



he Best of JAAD

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NO CONFLICT OF INTEREST

Reduced mortality with systemic psoriasis treatment

- ▶ 12,090 patients, 341 deaths, matched to 1364 controls.
- ▶ Biologic treatment within the preceding 3 months was protective against mortality
 - ▶ odds ratio (OR) for exposure of less than 1 year, 0.08 (95% confidence interval [CI], 0.03-0.23); OR for exposure of 1 year or longer, 0.09 (95% CI, 0.06-0.13).
- ▶ Volume 84, ISSUE 1, P60-69, January 01, 2021



Reduced mortality with systemic psoriasis treatment

- ▶ Biologic therapy was associated with reduced mortality regardless of treatment duration; methotrexate reduced risk only with exposure for 1 year or longer.
- ▶ [Volume 84, ISSUE 1, P60-69, January 01, 2021](#)



Patients with TNFi/MTX have no increased hospitalization or mortality with COVID-19

- ▶ >53 million (53,511,836) records
- ▶ 32,076 (0.06%) had COVID-19
- ▶ 214 patients with COVID-19 and recent TNFi or methotrexate vs 31,862 patients with COVID-19 without TNFi or methotrexate exposure.
- ▶ Volume 84, ISSUE 1, P70-75, January 01, 2021



Patients with TNFi/MTX have no increased hospitalization or mortality with COVID-19

- ▶ Likelihood of hospitalization and mortality were not significantly different

- ▶ (risk ratio = 0.91 [95% confidence interval, 0.68-1.22], $P = .5260$ and risk ratio = 0.87 [95% confidence interval, 0.42-1.78], $P = .6958$, respectively).

- ▶ Volume 84, ISSUE 1, P70-75, January 01, 2021



Axial psoriatic arthritis

- ▶ Approximately 25% to 30% of patients with psoriasis develop PsA
- ▶ Axial disease occurs in 25% to 70% of patients with PsA
- ▶ Exclusive axial involvement in 5% of patients
- ▶ Gottlieb and Merola. Volume 84, ISSUE 1, P92-101, January 01, 2021



Axial psoriatic arthritis

- ▶ Morning back/neck stiffness that lasts longer than 30 minutes and neck or back pain that improves with activity and worsens after prolonged inactivity
- ▶ Gottlieb and Merola. Volume 84, ISSUE 1, P92-101, January 01, 2021



Efficacy of a second interleukin 17 inhibitor in patients with psoriasis

- ▶ 14 publications comprising 655 patients
- ▶ Previous treatment with an IL-17 inhibitor does not appear to affect the efficacy of another IL-17 inhibitor in the treatment of psoriasis.
- ▶ Volume 84, ISSUE 1, P130-138, January 01, 2021



Safety of TMP-SMZ for *Pneumocystis* prophylaxis in patients taking MTX

- ▶ Retrospective review of 100 patients
- ▶ 6% of patients experienced adverse events resulting in discontinuation.
- ▶ No patient contracted PCP or end-organ damage.
- ▶ Volume 84, ISSUE 1, P166-168, January 01, 2021



Safety of TMP-SMZ for *Pneumocystis* prophylaxis in patients taking MTX

- ▶ Baseline CBCs and complete metabolic panels may be useful in identifying at-risk patients
- ▶ CBCs and metabolic panels should be monitored closely
- ▶ Volume 84, ISSUE 1, P166-168, January 01, 2021



Little risk of IBD with isotretinoin



- ▶ **6-month** IBD incidence 0.08% among isotretinoin-exposed patients with AV
- ▶ 0.04% (254/631,089) among those unexposed
- ▶ **1-year** IBD incidence was 0.10% (28/27,230) among isotretinoin exposed patients with AV
- ▶ 0.08% (477/631,089) among those unexposed.
- ▶ Volume 84, ISSUE 1, P41-45, January 01, 2021

Little risk of IBD with isotretinoin

- ▶ Absolute difference 2.6 more cases per 10,000 patients; 95% CI, 0.7-4.5).
- ▶ No significant difference in the odds of developing IBD at 1 year (adjusted odds ratio, 1.40; 95% CI, 0.95-2.05).

▶ Volume 84, ISSUE 1, P41-45, January 01, 2021



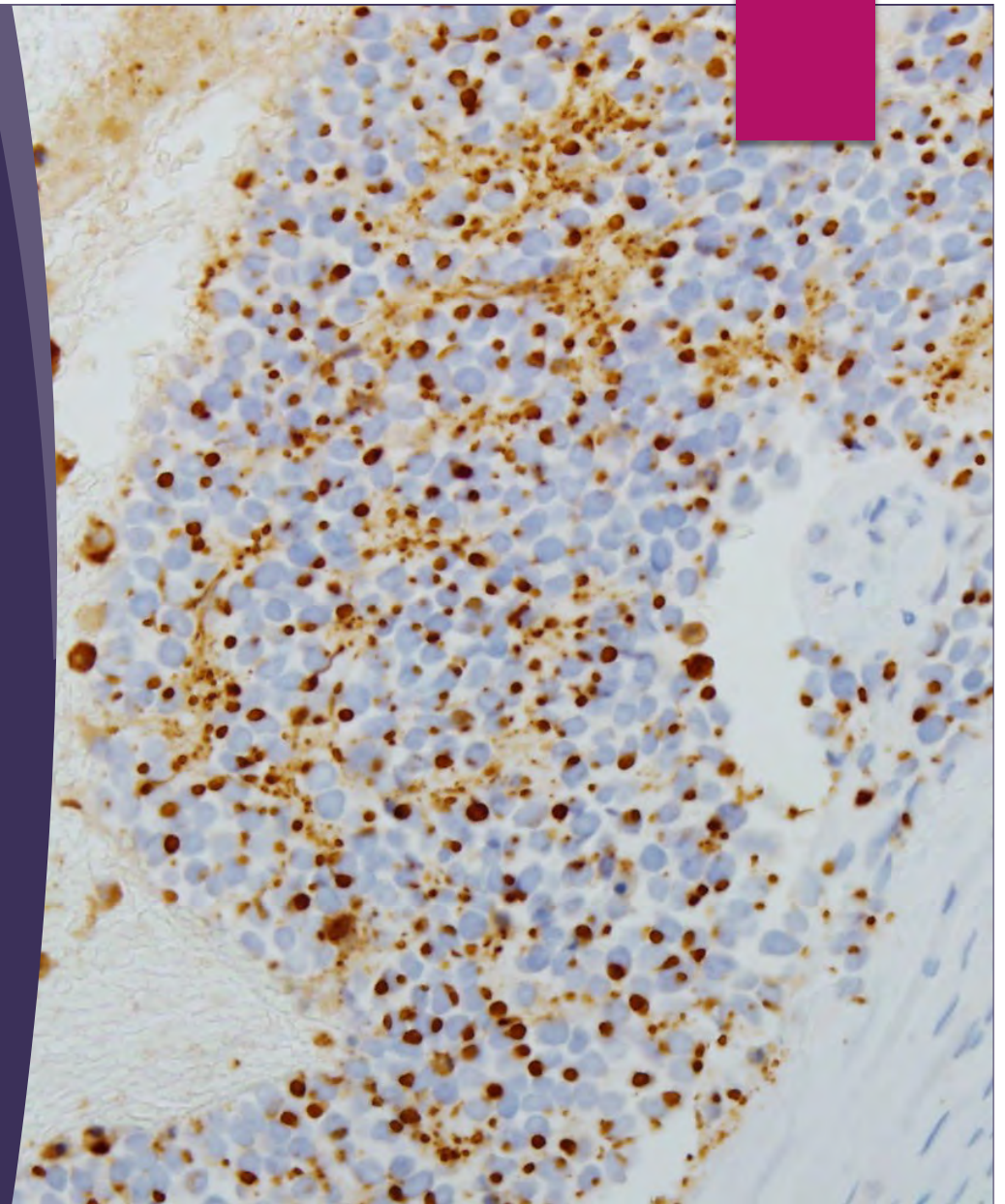
Intralesional cidofovir for treatment of recalcitrant warts

- ▶ Cidofovir (75 mg/mL) diluted with normal saline to create a 15-mg/mL solution
- ▶ Patients scheduled in batches, pharmacy can use a single cidofovir vial to draw up multiple doses at once for immediate use
- ▶ Volume 84, ISSUE 1, P206-207, January 01, 2021



Quantitative lymph node burden and Merkel Cell CA Survival

- ▶ No just whether or not metastases occur
- ▶ Number of positive nodes correlates with decreasing survival
- ▶ Published: January 16, 2020 DOI: <https://doi.org/10.1016/j.jaad.2019.12.072>

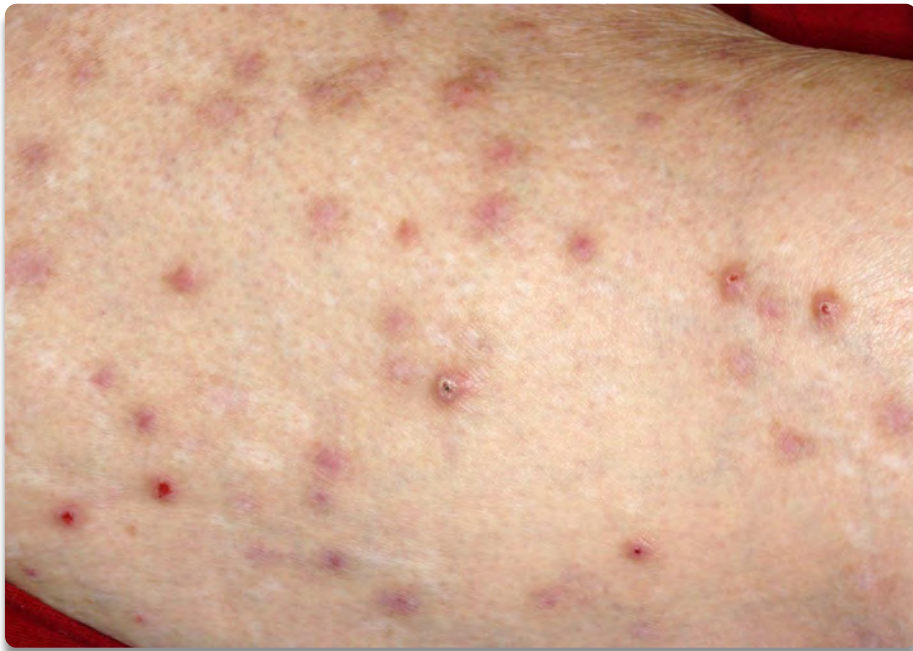


Substance use disorders and chronic itch

- ▶ Opioid users - **generalized pruritus**
- ▶ Central nervous system **stimulants** (cocaine, amphetamine, AD/HD drugs) - **crawling, delusional infestation-like sensations**
- ▶ Volume 84, ISSUE 1, P148-155, January 01, 2021

