyed decreasing his administrative responsibilities. He instead focuses on patient care, education of the residents, and clinical research.

The future of Penn State Hershey Dermatology is bright. We have expanded to satellite offices in State College, Camp Hill, Palmyra, Mt. Joy, and on Nyes Road in Harrisburg. We now provide the Mohs skin cancer surgical procedure at the State College location in addition to the clinic in Hershey. We have started a teledermatology program and it is growing every day. The residency has expanded. This year we have 11 residents. Starting in July 2018 we will have 4 residents in each of the 3 years of training for a total of 12 residents. The program also trains new Mohs, advanced practice clinician, and Dermatopathology fellows each year.

43 years later, I wonder if Dr. Lookingbill could have ever imagined how much the clinic has grown, how many patients we have helped, and how many residents have been educated. On April 5th, Dr. Lookingbill visited the medical center in Hershey for a presentation about the history of Penn State Dermatology entitled “Blast from the Past.” Penn State Dermatology has a rich history which set the foundation for a bright future.
New to the Dermatology Department in late 2017 is the addition of an Advanced Practice Clinician (APC) Fellowship Program. This 12-month post-graduate program was designed for board-certified nurse practitioners and physician assistants who have recently graduated, or have limited experience in dermatology. The program includes a structured didactic and clinical curriculum, with a focus on demonstrating competencies specific to medical dermatology. Our APC fellows attend daily lectures, and gain hands-on experience in direct patient care through eight half-day clinical sessions per week. Attending physicians within the department provide formal oversight and guidance throughout each patient care visit.

In addition, APC fellows are trained in various aspects of procedural dermatology, including biopsy techniques and the use of cryotherapy. While under the supervision of an attending physician, they able to gain confidence and demonstrate competency prior to completion of the program. Shadowing experiences in Mohs surgery, Grand Rounds presentations, and educational conferences are also built into this year-long program.

The goals of the APC Fellowship Program are to foster professional growth, promote excellence in clinical practice, and develop APC leaders within the field of dermatology. The mentorship provided by attending physicians within the department has been integral to the success of this program, as is their commitment to a mission-based culture. Through this program, our faculty members continue to demonstrate their passion for and commitment to training valuable and successful dermatology providers. Currently, the department is recruiting one APC fellow annually.

Advanced Practice Clinician fellowship programs have become increasingly popular throughout the country within the last ten years. Currently, there are 90-plus APC fellowships in existence throughout the country, and of those, three are dermatology specific. These transition-to-practice programs allow APCs to expand their knowledge base and develop confidence in their specialty of choice, while remaining in a protected learning environment. APCs who apply for fellowship opportunities are often found to be more motivated, self-confident, and committed to lifelong learning within their given specialty. Programs such as ours emphasize a commitment to evidence-based practice, a team-based approach to care, and most importantly, optimal patient outcomes.

Samantha has earned Bachelor’s degrees in both Psychology and Nursing, as well as a Doctor of Nursing Practice- Family Nurse Practitioner degree, all from Creighton University in Omaha, Nebraska.
INSPIRED PATIENT CARE

Petrolatum Ointment, a Local Discovery that has Stood the Test of Time

BY MAX DISSE, M.D.

If you have been to a dermatologist before and had any procedure or wound, you have likely been recommended petrolatum ointment (also known as petroleum jelly or by the brand name Vaseline). It has been in use since the mid to late 1800’s. It is now widely available over the counter and has been touted for its many uses. Though almost unanimously recommended, there is still a large hesitancy by the general public given concerns of the source, safety, and effectiveness.

Petrolatum ointment was first isolated and popularized by Robert Chesebrough (1837-1933), an American chemist. Chesebrough discovered the ointment at the first United States oil well, which was in Pennsylvania. The oil workers were applying this ointment to burns and cuts from oil refinery equipment. They called it “rod wax” since it accumulated on the oil pump rods. First termed “Wonder jelly”, Chesebrough later renamed it name “Vaseline” which is still a popular brand today.

Petrolatum ointment has continued to be a mainstay in the U.S. culture for treatment of various conditions including burns, cuts, scrapes, and care after surgery. Though at one point it may have had impurities, petrolatum ointment in stores today is filtered and distilled to remove any contaminants.

Often, providers and patients alike have the desire to apply an antibacterial ointment to a wound. However, it has been shown in many studies that there is no significant difference in wound infections with petrolatum versus topical antibiotics. In addition, up to 25% of patients can have an allergy to these topical antibiotics, whereas there is no allergic potential with petrolatum ointment. Additionally for atopic dermatitis or eczema, the application of petrolatum ointment to babies at high risk for developing atopic dermatitis has been shown to reduce the risk by 50% for developing eczema and prevents the skin from losing 98% of its water.