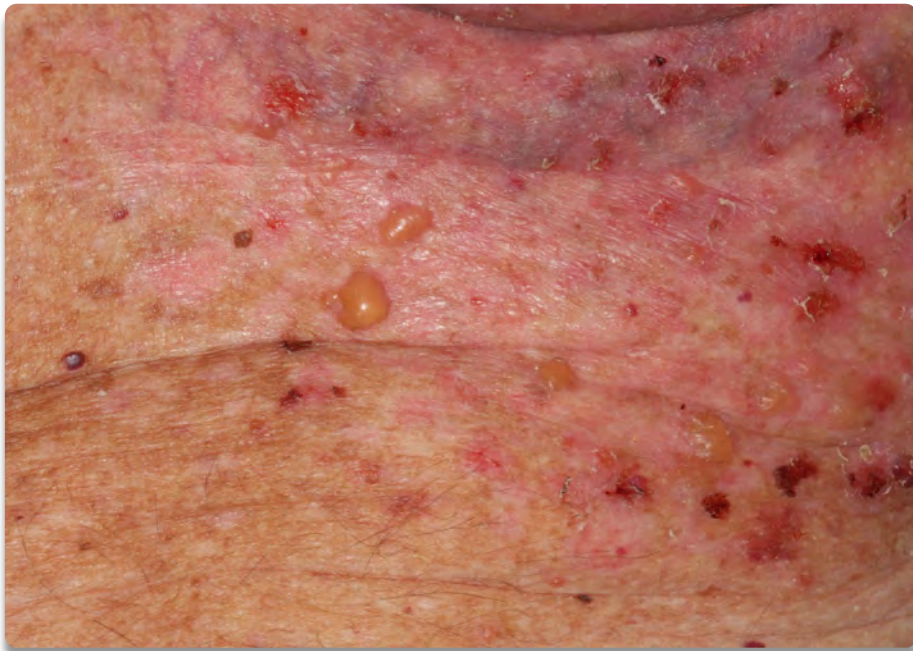


Dupilumab improves prurigo nodularis



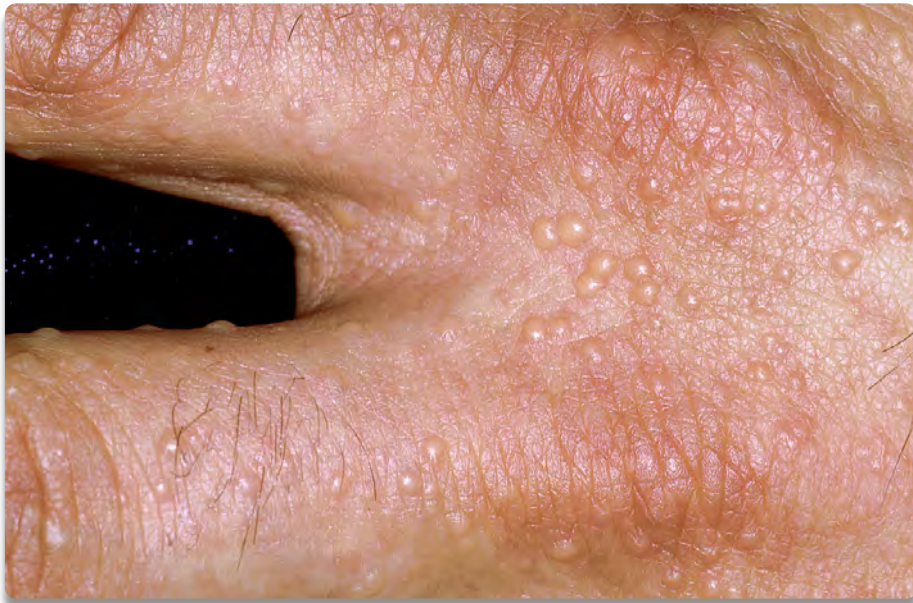
- ▶ Retrospective, multicenter study including adult patients affected by CNPG, who were treated with dupilumab for at least 16 weeks.
- ▶ All 27 patients showed clinical improvement
- ▶ 24/27; 88.9% achieved Investigator Global Assessment score 1 (11/24; 45.8%).
- ▶ 19/24; 79.2%) achieved at least a 2-grade reduction in Investigator Global Assessment score
- ▶ 10 achieved 36 weeks of continuous treatment while maintaining clinical efficacy.
- ▶ Volume 83, ISSUE 1, P39-45, July 01, 2020

Dupilumab as a novel therapy for bullous pemphigoid



- ▶ 13 patients, average age of 76.8 years, average duration of BP before dupilumab initiation was 28.8 months (range, 1-60 months).
- ▶ Disease clearance or satisfactory response was achieved in 92.3% (12 of 13)
- ▶ Total clearance in 53.8% (7 of 13)
- ▶ Limitations include small sample size, lack of a control group, lack of a standardized assessment tool, and lack of standardized safety monitoring.
- ▶ Volume 83, ISSUE 1, P46-52, July 01, 2020

Dupilumab for the treatment of dyshidrotic eczema



- ▶ 15 patients, failed topical corticosteroids, and 73% (11/15) had failed at least 1 oral immunosuppressive, phototherapy, or both.
- ▶ 47% (7/15) had previously received a diagnosis of palmoplantar psoriasis, for which they had received other biologic medications.
- ▶ All patients demonstrated at least partial response to dupilumab, 6 of 15 patients (40%) had complete clearing.
- ▶ Ninety-three percent of patients (14/15) who began receiving dupilumab for dyshidrotic eczema are still receiving dupilumab, with an average treatment duration of 12.5 months. Seven patients have been receiving dupilumab for more than 1 year.
- ▶ Volume 82, ISSUE 5, P1251-1252, May 01, 2020

Dupilumab treatment of nummular dermatitis



- ▶ 5 of 6 patients had a durable response to dupilumab, defined as a reduction in body surface area involvement sustained throughout the follow-up period of up to 2 years
- ▶ Volume 82, ISSUE 5, P1252-1255, May 01, 2020

Dupilumab and cutaneous T-cell lymphoma

- ▶ 7 patients given dupilumab for clinically presumed atopic dermatitis or for use off label to treat pruritic cutaneous T-cell lymphoma and mycosis fungoides.
- ▶ Dupilumab binds to the α subunit of the interleukin (IL) 4 receptor, and blockade modulates signaling of both the IL-4 and IL-13 pathways.
- ▶ In cutaneous T-cell lymphoma, IL-13 is overexpressed and regulates cell proliferation.
- ▶ March 27, 2020 DOI: <https://doi.org/10.1016/j.jaad.2020.03.051>

Dupilumab and cutaneous T-cell lymphoma

- ▶ Six of the 7 patients experienced transient improvement, but all of them subsequently demonstrated disease progression.
- ▶ The 4 patients initially presumed to have atopic dermatitis subsequently received a diagnosis of cutaneous T-cell lymphoma.
- ▶ The 3 patients with existing cutaneous T-cell lymphoma progressed to Sézary syndrome while receiving treatment, and 2 died.
- ▶ March 27, 2020 DOI: <https://doi.org/10.1016/j.jaad.2020.03.051>

Dupilumab and cutaneous T-cell lymphoma

- ▶ IL-13 is overexpressed in cutaneous T-cell lymphoma, leading to the hypothesis that blockade could benefit patients. The outcomes reported by Espinosa et al cast doubt on this hypothesis.
- ▶ The old adage “If it's wet, dry it. If it's dry, wet it” may not translate to “If it's upregulated, downregulate it.”
- ▶ March 27, 2020 DOI: <https://doi.org/10.1016/j.jaad.2020.03.051>

Spironolactone and breast cancer: Fear not!

- ▶ After propensity matching, adjusted Cox regression analysis showed **no association between spironolactone and increased BC** recurrence (adjusted hazard ratio, 0.966).
- ▶ The major limitation of this study was that surveillance was limited to 2 years
- ▶ J Am Acad Dermatol 2020;83:1008-9
- ▶ JAAD Volume 83, ISSUE 4, P1021-1027,

Spouses / Partners detect many melanomas

- ▶ **Single patients were more likely than married patients to present in stages III or IV** among both men (prevalence ratio [PR], 1.45; 95% confidence interval [CI], 1.37-1.53) and women (PR, 1.28; 95% confidence interval, 1.18-1.39).
- ▶ This trend was consistent across all anatomic sites and in all age groups, particularly in those 18 to 68 years old.
- ▶ **Overall and cancer-specific survival times were shorter** in unmarried patients.
- ▶ JAAD [Volume 83, ISSUE 4](#), P1012-1020,



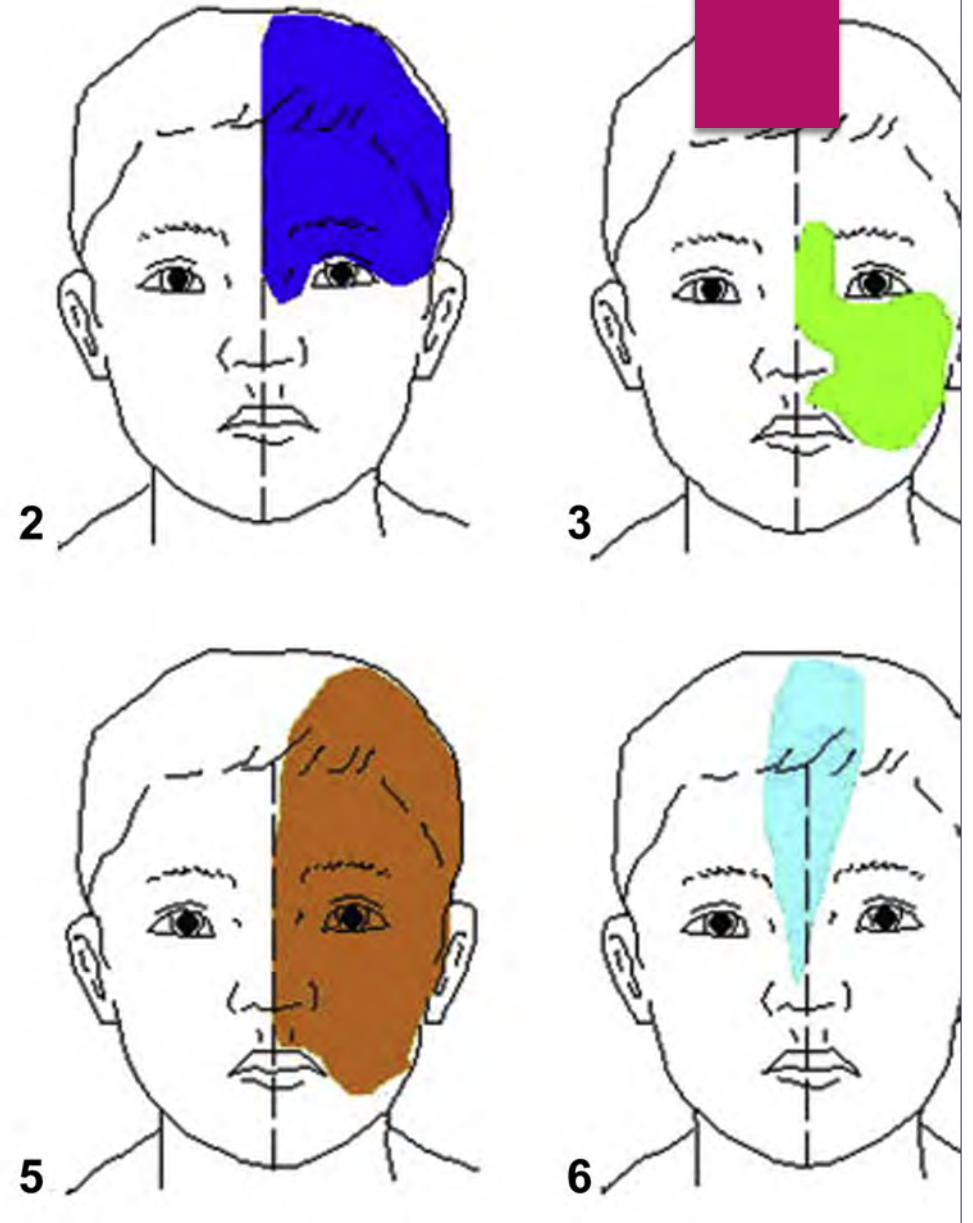
In-office compounding



- ▶ Diluting triamcinolone
- ▶ 4370 intralesional triamcinolone injections were assessed, of which 2780 (64%) were compounded triamcinolone with bacteriostatic saline
- ▶ No increased risk of compounded triamcinolone relative to noncompounded triamcinolone

Facial port-wine stains and risk of Sturge-Weber syndrome

- ▶ Forehead location and large segmental pattern of facial port-wine stains predict risk of Sturge-Weber syndrome
- ▶ J Am Acad Dermatol 2020;83:1110-7





Intralesional methotrexate for keratoacanthomas

TREATMENT SUCCESS WAS 95.7% (66/69
LESIONS)

JAAD Volume 83, ISSUE 3, P904-905

Blue light emitted by electronic devices and melasma

- ▶ Short-term exposure to blue light emitted by electronic devices does not worsen melasma
- ▶ JAAD [Volume 83, ISSUE 3, P913-914](#)



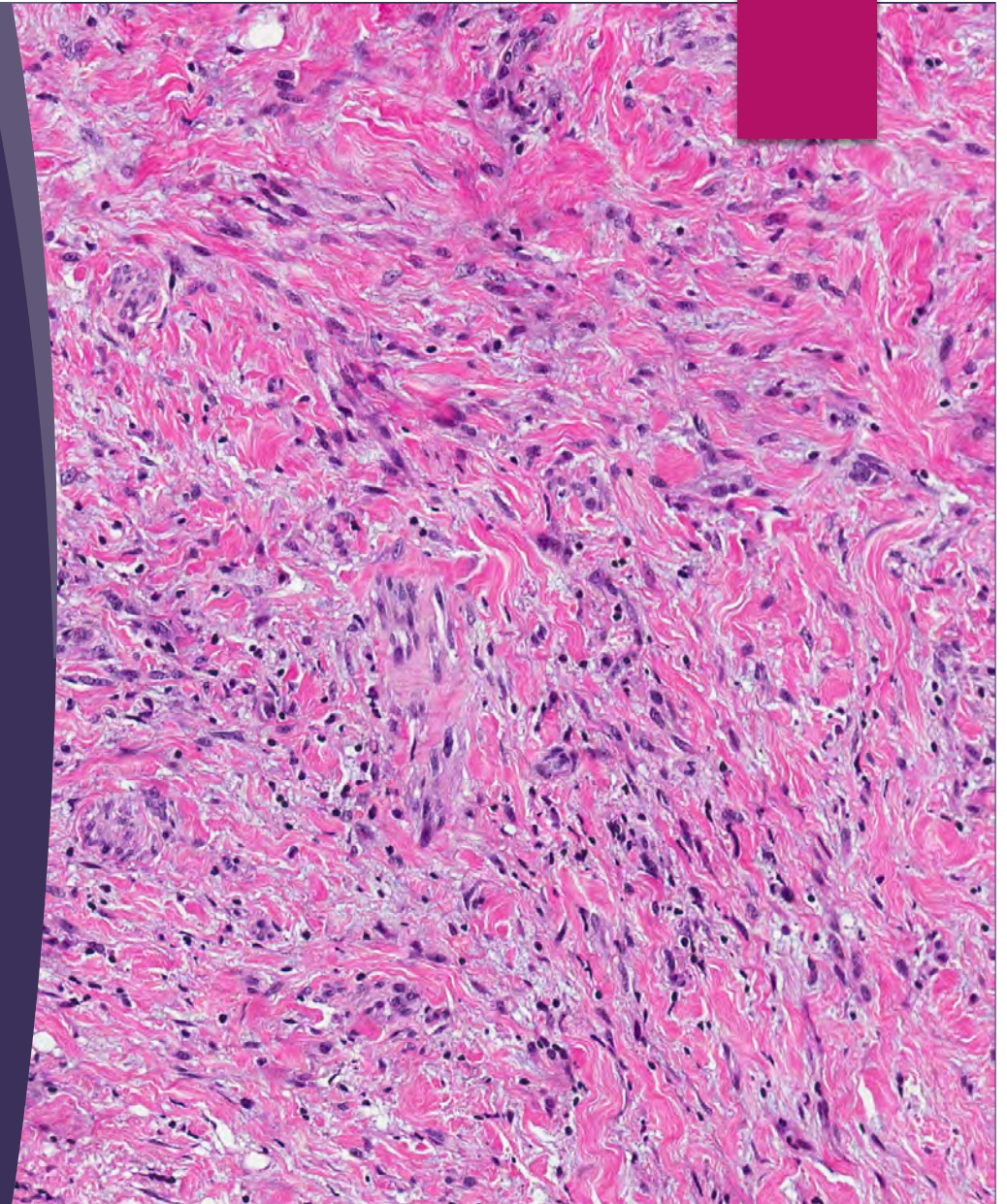
Good news about TCIs and cancer

- ▶ No evidence of increased cancer incidence in children using topical tacrolimus for atopic dermatitis
- ▶ 7954 eligible patients enrolled at 314 sites in 9 countries. During 44,629 person-years, 6 confirmed incident cancers occurred (standardized incidence ratio, 1.01; 95% confidence interval, 0.37-2.20). No lymphomas occurred.
- ▶ The cancer incidence was as expected, given matched background data.
- ▶ J Am Acad Dermatol 2020;83:375-81



Differing biologic behaviors of desmoplastic melanoma subtypes

- ▶ Mixed DM has a significantly higher 2- and 5-year melanomaspecific mortality
- ▶ Differential expression of PD-L1 suggests that patients with the **mixed subtype are likely better candidates for anti-PD/PD-L1 therapy.**
- ▶ Significant differences between the subtypes in terms of neurofibromin expression and the frequency of TERT promoter mutations suggest that the subtypes have **distinct genetic drivers**
- ▶ J Am Acad Dermatol 2020;83:523-31



Emerging medical treatments for hidradenitis suppurativa

- ▶ Clindamycin/rifampin, TNF agents, spironolactone,
 - ▶ Ertapenem
 - ▶ IL-17 inhibitors
 - ▶ IL-12 and IL-23 inhibitors
-
- ▶ J Am Acad Dermatol 2020;83:554-62



Condensed low-dose total skin electron beam therapy for mycosis fungoides



- ▶ 12 Gy per 6 fractions with the modified Stanford technique, 3 fractions per week, with boosts to shadowed sites at risk between treatments, completing in 2 weeks.
- ▶ Overall response rate was 88%.
- ▶ Complete response was achieved in 6 (24%) patients.
- ▶ The median duration of response was 17.5 months (3.5-44.2), and the median time to response was 2 months (range, 0.9-4.1).
- ▶ No patients had toxicity of grade 3 or greater. QOL and disease burden showed significant benefit ($P < .001$).