So, lather that sticky goo with pride. It may be messy, but it has been tested and proven for its many uses. Mr. Chesebrough lived until he was 96, and attributed his longevity to his daily spoonful of petrolatum. We certainly do not recommend you go that far, but that gooey stuff does seem to work as well as anything else for healing skin wounds.
Department of Dermatology’s

SPLISH SPLASH
COME HAVE A BLAST

A Made In The Shade Event

Evening includes:

- Buffet Dinner Catered By Former White House Chef
- Variety Show Featuring Talented Performing Artists
- Music Provided For Listening And Dancing (Come Do The Twist, Stroll... etc.)
- Silent Auction
- Door Prizes
- BYOB

Doors Open at 6:00pm
Dinner 7:00pm
Music 9:00-11:00pm
Dress – Resort Casual
Tickets $75 Per Person

Call Penn State Dermatology To Reserve Your Tickets. 717.531.6049

September 22, 2018, PA DanceSport, 585 E. Main St, Hummelstown, PA

Proceeds Benefit Dermatology’s Community Health Initiatives.
Department of Dermatology's
A Made In The Shade Event
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Proceeds Benefit Dermatology's Community Health Initiatives.
The Road to Dermatology

BY QUY PHAM, M.D.

To become a doctor is both challenging and rewarding. Some say that the hardest part about becoming a doctor is actually getting accepted to medical school. According to the Association of American Medical Colleges, 53,042 hopeful students applied to medical school with only 21,030 accepted into U.S. programs in 2016. The increasing competitive nature of medical school has required students to continually strengthen their resumes and apply to multiple schools all across the country in hopes of beating the 40% odds of getting in. For those fortunate enough to matriculate into medical school, the arduous journey has only just begun.

On day one of medical school, everyone starts off with a blank slate and an unrivaled enthusiasm to learn about the human body. From anatomy to pharmacology to pathology, the rigorous curriculum has long been described as “drinking water from a fire hydrant” followed by the regurgitation of all you were able to imbibe onto an exam and then repeat. After two years of sitting in the classroom, medical students finally get the opportunity to step into the “real world” – training in real clinical settings and caring for patients alongside resident and attending physicians.

They are exposed to every field of medicine including: primary care, surgery, obstetrics and gynecology, and specialties such as dermatology.

At the end of the 4 years of medical school, students who have met the requirements for graduation go on to participate in “The Match” – a daunting and sometimes confusing process of applying to their specialty and programs of interest with the goal of securing an interview and a residency position. Students applying to dermatology are faced with a unique challenge in that there are over 400 positions available from year to year, requiring on average some to apply to over 40 programs all over the United States in order to increase their chances of matching. The typical dermatology applicant is ranked near the top of their class, does very well on the national board exams, and has a unique background of life experiences.

After a successful match, every dermatology resident begins their career as an internal medicine or pediatrics intern. Some say that intern year is the most difficult year of their training.

One intern described the rigors of sleep deprivation, limited time away from work, and struggled with being newly married in a distant city away from friends and family. This is compounded by the duress of managing a number of extremely ill patients and sometimes making medical decisions at 2:45 AM, while admitting new patients from the emergency department and responding to the constant beeping from the pager with nurses.
and physicians waiting on the other line. Despite the taxing chaos, many current residents and attending dermatologists reflect on the intern experience with nostalgia and thankfulness for health, family, and camaraderie.

Dermatology residency begins immediately after intern year. This is arguably the most exciting time for all dermatology residents as they finally begin their careers learning about every aspect of the skin, hair, and nails. Learning dermatology has been paralleled to learning a new language, filled with tongue-twisting terminologies and off-label treatments that aren’t traditionally taught in medical school. Residents receive supervised, hands-on training for 3 years treating patients from neonates to geriatrics. Upon the completion of the 3rd year, all qualified residents will take a certification exam that allow them to practice dermatology independently.

Penn State Dermatology has trained many dermatologists who now practice all over the United States. Although the road to becoming a dermatologist is long and filled with many challenges, residents and attending physicians at Penn State all attest to the value of dermatology including making a difference in the quality of life for patients, forging strong patient-physician relationships, and forming life-long friendships along the way. With so many rewarding experiences, it comes as no surprise that many have deemed dermatology as “the best job in the world.”
Penn State Hershey Dermatology is proud to have three fellowship programs, with one fellow per program each year. A fellowship is an additional period of training undertaken for further specialization after a resident or advanced care practitioner (nurse practitioner (NP), physician assistant (PA)) has completed their required training.

The Micrographic Surgery and Dermatologic Oncology Fellowship is a one year training program offered to physicians who have completed their residency in dermatology. This fellowship allows dermatologists (generally immediately after their graduation from residency) to train for an additional year in Mohs micrographic surgery, which is a specialized outpatient surgical technique for the treatment of skin cancers typically on the head and neck areas. This fellowship was originally started in 1992 with a series of 6 fellows (one per year). Dr. Elizabeth Billingsley, now president-elect of the Mohs College (the governing and advisory group for this type of dermatologic surgery), completed this fellowship at Penn state in 1994 and has remained on faculty here since that time. The fellowship was restarted for the 2016-2017 academic year with Dr. Todd Cartee as the director of the program. Dr. Cassandra Simonetta is the current Mohs fellow. She plans to join the dermatology faculty at the State College campus after her graduation in June 2018.

The Dermatopathology fellowship is also a one year training program offered to physicians who have completed their residency in either dermatology or general pathology. This fellowship allows for further training and specialization in reading pathology slides of skin. Skin slides are produced after a biopsy is taken from the skin. Because the skin is a unique organ with certain features not characteristic of any other organ system, interpreting and reading skin specimens is best performed by those who have specialty training in this area. The Dermatopathology fellowship is led by Dr. Klaus Helm and has been ongoing since 2008 with one fellow per year. Prior graduates of the program now practice across the country, some in academic centers, and some in private practice settings. The current fellow is Dr. Sheva Khalafbeigi, who plans to join Aurora Diagnostics in Las Vegas, Nevada, after her graduation in June 2018.