Apremilast in patients with moderate to severe scalp psoriasis



- ▶ Significantly more patients achieved Scalp Physician Global Assessment (43.3% vs 13.7%), Scalp Itch NRS (47.1% vs 21.1%), and Whole Body Itch NRS (45.5% vs 22.5%) response, and significantly greater DLQI improvement was observed versus placebo (-6.7 vs -3.8; all $P < .0001$).
- ▶ Common adverse events with apremilast were diarrhea (30.5%), nausea (21.5%), headache (12.0%), and vomiting (5.5%).
- ▶ Volume 83, ISSUE 1, P96-103, July 01, 2020

Autologous cell-based therapy for male and female pattern hair loss using dermal sheath cup cells

- ▶ Total hair density and cumulative hair diameter at the 3.0×10^5 DSC cells injection site was significantly increased compared with the placebo after 6 and 9 months.
- ▶ Men and women showed similar improvements
- ▶ Volume 83, ISSUE 1, P109-116, July 01, 2020

Malignancy in dermatomyositis



- ▶ Retrospective cohort study of 201 patients with adult-onset dermatomyositis; 142 (71%) classic and 59 (29%) clinically amyopathic
- ▶ Malignancy-associated classic and clinically amyopathic dermatomyositis were 9.9% and 1.7%, respectively.
- ▶ Patients who were older ($P = .01$) and had the classic subtype ($P = .04$) were significantly more likely to have an underlying malignancy
- ▶ Volume 83, ISSUE 1, P117-122, July 01, 2020

Long-term safety of nine systemic medications for psoriasis



- ▶ Acitretin, adalimumab, apremilast, cyclosporine, etanercept, infliximab, methotrexate, secukinumab, and ustekinumab
- ▶ Registry of 2845 patients (8954 treatment cycles; 9642 patient-years).
- ▶ Ustekinumab and secukinumab had the lowest rate of adverse events for several of the system organ classes, with a statistically significant decreased rate ratio (IRR of <1)
- ▶ Cyclosporine and infliximab had the highest, with an increased rate ratio (IRR of ≥ 5).
- ▶ Volume 83, ISSUE 1, P139-150, July 01, 2020

Treatment of erythrodermic psoriasis with biologics



- ▶ 43 articles, yielding a total of 179 patients
- ▶ Higher level of evidence for infliximab, ustekinumab, ixekizumab, and guselkumab.
- ▶ Infection was the most common adverse event (n = 35).
- ▶ Volume 83, ISSUE 1, P151-158, July 01, 2020

Buffered lidocaine



- ▶ Buffered lidocaine 1%/epinephrine 1:100,000 with sodium bicarbonate (sodium hydrogen carbonate) in a 3:1 ratio is less painful than a 9:1 ratio
- ▶ Unbuffered Lido/Epi was more painful
- ▶ Volume 83, ISSUE 1, P159-165, July 01, 2020

C3d IHC for diagnosis of bullous pemphigoid



- ▶ We found C3d IHC, DIF, and IIF had similar sensitivity (74.1%, 63.1%, and 70.4%), specificity (95.8%, 100%, and 100%), positive predictive value (95.2%, 100%, and 100%), and negative predictive value (76.7%, 70.6%, and 75%) for BP.
- ▶ Volume 83, ISSUE 1, P172-178, July 01, 2020

T-VEC for Melanoma



- ▶ **Talimogene laherparepvec: A first-in-class oncolytic viral treatment of advanced melanoma**
- ▶ First-line therapy in patients with injectable and unresectable stage IIIB to IVM1a melanoma
- ▶ National Comprehensive Cancer Network Clinical Practice Guidelines, patients with at least 1 cutaneous, subcutaneous, nodal, or aggregation of lesions greater than 10 mm in diameter can be treated with T-VEC (category 2B).
- ▶ Patients with contraindications to checkpoint inhibition such as history of adverse events (AEs) to checkpoint inhibitors, older age, autoimmune disease, or solid organ transplantation.
- ▶ Patients with visible head and neck lesions
- ▶ Volume 83, ISSUE 1, P189-196, July 01, 2020

Immune checkpoint inhibitor therapy in solid organ transplant recipients

- ▶ 37% of patients experienced organ rejection, and 14% died as a result of graft rejection.
- ▶ 64% of patients succumbed to the progression of malignancy
- ▶ Nivolumab was associated with the highest rejection rate (52.2%), followed by pembrolizumab (26.7%) and ipilimumab (25%; $P = .1774$). The highest rejection rate was seen in patients with kidney transplants (40.1%), then liver (35%) and heart (20%) transplants ($P = .775$)
- ▶ Volume 82, ISSUE 6, P1490-1500, June 01, 2020

Ruxolitinib cream effect on pruritus and quality of life in atopic dermatitis

- ▶ 307 adult patients with an Investigator's Global Assessment (score of 2 or 3) and 3% to 20% affected body surface area randomly assigned to RUX (1.5% twice daily, 1.5% once daily, 0.5% once daily, or 0.15% once daily), vehicle twice daily, or triamcinolone cream (0.1% twice daily for 4 weeks then vehicle for 4 weeks).
- ▶ 42.5% of patients who applied 1.5% RUX twice daily experienced minimal clinically important difference in itch within 36 hours of treatment (vehicle, 13.6%; $P < .01$; improved QoL burden (Pearson correlation, 0.67; $P < .001$).
- ▶ versus TAC -4.0 vs -2.5, respectively; $P = .003$
- ▶ Volume 82, ISSUE 6, P1305-1313, June 01, 2020

Serlopitant for psoriatic pruritus

- ▶ The WI-NRS 4-point response rate at 8 weeks (primary end point) was 33.3% for serlopitant vs 21.1% for placebo ($P = .028$); at 4 weeks the rates were 20.8% for serlopitant vs 11.5% for placebo ($P = .039$).
- ▶ Treatment-related adverse events were reported for 4.9% of serlopitant-treated and 4.0% of placebo-treated patients.
- ▶ Volume 82, ISSUE 6, P1314-1320, June 01, 2020

Sofpironium bromide gel for the treatment of axillary hyperhidrosis

- ▶ 3 dosages
- ▶ 70%, 79%, 76%, and 54% of participants in the 5%, 10%, 15%, and vehicle groups exhibited ≥ 1 -point improvement in HD SM-Ax ($P < .05$).
- ▶ Volume 82, ISSUE 6, P1321-1327, June 01, 2020

Topical calcineurin inhibitors for pediatric periorificial dermatitis



- ▶ Complete response was noted in 68.8% of patients treated with TCI alone, in 75% of patients treated with TCI and metronidazole, and in 77.8% of patients treated with TCI and a systemic antibiotic.
- ▶ Adverse events were rare and mild in severity.
- ▶ Volume 82, ISSUE 6, P1409-1414, June 01, 2020

Secukinumab in the treatment of hidradenitis suppurativa

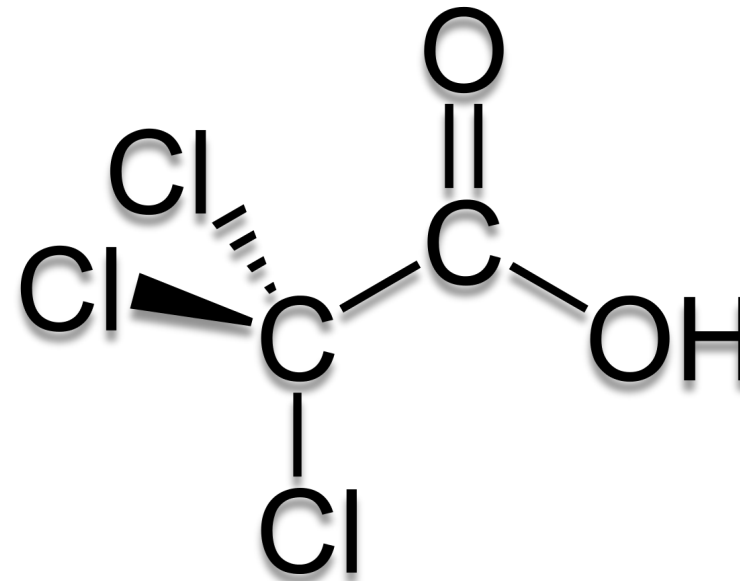
- ▶ 20 patients with moderate to severe HS, included 6 patients with prior anti-TNF- α exposure
- ▶ Sixty-five percent (n = 13) of patients completed the study.
- ▶ Last observation carried forward to handle missing values.
- ▶ Rates of AN50, AN75, and AN100 were 65%, 20%, and 5% at week 12 and 75%, 35%, and 15% at week 24, respectively.
- ▶ The drug was well tolerated; no serious adverse events occurred.
- ▶ Volume 82, ISSUE 6, P1524-1526, June 01, 2020

Daily versus Monday through Friday vismodegib for BCC

- ▶ Patients in the Monday through Friday group had comparable clinical responses with a milder adverse effect profile
- ▶ Volume 82, ISSUE 6, P1539-1542, June 01, 2020

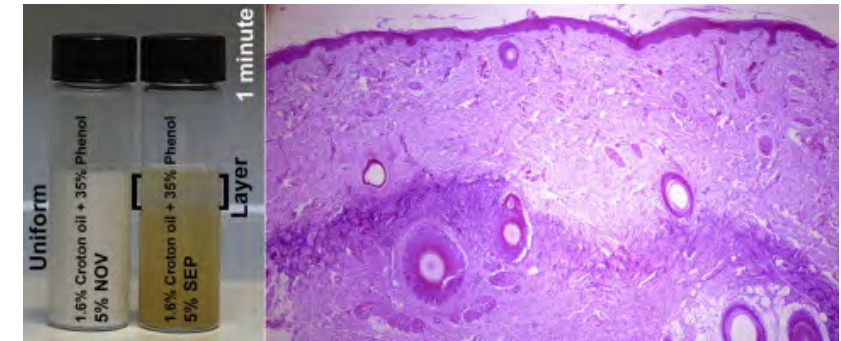
Call for weight by volume standardization of TCA peel solutions

- ▶ A 35% TCA w/w solution is stronger than a 35% TCA w/v solution
- ▶ TCA 40% w/w chemical peel is approximately a 50% w/v solution
- ▶ Volume 82, ISSUE 6, P1542-1544, June 01, 2020



Depth of injury of Hetter's phenol-croton oil chemical peel formula using 2 different emulsifying agents

- ▶ Emulsifying agent Septisol [SEP]
- ▶ Because of the US Food and Drug Administration's final rule on hand sanitizers, which prohibits the use of triclosan, SEP was discontinued.
- ▶ 5% Novisol less variability compared to unstabilized emulsion
- ▶ Volume 82, ISSUE 6, P1544-1546, June 01, 2020



High-dose, high-frequency infliximab for hidradenitis suppurativa



- ▶ The proportion of patients achieving a clinical response after initiating IFX 7.5 was 20 of 42 (47.6%) at week 4 and 17 of 24 (70.8%) at week 12. For patients receiving dose escalation to IFX 10 because of incomplete initial response, 6 of 16 (37.5%) achieved clinical response at week 4 and 6 of 12 (50%) at week 12.
- ▶ Volume 82, ISSUE 5, P1094-1101, May 01, 2020

Minocycline 1.5% foam for the topical treatment of rosacea



- ▶ FMX103 1.5%, versus vehicle, significantly greater reduction in the number of inflammatory lesions (FX2016-11: -17.57 vs -15.65; $P = .0031$; FX2016-12: -18.54 vs -14.88; $P < .0001$) and higher rates of Investigator Global Assessment treatment success (FX2016-11: 52.1% vs 43.0%; $P = .0273$; FX2016-12: 49.1% vs 39.0%; $P = .0077$).
- ▶ No serious treatment-related treatment-emergent adverse events occurred.
- ▶ Volume 82, ISSUE 5, P1166-1173, May 01, 2020

Delgocitinib ointment, a topical JAK inhibitor for atopic dermatitis

- ▶ Modified Eczema Area and Severity Index score, the primary efficacy endpoint, were significantly greater in the delgocitinib group than in the vehicle group (-44.3% vs 1.7%, $P < .001$).
- ▶ Volume 82, ISSUE 4, P823-831, April 01, 2020

Syphilis

- ▶ Great mimicker
- ▶ Incidence quadrupled since 2000

▶ January 2020



Syphilis

► If you are not seeing
syphilis



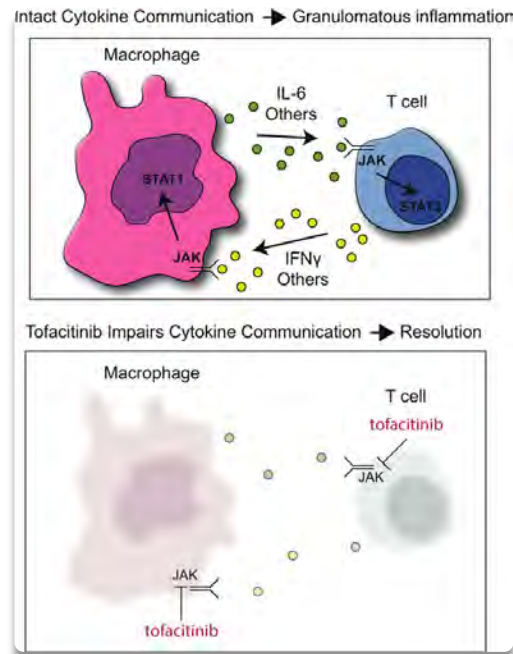
Syphilis



► It may be seeing you

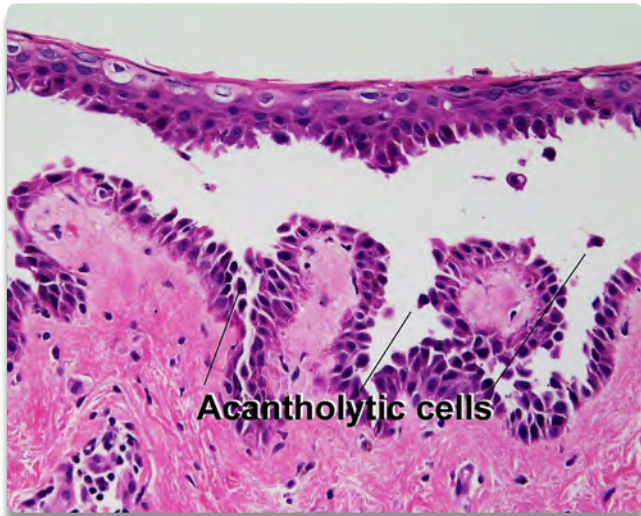


JAK inhibitors for cutaneous sarcoidosis and granuloma annulare



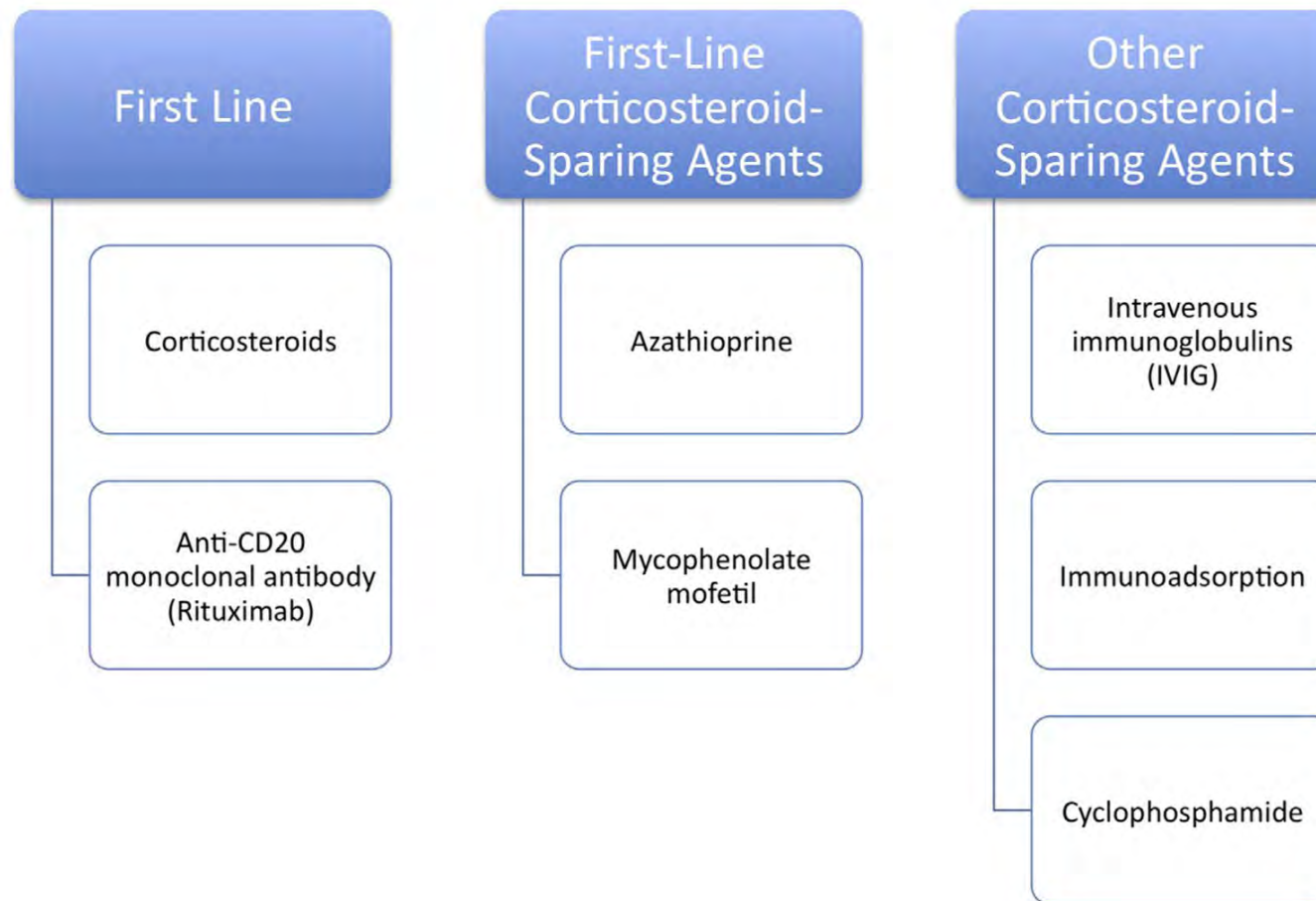
- ▶ A prospective evaluation of tofacitinib in 4 consecutive patients with recalcitrant cutaneous sarcoidosis (n = 3) and generalized GA (n = 1).
- ▶ **Proof of concept**
- ▶ **Blockade of effector cells**
- ▶ March 2020 Volume 82, Issue 3, Pages 612–621

Diagnosis and management of pemphigus: Recommendations of an international panel of experts

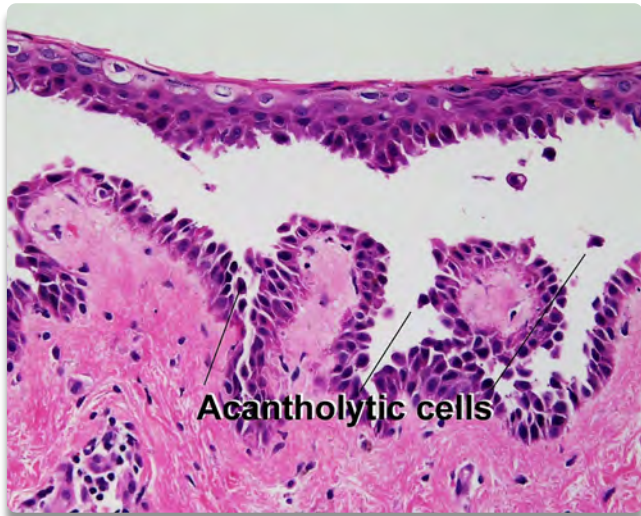


- ▶ Contraindications to systemic corticosteroids and complications of immunosuppressive treatments
- ▶ Contraception and plans for pregnancy in women of childbearing potential
- ▶ Medication history, with special attention to causes of drug-induced pemphigus
 - ▶ D-penicillamine, angiotensin-converting enzyme inhibitors, angiotensin receptor blockers, and cephalosporins
- ▶ March 2020 Volume 82, Issue 3, Pages 575–585.e1