The Advanced Practice Clinician (APC) fellowship in dermatology is another one year training program for Nurse Practitioners (NPs) or Physician Assistants (PAs) who desires additional training in dermatology. This is aimed at giving additional specialized clinical training for PAs or NPs who wish to work in dermatology clinics. Currently, many NPs and PAs receive on-the-job training in their specialty of choice after completing graduate level training in general medicine; however, this fellowship aims to provide a dedicated year of training specifically in dermatology. This additional year of training will give a strong foundation for APCs at the beginning of their careers, helping to tailor their clinical experience to their specialty of choice. This is a unique opportunity for APCs, as this program is one of only a few of its kind in the United States. The first and current APC fellow is Samantha Lewis, CRNP, who completed her nurse practitioner training at Creighton University.

Penn State Hershey Dermatology is proud to offer these fellowships as one of our core missions, education. Each fellowship provides invaluable and unique training opportunities for it graduates, helping them to achieve specialty training to give successful, life-long careers in dermatology.
Caregiver burnout is on the rise. The sense of “running out of fuel,” decreased enthusiasm for work, and increasing cynicism are being reported by more and more medical professionals, along with a lower level of personal accomplishment. Experiencing burnout may lead to ineffectiveness and decreased ability to function on both personal and professional levels. Tactics to prevent or improve symptoms of burnout in the medical realm have garnered attention due to recognizing this leads to improved patient/clinician experiences. Resilience training is a personal development tool that may be utilized to help combat or stave off burnout.

The Department of Dermatology has partnered with Dr. Leo Flanagan of the Center for Resilience, an organization that focuses on specific resilience factors to prevent or reverse burnout. With Dr. Flanagan’s guidance, Drs. Jeff Miller and Charlene Lam are championing the cause within the department to cultivate awareness of and techniques to manage burnout through fostering resilience. Our department has chosen to focus on improving our pragmatic optimism which is the feeling that we can improve our situation and how we internalize events. Since disappointments are inevitable, pragmatic optimism is a tool which can be used to put these things into perspective. Pragmatic optimism is addressed by asking the following questions:

- Will this last forever?
- Will this impact my entire life?
- Do I have the experience, skills and talents to work through this?

Two other exercises we are doing are the gratitude journal and reminders of the 5 things we cannot change. The gratitude exercise entails journaling 3-5 things that went well during the day prior to going to sleep. This allows the mind to focus on ending the day on a positive note. Acknowledging and embracing the five things you cannot change (see figure) helps to remind us that everyone deals with setbacks and we are not alone when we encounter difficulties.

Being leaders within the field of Dermatology, Drs. Miller and Lam were invited to speak on the subject of burnout and how our department has addressed it at the annual Association of Dermatology Professors meeting in the Fall. As we encourage and model these wellbeing practices, the goal will be to enhance both individual and team resilience and effectiveness. For more information about Dr. Flanagan’s work or The Center for Resilience, please visit http://centerforresilience.com.
Helping a Family in Need

BY MUITHI MWANTHI, M.D., PH.D.

Some the most difficult patients we treat in dermatology are pediatric patients with genetic diseases of the skin. Epidermolysis bullosa (EB) is such a disease where a child is born with fragile skin that cannot protect the body from the environment; and severe forms of the disease are ultimately fatal. These patients require constant bandaging of the open wounds on the skin because the skin is so fragile and tears open with the least bit of friction or trauma. Patients with the severe form of this disease require round the clock care at home and frequent access to their doctors.

Salsabeela is one of our patients with EB. She was born in Syria but due to the war, the family was forced to leave their home. After several years in refugee camps, they were allowed entry into the US in January 2017. They were sponsored by Catholic Charities and moved to Harrisburg where they immediately established care for Salsabeela with Penn State/Hershey Medical Center’s pediatric dermatologist, Dr. Andrea Zaenglein.

Dr. Zaenglein recognized the barriers that the family faced in meeting their daughter’s health needs and leveraged the resources available within the health care system to help. She was referred to the Hummingbird Program, the Penn State Children’s Hospital’s comprehensive and palliative care team for children with severe, life-threatening disorders. Together, they assembled a team of healthcare professionals that provided pediatric, dermatologic, social, and nutritional support, in addition to arranging for the extensive wound care supplies needed.

Over the course of the past year, Dr. Zaenglein noted that Salsabeela still required frequent hospitalizations for her condition because of poor access to in-home nursing and missed doctors’ visits due to their location. The available healthcare resources could not overcome the hurdles this family faced getting the care Salsabeela needed. Dr. Zaenglein faced this dilemma head on and organized a movement to move the entire family to Hershey, so the family would live within minutes of the hospital have affordable living, and have accessible healthcare for Salsabeela. “The barriers to care that our patients face often go beyond access to doctors or medicines.” Dr. Zaenglein rallied the members of the dermatology department, pediatrics and rheumatology departments, medical students, boy scouts, and others in the community to prepare a home for Salsabeela and her family. Approximately 70 volunteers and donors came together over the month of December to get their new home ready. They cleaned, painted, donated furniture and appliances, straightened up the yard, and helped move the family into their new home by the end of the year. “The Penn State/Hershey community is truly incredible. All I had to do is ask.”