Diagnosis and management of pemphigus: Recommendations of an international panel of experts

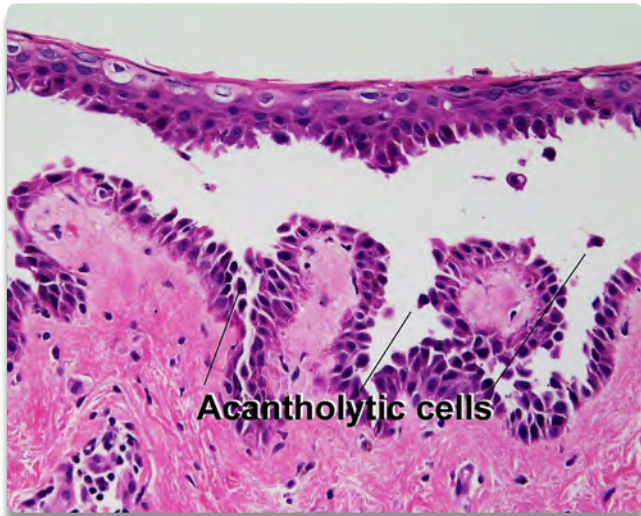


Diagnosis and management of pemphigus: Recommendations of an international panel of experts



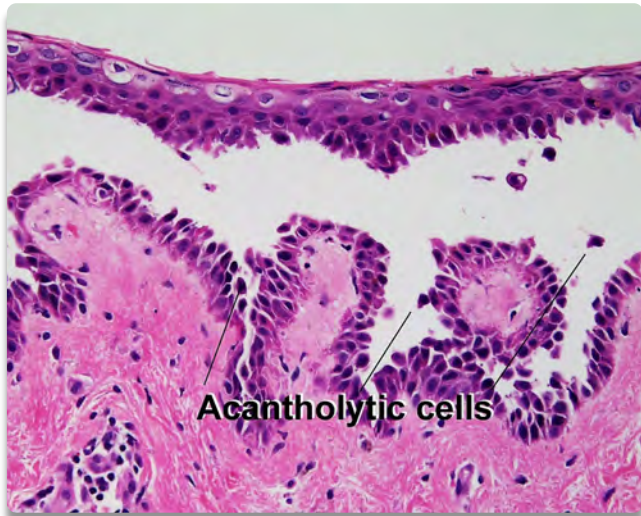
- ▶ Prophylaxis against glucocorticoid-induced osteoporosis
- ▶ Baseline screening
- ▶ Ophthalmologic evaluation
- ▶ Vitamin D and calcium
- ▶ Bisphosphonates (postmenopausal women and men older than 50 years)
- ▶ March 2020 Volume 82, Issue 3, Pages 575–585.e1

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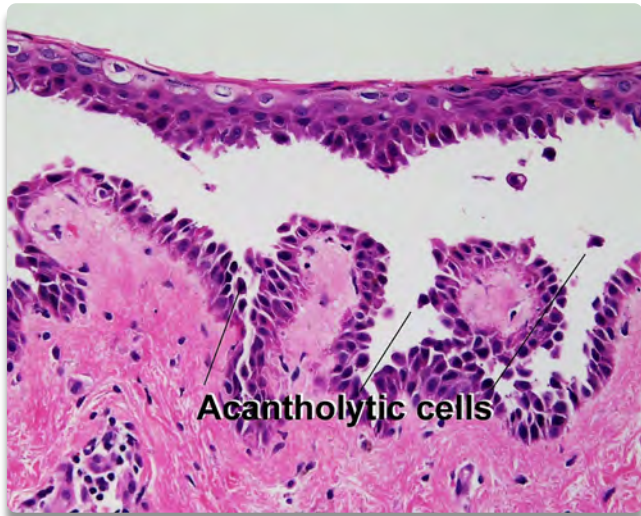
- ▶ Anti-CD20 monoclonal antibodies
 - ▶ rituximab and ofatumumab
- ▶ Combine with short-term (<4 months) systemic corticosteroids and long-term (>12 months) immunosuppressive treatment
- ▶ March 2020 Volume 82, Issue 3, Pages 575–585.e1

Diagnosis and management of pemphigus: Recommendations of an international panel of experts



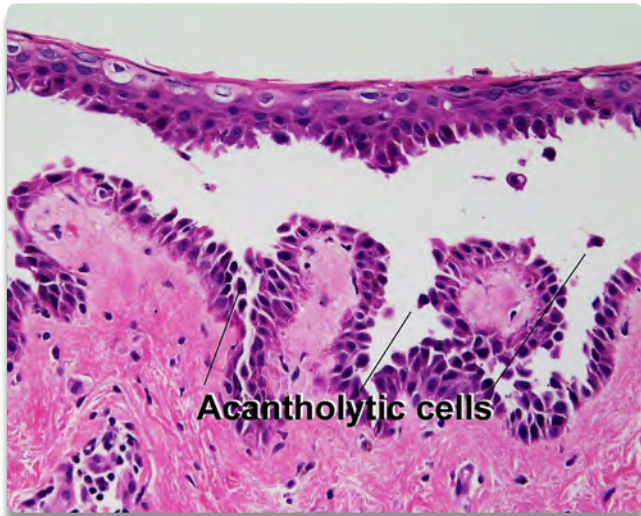
- ▶ Azathioprine (1-3 mg/kg/d)
- ▶ Start 50 mg/d the first week to detect idiosyncratic reactions
- ▶ TPMT activity
 - ▶ Most patient high (2.5 mg/kg/d)
 - ▶ Intermediate or low (0.5 to 1.5 mg/kg/d)
 - ▶ Patients who lack TPMT activity should avoid treatment with azathioprine
- ▶ March 2020 Volume 82, Issue 3, Pages 575–585.e1

Diagnosis and management of pemphigus: Recommendations of an international panel of experts



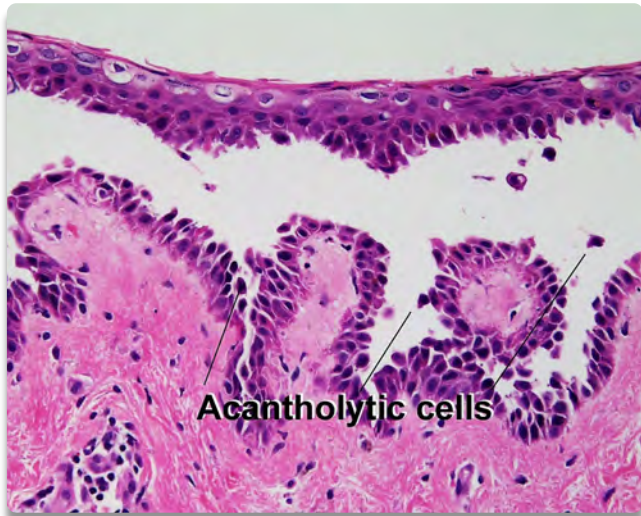
- ▶ IVIG (2g/kg over 2-5 d/mo)
- ▶ Generally combined with systemic corticosteroids and immunosuppressives
- ▶ Aseptic meningitis is a rare but important side effect
- ▶ Patients with IgA deficiency should receive IgA-depleted IVIG
- ▶ March 2020 Volume 82, Issue 3, Pages 575–585.e1

Diagnosis and management of pemphigus: Recommendations of an international panel of experts



- ▶ Discontinuation of treatment
 - ▶ Clinical symptoms
 - ▶ Dsg ELISA
 - ▶ IIF
 - ▶ DIF
- ▶ March 2020 Volume 82, Issue 3, Pages 575–585.e1

Diagnosis and management of pemphigus: Recommendations of an international panel of experts



- ▶ Discontinuation of treatment
 - ▶ Clinical symptoms
 - ▶ Dsg ELISA
 - ▶ IIF
 - ▶ DIF
- ▶ March 2020 Volume 82, Issue 3, Pages 575–585.e1

Associations of pemphigus or pemphigoid with autoimmune disorders in US adult inpatients



► Pemphigus

- unspecified autoimmune disease, vitiligo, eosinophilic esophagitis, and myasthenia gravis had the strongest effect sizes

► Pemphigoid

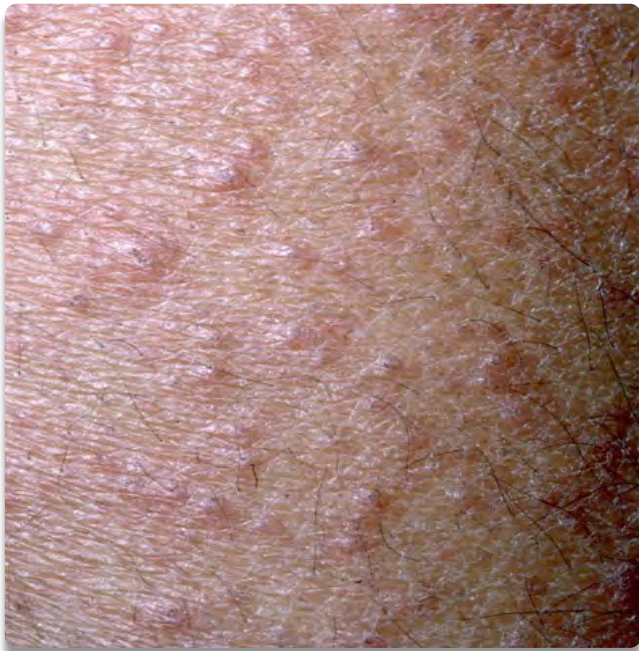
- unspecified autoimmune disease, vitiligo, and chronic urticaria
- March 2020 Volume 82, Issue 3, Pages 586–595

Serum lipids and risk of atherosclerosis in xanthelasma palpebrarum: A systematic review and meta-analysis



- ▶ 15 case-control studies with 854 patients
- ▶ Significantly higher serum levels of total cholesterol and low-density lipoproteins
- ▶ Significantly higher apolipoprotein B levels, and relatively lower apolipoprotein A1 levels
- ▶ Carotid intima-media thickness was significantly higher.
- ▶ March 2020 Volume 82, Issue 3, Pages 596–605