This was a true holiday miracle for Salsabeela and her family. We are happy to report that Salsabeela has not been hospitalized over the past 3 months. Numerous volunteers in the Hershey area continue to help the family as they continue to transition to life here in the US.

Dr. Zaenglein took a leading role in uniting a community to address important social determinants of this patient’s health. She navigated the medical system and cultural environment to provide inspired care for her patient. And Salsabeela had one request – a pink bedroom. Dr. Zaenglein and volunteers delivered on that request!

INSPIRED COMMUNITY OUTREACH

Salsabeela snuggled up in her new pink room.
Author, Dr. Muithi Mwanthi on Moving Day!

Dr. Jeffrey Miller and Max Griffiths clearing the yard.

Nicole Boyer (center), dermatology nurse practitioner, and friends painting the “pink room”.

Our dermatology residents hard at work!
2018 Resident Graduation Celebration Party
HIGHLIGHTS of the YEAR
INSPIRED FACULTY

Shuppy Valley: A Chat with Dr. Dave Shupp on How He Stays Inspired in Happy Valley

BY CLAIRE HOLLINS, M.D

Just about two hours northwest of Hershey, “Happy Valley” is the place where Dr. Dave Shupp finally calls home again. Dr. Shupp is a Penn State dermatologist and has been part of the Penn State family since he moved to State College for his undergraduate degree, and then to Hershey for medical school. After completing his dermatology residency training in 1987, he moved to Tennessee with his wife, Terry, a fellow Penn Stater, and in private practice there for 22 years. However, he still managed to make it back for a few Penn State home football games every year. The power of Penn State was so great that seven years ago, Dr. Shupp and his wife moved back to Pennsylvania from Tennessee, where Dr. Shupp and his wife moved back to State College and joined our dermatology department, which he describes as “fantastic and filled with not only smart people, but good people, from top to bottom.”

On enjoying Penn State:
As a college freshman, Dr. Shupp informed me that he rarely attended football games at Penn State. However, over time with his wife, Terry, a fellow Penn Stater, he started attending football games, which began the “infectious” process of becoming a super fan of all things Penn State, especially the athletics. In fact, Dr. Shupp is so committed to the Blue & White that he has had the same six football season ticket seats since 1982!

When Dr. Shupp and his family relocated back to Pennsylvania from Tennessee, they moved “within three blocks of campus,” a location that also put him close to the Penn State Medical Group - Colonnade dermatology clinic where he continues to work. Because of his close proximity, he typically walks or rides a bike to work and games.

He and his family are now season ticket holders to other sports like wrestling, hockey, and go to many soccer and lacrosse matches. When speaking about attending a variety of sporting events, he remarked that it is “fun to have such entertaining and high level sports” right in his backyard.

On Penn State Dermatology in State College and Staying Connected:
Dr. Shupp works full time at our satellite clinic in State College as a clinician, and is also an Assistant Professor of Dermatology with the department. As Dr. Shupp mentioned before, Penn State dermatology “is a great department, which in turn attracts great residents. It is wonderful to be associated with that.” To stay connected with the dermatology “mother ship” in Hershey, Dr. Shupp, via video teleconferencing, attends Journal Club that the department has on Monday mornings, when the Hershey dermatologists, led by the residents, discuss new journal articles and research findings in the dermatology world.

He also, along with the rest of our colleagues in State College, comes down to Hershey once a month to attend Grand Rounds, a conference we host that features a guest speaker, live dermatology patients, and discussions about their various skin conditions. Dr. Shupp describes attending conference each month as “such a nice break in the routine. The patient presentations are great, the guest speakers are too, and I am impressed with what a great job the residents do presenting each patient. It’s really educational.” Also on conference days, there are productive meetings with the department chair, Dr. Jeffrey Miller, and with Dr. Charlene Lam, who works in Hershey but runs the Mohs skin cancer surgery program in State College.
are also dinners he attends with the
guest speakers the night before the
conference. However he says, the
highlight of coming to the monthly
event is being able to interact with us,
the residents, during our resident-run
Acute Care Clinic in the afternoons,
where he serves as our supervising
doctor. He says, “It’s a nice day for me,
a great experience, and I accomplish a
lot.” In fact, since his home is so close
to work back in Happy Valley, he says
coming to Hershey once a month, “is
the only time I drive my car!”

On Penn State Football
Tailgating:
Dr. Shupp has attended over 200 Penn
State home football games since the
early ‘80s, and as we all know, with
all those games, comes tailgating! Dr.
Shupp says, “Every year, the tailgate has
come more sophisticated with the
set up, and with more people. A lot of
people who come [to the tailgate] have
their own specialty dish - corned beef
hash, Jamaican jerk turkey, cedar plank
salmon, and grilled lamb chops,” just
to name a few! Without much pressing
for information thankfully, Dr. Shupp
revealed his signature dish, Bay Shrimp
(recipe in side box). His main rules after
putting them on the grill are “High temp
and don’t overcook!”

The tailgate also always has “the
standards: chili hot dogs, homemade
soups and chili.” On any given game
day, he will have 20-50 people at a
tailgate, and they can be all day affairs,
from breakfast to dinner, depending
on the time of game. The group also
plays games, a favorite being one called
Washers, but also classics like Corn Hole.
When asked about the actual game, he
said, “We always make it to the football
game! Sometimes we cut it close at the
beginning, or leave early to eat more!”

On what keeps Dr. Shupp
Inspired:
When asked about this, Dr. Shupp
immediately replied, “The patients and
the education, but also the community
service.” Dr. Shupp seems to truly thrive
in being part of something bigger than
himself. He is actively working to combine
his two loves, football and dermatology,
and is looking to provide sun protective
clothing for ushers while they work on
sunny days in Beaver Stadium.

He not only participates in a yearly free
skin cancer screening for patients in
State College, but also drives down to
Hershey for our annual spring screening
event. In addition, he is working tirelessly
to end the use of student LionCash cards
to pay for tanning bed use, a known
cause of melanoma skin cancer. He
recognizes the dermatologic needs in
State College and is poised to improve
access to his wide population base.
Working to be part of the solution of
improving healthcare access, the State
College office, led by Dr. Shupp, has
recently added its first advanced practice
clinician, Dawn Sanzotti. The team in

“Dave’s Bay Shrimp” recipe:

1. Peel 2-3 pounds of fresh shrimp, leaving
the tails on.
2. Season with olive oil and bay seasoning.
3. Grill shrimp on high for 2-3 minutes per
side, or five minutes total.
4. Enjoy, hot off the grill!
INSPIRED PATIENT CARE

Spider Bites: Untangling the Web

BY CHRISTOPHER CHU, M.D

The media is filled with scary aggressive spiders. In Harry Potter and the “Chamber of Secrets” we have Aragog, a spider who quickly turns aggressive against Harry Potter and friends despite a friendship with a mutual friend, Hagrid. In “Lord of the Rings”, Shelob is a fictional giant spider that attempts to eat Frodo with no underlying agenda except hunger. Both spiders are designed with very real, potentially aggressive spiders in mind, the Wolf Spider and the New Zealand Funnel Web Spider, respectively. Undoubtedly, the public perception, influenced by the media and less likely personal anecdotes, is that spiders are aggressive, dangerous, and lethal.

In reality, spiders rarely bite. Studying their aggression in a well designed, scientific method-controlled study is difficult, but a lot of evidence points to spider bites being largely over-reported. In one study, a family of four lived in a Kansas home infested with 2,055 brown recluse spiders for over five and a half years and were never bitten. In another study, researchers found the reports of Brown Recluse spider bites in four Western states vastly outnumbered the actual reports of Brown Recluse sightings. This is probably of no surprise to anyone who practices in medicine, especially those in primary care or dermatology; the specialties that see skin conditions the most. From the experiences of my colleagues and myself (who has significantly less), the vast majority of patients presenting with “spider bites” neither saw the spider nor visualized the bite.

So why do we supposedly have so much information about spiders? Any thorough medical or dermatology textbook will have an entire section dedicated to insect stings and bites. It may list common dangerous spiders, their toxins, and the frequency of these spider bites. However and unfortunately, a journey through the medical literature reveals a gross oversight in the medical community whereby case reports of spider bites rarely identify the actual spider and the bite was never visualized. One group of researchers found that only 22% of case reports both identified the spider and visualized the bite. Many relied on the patient’s description of the spider. Yet we draw conclusions from retrospective reviews of these cases.

I had the opportunity to speak to Dr. Michael Skvarla, a specialist in arthropod identification and arthropod biodiversity and also the director of insect identification at Penn State. He reassured me that the most dangerous spiders in Pennsylvania are black widows. Brown recluse spiders, another dangerous species, are not endemic in PA, and have only been seen in houses when brought by people moving from other states. Yet, brown recluse bites are reported here regularly. In Pennsylvania, Wolf spiders are one of the scarier and “aggressive” appearing spiders. Bites visualized from wolf spiders are invariably from individuals trying to manipulate them. The reality is spiders are scared of us, have no interest in biting us, and have fangs, created for biting other insects, that are way too weak to break our thick skin. In my interest to see a spider bite I searched YouTube for Hobo spiders, a species considered one of the most aggressive spiders. Instead, I found a video of someone attempting to get a Hobo spider to bite him. He gently pushes down on her and manipulates her; over the 2:29 minute video, the Hobo Spider never bites him.

With the existence of spiders’ terrifying media representation like Aragog from Harry Potter and Shelob from “Lord of the Rings”, medical professionals will most likely never change the public perception of spiders. However, medical literature has definitely failed in producing accurate and reproducible information on arachnid bites.