Drug reaction with eosinophilia and systemic symptoms may occur within 2 weeks of drug exposure



- ▶ DRESS is frequently related to drugs introduced 15 or fewer days before the occurrence of cutaneous adverse reactions.
- ▶ Rapid-onset group
 - ▶ antibiotics (n = 6/14) and iodinated contrast media (n = 5/5)
- ▶ Carbamazepine (n = 4/4), lamotrigine (n = 6/6), allopurinol (n = 8/8), and sulfasalazine (n = 2/2) were exclusively found in the delayed-onset group.
- ▶ Diagnostic criteria must be revised
- ▶ March 2020 Volume 82, Issue 3, Pages 606–611 ; March 2020 Volume 82, Issue 3, Pages 573–574

Computer algorithms improve accuracy in melanoma



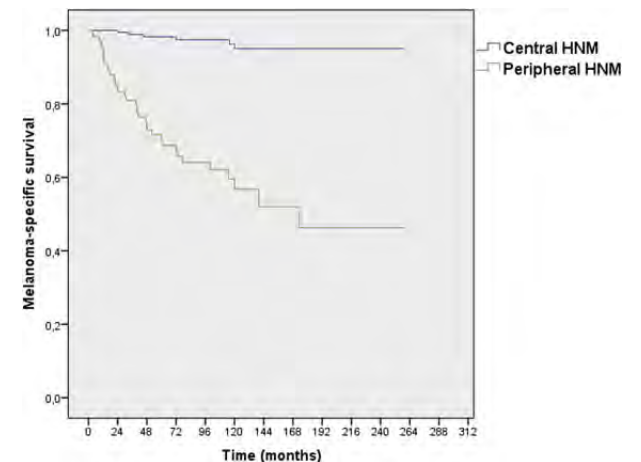
- ▶ Increased dermatologist sensitivity from 76.0% to 80.8% and specificity from 72.6% to 72.8%

- ▶ March 2020 Volume 82, Issue 3, Pages 622–627

Peripheral cutaneous head and neck melanoma (scalp, ear, and neck)

- ▶ More metastases, a higher melanoma-specific death rate, and a lower 10-year survival (50% peripheral vs 90% central, $P < .001$; [Fig 1](#)).
- ▶ In multivariate analysis, peripheral location, tumor thickness, high mitotic rate (≥ 6 mitoses/mm²), and age ≤ 65 years remained as independent predictors for melanoma-specific survival ($P < .001$).
- ▶ Peripheral location had the strongest association with melanoma-specific death

[March 2020](#) Volume 82, Issue 3, Pages 741–743



Comorbid diseases of vitiligo: A 10-year cross-sectional retrospective study of an urban US population

- ▶ New disease associations
 - ▶ multiple sclerosis, idiopathic thrombocytopenic purpura, and lymphoma
- ▶ Previously reported associations
 - ▶ hypothyroidism and rheumatoid arthritis
- ▶ March 2020 Volume 82, Issue 3, Pages 628–633



Ingenol mebutate gel on full face, balding scalp, or approximately 250 cm² on the chest

- ▶ Ingenol mebutate (IngMeb) 0.015% or 0.05% is approved for actinic keratosis (AK) areas of 25 cm² or less
- ▶ IngMeb 0.027%
 - ▶ Well tolerated on larger areas
- ▶ March 2020 Volume 82, Issue 3, Pages 642–650

Tonsillitis and pediatric psoriasis

- ▶ Reminder to think of Strep
- ▶ Medical therapy vs tonsillectomy
- ▶ March 2020 Volume 82, Issue 3, Pages 666–674



Proteomic skin profile of moderate-to-severe atopic dermatitis

- ▶ Upregulation in lesional *and even in nonlesional skin*
- ▶ Matrix metalloproteinase 12; T-helper cell [Th]2/interleukin [IL]-1 receptor-like 1[IL1RL1]/IL-33R, IL-13, chemokine [C-C motif] ligand [CCL] 17; Th1/C-X-C motif chemokine 10; Th17/Th22/PI3, CCL20, S100A12)
- ▶ Cardiovascular-associated proteins (E-selectin, matrix metalloproteinases, platelet growth factor, myeloperoxidase, fatty acid binding protein 4, and vascular endothelial growth factor A; false discovery rate, <0.05).
- ▶ March 2020 Volume 82, Issue 3, Pages 690–699

An expert panel consensus on opioid-prescribing guidelines for dermatologic procedures

- ▶ Postoperative pain after most uncomplicated procedures (76%) can be adequately managed with acetaminophen and/or ibuprofen.
- ▶ Group consensus identified no specific dermatologic scenario that routinely requires more than 15 oxycodone 5-mg oral equivalents to manage postoperative pain.
- ▶ Group consensus found that 23% of the procedural scenarios routinely require 1 to 10 opioid tablets, and only 1 routinely requires 1 to 15 opioid tablets.
- ▶ March 2020 Volume 82, Issue 3, Pages 700–708

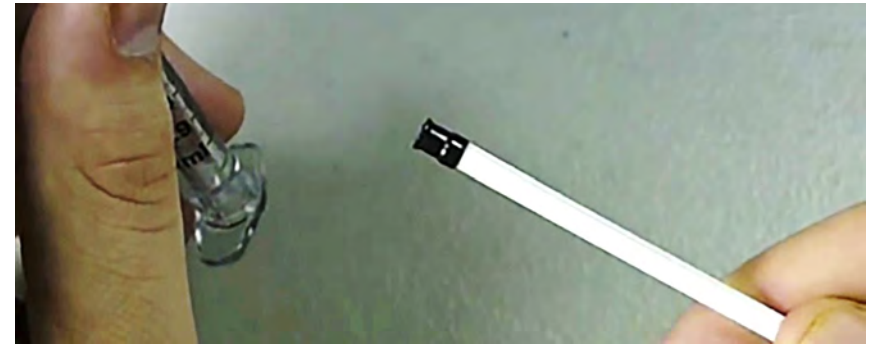


Silicone oil

Added to most commercial syringes as a lubricant

Can contaminate injected solutions

March 2020 Volume 82, Issue 3, Pages 747–749

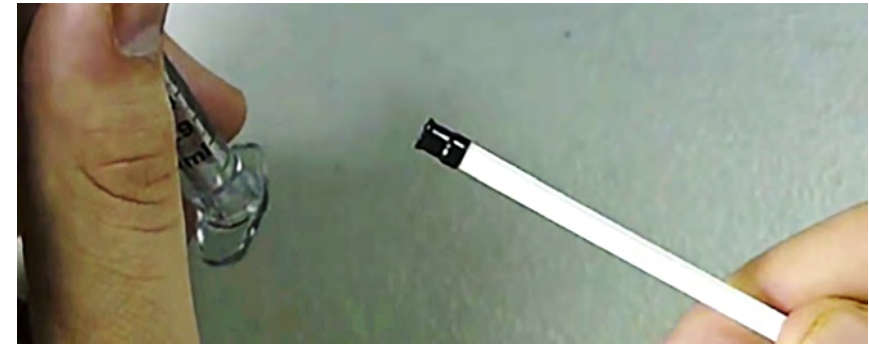


Silicone oil

5 solutions: saline, bacteriostatic saline, water for injection, bacteriostatic water, and Kybella.

3 brands of lubricated syringes: 1 mL Luer-Lok (Becton Dickinson, Franklin Lakes, NJ), 1 mL Luer-Lok (Saldanha Rodrigues, Manaus, Brazil), and 1 mL Luer-Slip (Injex, Ourinhos, Brazil)

Nonagitated or agitated (10 consecutive flicks with the needle side facing upward)

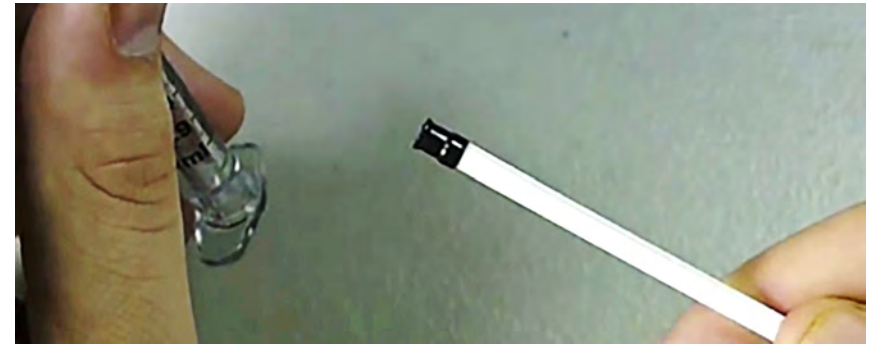


Silicone oil

The solutions containing benzyl alcohol presented a larger number of 1- to 5- μm^2 droplets in the agitated samples.