Moving forward, when evaluating a spider bite, the medical community should be cognizant of the rarity of spider bites, and the shakiness of the medical literature that has produced our information. At the minimum, we should try our best to not unnecessarily incriminate these largely innocuous insects, and remember, innocent until proven guilty.
INSPIRED GIVING

Our Endowments Support Our Missions

The Donald P. Lookingbill, M.D., Visiting Professor Lectureship enabled us to host four lectures in 2017-18:

May 5, 2017 - Updates and Challenges in Vascular Anomalies
Megha Tollefson, MD
Chief of Division of Dermatology
Pediatric and Adolescent Medicine
Mayo Clinic
Rochester, MN

June 2, 2017 - “Cutaneous Lupus: From Basic Science to Clinical Care”
Victoria Werth, MD
Chief, Dermatology, Philadelphia V.A.
Hospital Professor of Dermatology & Medicine,
Hospital of University of PA & the Veteran’s Administration Medical Center
Philadelphia, PA

March 2, 2018 - “Insights into Acne Pathogenesis: Exploring the Role of Inflammation and Microbes”
Jenny Kim, MD, Ph.D.
UCLA Dermatology Center
Los Angeles, CA

June 1, 2018 - Contact Dermatitis: Updates and Challenges
Chris Mowad, MD
Dermatologist
Geisinger Medical Center
Danville, PA

The James and Joyce Marks Endowment
This endowment supported the following faculty and their research projects:

Todd Cartee, MD / Joslyn Kirby, MD - Impact of Early Postoperative Water Exposure on Infection in Cutaneous Surgeries
Charlene Lam, MD - Non-surgical management of non-melanoma skin cancer: an updated systematic review of the literature
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The James and Joyce Marks Endowment
This endowment supported the following faculty and their research projects:

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The Miller Family Dermatology Endowment enabled us to host two lectures in 2017-18:

April 7, 2017 - Caring “About” – Lessons from a Servant Leader
Victor J. Marks, MD
Dermatologist
Geisinger Medical Center
Danville, PA

February 2, 2018 – “Why Make Art?”
Ellen Harvey
Artist and Writer
Brooklyn, NY

The Alan Schragger Endowment Lecture enabled us to host one lecture in 2017-18:

May 4, 2018 – “Pediatric Dermatology Update”
Richard J. Antaya, MD, FAAD, FAAP, FSPD
Professor, Dermatology & Pediatrics
Director, Pediatric Dermatology
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The professor in Dermatology Endowment
This endowment supports Diane Thiboutot, MD. She is internationally recognized for her research in acne. She is currently focusing her research efforts on developing improved ways to assess acne in international clinical trials for new medications to treat this common disease.

The Mark Hassel Education Endowment enabled us to host one lecture in 2017-18:

November 3, 2017 – “Hyperhidrosis: How and When to Use Systemic Therapies”
Dee Anna Glaser, MD, MPH
Professor of Dermatology St. Louis University School of Medicine
St. Louis, MO

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“The art and humanities define who we are as people. That is their power—to remind us of what each other has to offer, and what we all have in common. To help us understand our history and imagine our future. To give us hope in the moments of struggle and to bring us together when nothing else will.”

- Michelle Obama

Penn State College of Medicine has always put value in humanities—a concept which all too often is forgotten in the field of medicine. The humanities department was one of the first departments when the school opened in 1967 and was the first humanities department at a medical school in the United States. To this day the idea of humanism is integrated throughout all the years of medical training with 10 core and 23 joint faculty members, many of whom are physicians themselves.

Penn State Dermatology has followed closely in the medical schools footsteps, striving to integrate quality medical care with humanistic ideals. Long gone is the idea of paternalistic medicine and the doctor-patient relationship being one of demand and obedience. In today’s world, success in medicine comes from a partnership between the physician and patient, a relationship built on trust and understanding. In order to cultivate that relationship, it is important for physicians to wander out of their comfort zone, aiming to understand different viewpoints, and putting themselves in the shoes of the very people they treat. That concept sounds simple—attainable even, yet so many times it is forgotten.
With the idea of pushing the boundaries of medicine and continuing to explore ways to better understand our patients, the concept of Dermanities in our department was born. Humanities has been integrated in our department for some time by the faculty, residents, and support staff. However, it was formalized by a Dermanities endowment that was developed as a lectureship series funded by the Miller family to allow speakers across all professions to come share their idea of humanism. The lectureship began last year with Dr. Victor Marks who led powerful discussions on simple ways to make patients feel more comfortable in the exam room. He recognizes the vulnerability of undressing and getting in a flimsy gown that barely covers even the most private areas while leaving many insecurities exposed. Understanding that feeling, he chooses to enter the room with the patient dressed and finds developing a relationship with them much easier. After the initial conversation he then asks politely if they would mind changing to allow for a more thorough examination. A simple yet powerful change that helps maintain a patient’s dignity. This year Ellen Harvey, a world renowned artist, presented her work. She is an iconic creator, utilizing multiple different media to challenge people’s perceptions. One project, entitled 100 Free Portraits, Ellen offered free 15 minute portraits on the streets of New York. There, she had no reputation—she was an equal to the people in which she sketched. When individuals were asked how they felt about the self-portrait they felt freedom to speak up, voicing both likes and dislikes. She did an identical project in the lobby of the Walt Whitman museum where her subjects knew of her status. Instead of candid remarks she noted how much the reflections changed. This is a concept that crosses over to medicine frequently, both in relationship between coworkers as well as the doctor patient relationship. Physicians must challenge others to view them as equals and speak candidly with them instead of look upon them as a superior—only then can a true relationship occur.

The future of humanities in medicine is vast and the dermatology department hopes to transform the dermanities lectureship into a scholarship program that nurtures and encourages people to explore different avenues of humanistic teachings. In order to make a difference as a physician, we must have compassion and see patients not as cases but as people. In the words of Dr. William Osler “The good physician treats the disease; the great physician treats the patient who has the disease.”
Healthy Skin Made in the Shade

BY KATHERINE HALLOCK, M.D.

With longer days and warmer weather just around the corner, everyone is getting ready for outdoor fun. Despite increasing awareness of the dangers of sun exposure and indoor tanning (skin cancer and aging skin), more than one third of Americans will get at least one sunburn this year. Skin cancer is the most common cancer in the United States, with current data predicting that one in five individuals living in the U.S. will develop skin cancer by age 70. Sadly, the numbers continue to rise.

The sun emits both long-wave ultraviolet (UVA) and short-wave ultraviolet (UVB) rays, which contribute to skin damage. UVA penetrates the skin deeply and contributes to skin aging and wrinkling. It also is the dominant tanning ray. A common misconception is that a “base tan” provides adequate sun protection, when really a tan is an attempt by skin to protect itself when damaged from the sun. UVB penetrates more superficially and is implicated in burning. UVB plays a key role in skin cancer development, so sun exposure increases the risk of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma.

The good news is sun damage is cumulative and only about 23% of lifetime exposure occurs by age 18, meaning it is never too late to start sun protection. By minimizing harmful sun exposure with a few simple steps, it is possible to get outside without risking your skin health.
1. Seek shade: Limit sun exposure from 10am to 4pm when the sun is most intense. If you are outside, umbrellas, shade structures, and trees are a great way to stay protected and cool. Remember sun can reflect from water and snow so sun protection is critical even in the winter.

2. Use a broad-spectrum sunscreen: Sunscreen should be at least SPF 30 or higher. One ounce (shot glass size) is considered adequate to cover exposed areas of the body. Sunscreen should be reapplied every 2 hours or sooner if significant sweating or swimming. Sunscreens come as physical and chemical blockers. Physical sunscreens contain zinc oxide and titanium dioxide to block and scatter UV light. They are less irritating so are great for sensitive skin. Chemical sunscreens contain ingredients including benzophenone, PABA, avobenzone and oxybenzone, which absorb light and re-emit it as heat. These are typically easier to apply and lack a white sheen.

3. Cover up: Use photo protective clothing and broad brim hats. Many companies sell ultraviolet protection factor (UPF) clothing or additives that can be used in laundry to make your own clothing higher UPF.

Have fun outside, enjoy the summer, and continue to do the activities you love while staying sun safe. The Department of Dermatology has stayed committed to the skin health of the Hershey community through free skin cancer screenings, construction of shade structures, planting shade trees, sunscreen dispenser installation, and outfitting the grounds crews and life guards at Hershey Country club, Hershey Medical Center, and Hershey recreation center with sun education and sun protective clothing.
The faculty comprises the foundation upon which the Department of Dermatology at the Penn State Health Milton S. Hershey Medical Center is built. All of our faculty members are dedicated to teaching, advancing the field of dermatology, providing excellent care for patients, and doing so in a collaborative and supportive environment.

The Dermatology Department at Penn State has been growing steadily. We now have over 61,000 patient visits a year in six different locations throughout Central Pennsylvania. This year, our department added two outstanding new members to the team and I have the pleasure of introducing you to them!

Dr. Alexandra Flamm is a clinical dermatologist involved in direct patient care and dermatopathology. Dr. Ryan Hobbs is a scientist with a passion for uncovering mechanisms behind skin cancer progression. They both bring something new and unique to our department and we are all very thrilled to have them join the team!

Dr. Flamm is board certified in dermatology and dermatopathology. She completed her residency at the State University of New York Downstate’s Dermatology Residency Program and a fellowship in dermatopathology at the University of Pennsylvania. She has special interest and expertise in the diagnosis and management of contact dermatitis and in dermatopathology. Dr. Flamm enjoys sharing her dermatology knowledge with the residents in clinic and at the microscope. She also excels in other areas of medicine and won “Intern of the Year” during her internal medicine internship at the North Shore Long Island Jewish Medical Center.

Outside of the office, Dr. Flamm enjoys reading, writing, trying out new restaurants, travelling with her husband Avram, and relaxing with her cat, Cheddar. Her favorite vacation was exploring Australia, including the Great Barrier Reef and the Sydney Opera House. Dr. Flamm is also interested in journalism and was the runner up in a writing competition sponsored by Rolling Stone magazine for an article she wrote about caffeinated bagels and donuts (no wonder she has so much energy!). She has also been an ardent Duke Basketball fan ever since she completed her undergraduate training at Duke (I guess we will let that slide!).

Dr. Hobbs earned BA and BS degrees from the University of Missouri-Columbia, Columbia, MO, and his PhD from Northwestern University. He completed his postdoctoral research at the Johns Hopkins Bloomberg School of Public Health in the Departments of Biochemistry and Molecular Biology. He is particularly interested in the cellular and molecular mechanisms involved in inflammatory skin diseases and skin cancer progression. He has published on psoriasis susceptibility genes, epithelial-immune cell communication, and the role of keratin 17 (K17) in skin and cervical cancer progression. Dr. Hobbs has also conducted research on Pseudomonas biofilm formation in patients suffering with cystic fibrosis and on the desmosome (structures which anchor keratinocytes to each other). Dr. Hobbs’ lab here at the Hershey Medical Center is dedicated to studying the cellular mechanisms behind the progression of skin cancer, the most common type of cancer by far, and one that continues to increase in incidence.

Outside of the office, Dr. Hobbs enjoys spending time with his wife Sarah, his three year-old son, Austin, and his dog, Ginger. He also enjoys spending time outdoors, travelling and exploring new places to eat. His favorite trip was his honeymoon to Maui. Ryan loves to “go big or go home” especially when it comes to his favorite dessert, the Brownie Sundae!

Dr. Flamm and Hobbs share a lot in common besides their passion for teaching and dermatology. Both enjoy indie and alternative rock music, travelling, and spending time with family. They both also have a thing for cell-cell adhesion molecules (Dr. Flamm spent some time previously engaged in research on bullous pemphigoid, a disease involving a disruption in cell-cell adhesion). Both Dr. Hobbs and Flamm love the culture within the department and the family friendly environment in Hershey. Both appreciate working at the “Sweetest place on Earth!”

Please join us in giving a warm and enthusiastic welcome to the two newest members of our team!
Hershey Medical Center Department of Dermatology Helps the State Capitol Grounds Crew Stay Safe in the Sun

Each day, Kevin Shaffer reports the daily UV index to his team of grounds and maintenance workers at the state Capitol complex in Harrisburg alongside safety reminders and details of work to be done.

Skin cancer has touched his family, so he understands the importance of sun protection for his crew. Shaffer and his colleagues were excited recently to get cruiser-style sun hats, baseball caps and long-sleeved T-shirts made of breathable, quick-dry fabric with a UPF (ultraviolet protection factor) of 50 from the Department of Dermatology at Penn State Health Milton S. Hershey Medical Center, on Friday, May 5, 2017.

The gift was the latest of several the department has made in recent years to help with sun protection efforts across central Pennsylvania.

“We try to get out there and help people,” said Dr. Michael Ioffreda, dermatologist and vice chairman of community health for the Department of Dermatology at Hershey Medical Center. “We see a lot of skin cancer, so if we can help people protect themselves while working outside, that’s our goal.”

In the past, the department has given similar gifts to the grounds crew at the Medical Center, the Hershey Country Club and also advised the Milton Hershey School in outfitting their grounds crew. It also provided umbrellas with UPF 50 protection for use by visitors to the Hershey Gardens.

The department installed a shade gazebo at the end of the Eshenour Trail along Middletown Road and provided funds to the borough of Palmyra for a shade gazebo in Fireman’s Park. A few years ago, it helped to bring a sunscreen dispenser station to Hersheypark. It also helps with the planting of shade trees around Derry Township.

“We see a lot of skin cancer, so if we can help people protect themselves while working outside, that’s our goal.”

Michelle Ball, office manager for the Department of Dermatology, said each year the department looks for a new project to add to its existing partnerships. Every spring, it holds a free skin cancer screening event on a Saturday morning that is attended by about 200 people.

“Protecting skin is the most important aspect of what we do,” Dr. Ioffreda said. “And the sun is the number one culprit in damaging skin and producing skin cancer, so we want to get that message to people.”

Steve Zeigler, Capitol grounds manager, said this latest partnership came out of a conversation he had with Dr. Jeffrey Miller, chairman of the Department of Dermatology, at a fundraising dinner a while back.

“We don’t have a provided uniform, per se, so any clothing we get is wonderful. To get long sleeves with sun protection is just awesome,” he said. “We really appreciate this gift.”

Shaffer said he expects the gear will be well used. “Some might not have gone and spent the money for protective clothing on their own, but this has been provided, so it will be used,” he said. “Now I can say to them ‘Where’s your shirt?’ ‘Where’s your hat?’”

Dr. Ioffreda said community health is an important part of the organization’s mission. “These are our patients, so it’s good to be building these relationships,” he said. “This is another way we can take care of them.”
• Our most important asset – our patients!
• Our other most important asset – our team of healthcare professionals!
• Our clinical research leads the nation in value based dermatology care and quality.
• Our research studies are funded by diverse sources including the National Institute of Health and Agency for Healthcare Research.
• Our faculty and residents are invited to give national and international presentations.
• Our community service provides sun protection against skin cancer.
An Elegant Evening of Food and Wine Pairings

featuring A Taste of 90+ Rated Wines

Saturday, April 27, 2019
Seven o’clock in the evening

Purcell Friendship Hall
William E. Dearden Alumni Campus
109 McCorkel Road, Hershey

Proceeds benefit Penn State Hershey Dermatology’s Community Health and Research Missions.

This elegant evening begins with a selection of hors d’oeuvres and a fine wine. The wine educator will then guide you through a selection of wines with the appropriate food pairing. The evening ends on a sweet note with a delicious dessert and a wine to match.

In addition, a silent auction featuring wines, vacation destinations, and other items is offered for guests’ consideration.

$175 per person includes wine tastings with an educator, hors d’oeuvres, food pairings, and dessert catered by John Moeller, the former chef of the White House.

Advance reservations required by Friday, April 19, 2019 • 717-531-6049.

Black tie optional.