SO was dispersed in all injectable solvents tested with a wide range of droplet size

Deformation of droplets in deoxycholic acid suggests it acts as an emulsifier
Increased removal of lubricant from the syringe walls



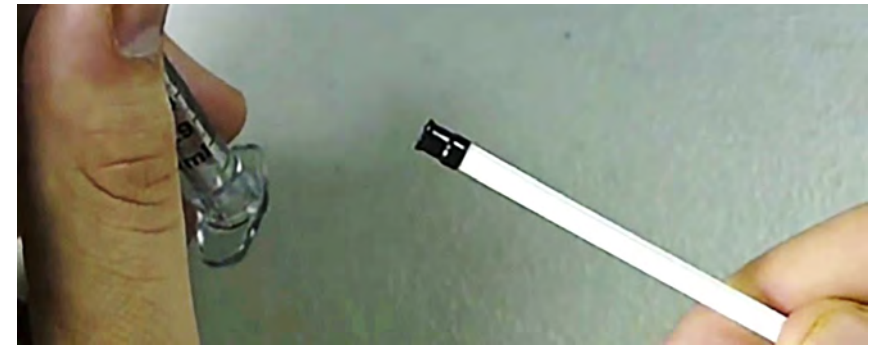
Silicone oil

Lubricant contamination has been well-reported in ophthalmologic literature

Use of SO lubricated syringes should be re-evaluate

Disposable SO-free syringes are available, Norm-Ject (Henke-Sass, Wolf GmbH, Tuttlingen, Germany)

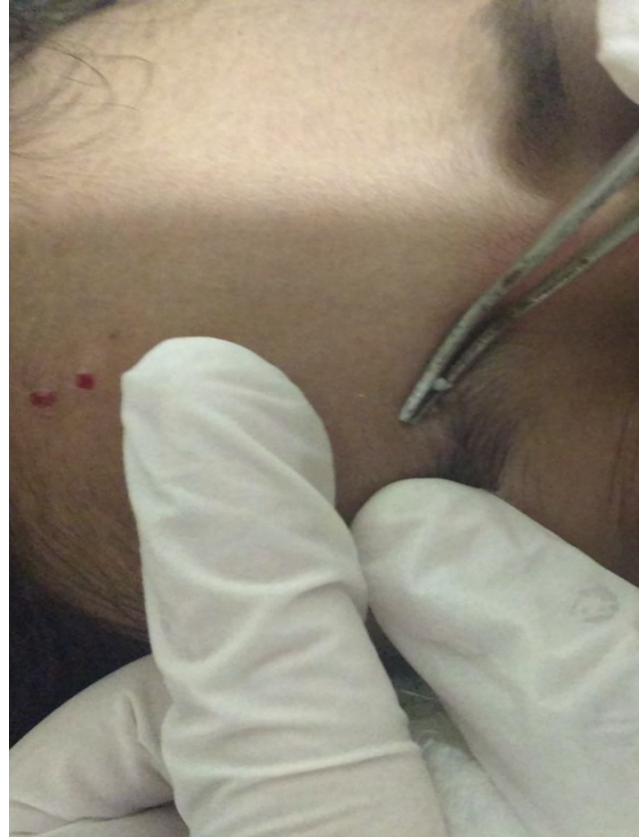
Flush technique has also been reported to decrease contamination

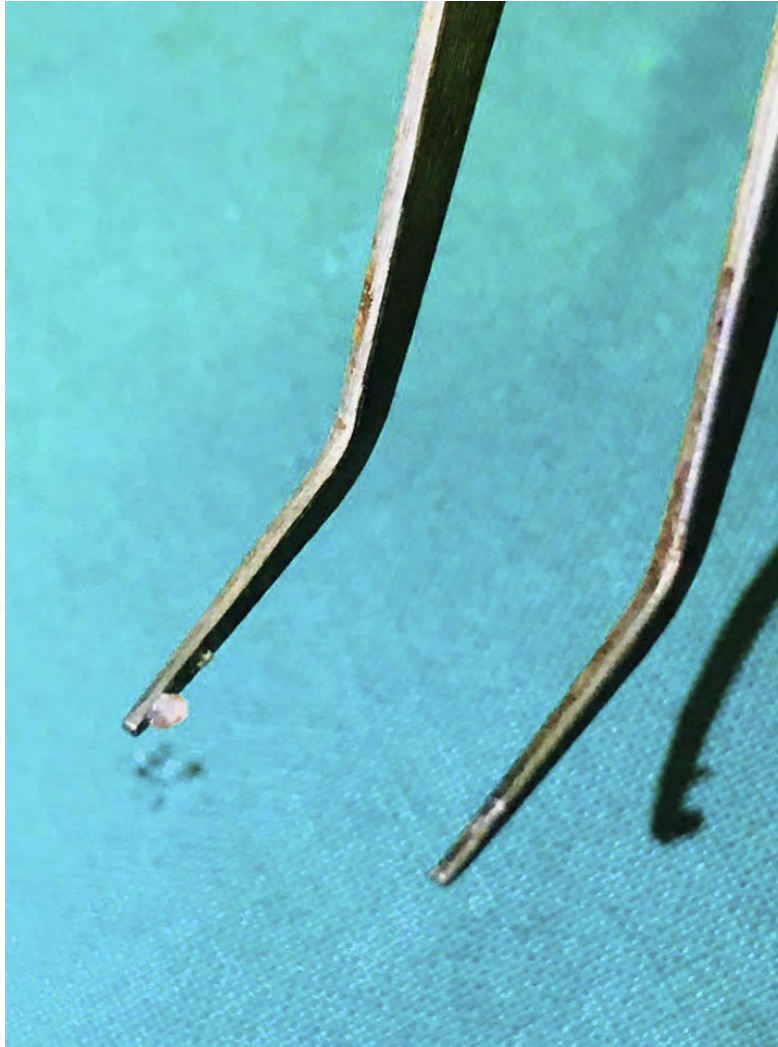


Extraction of molluscum bodies with angled forceps

- ▶ Squeezing molluscum bodies between the 2 arms of the angled forceps
- ▶ Children, sexually active adult, patients with immunosuppression, particularly in those with HIV
- ▶ March 2020 Volume 82, Issue 3, Pages e79–e80



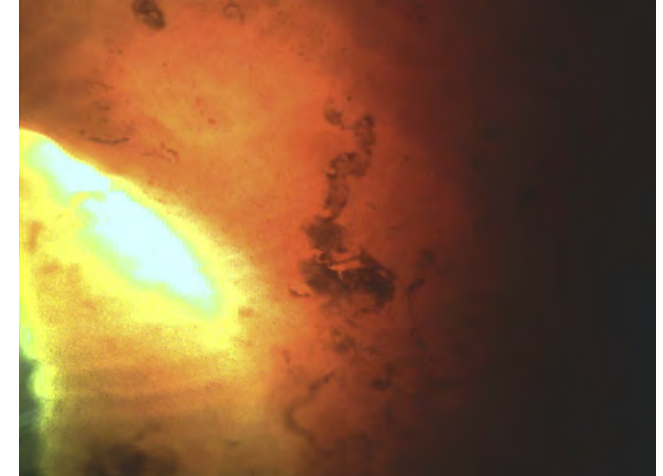


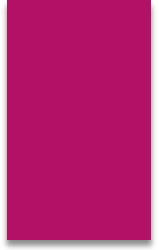
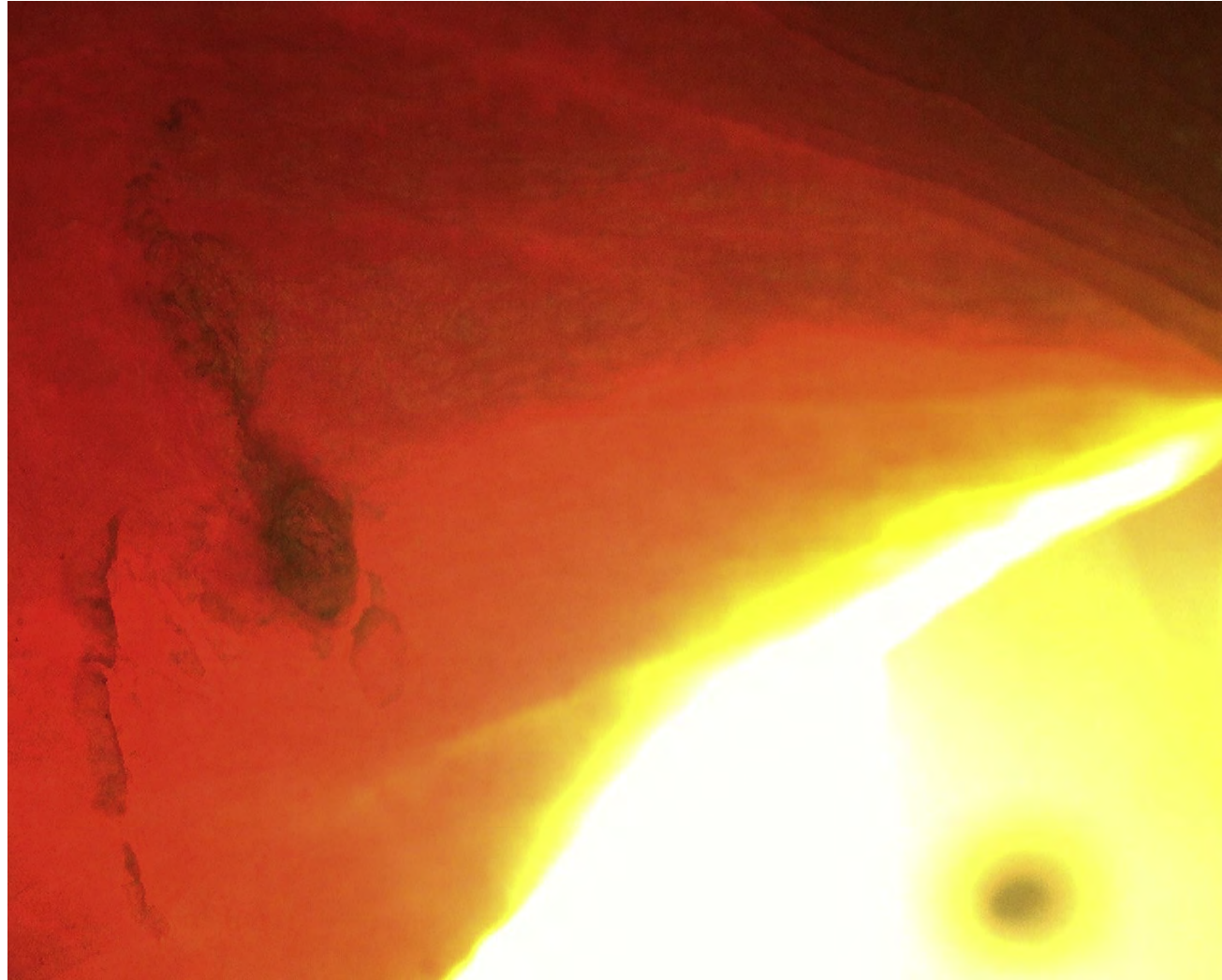


Transillumination dermoscopy of finger web spaces for scabies

- ▶ The burrows have air trapped inside of them

- ▶ March 2020 Volume 82, Issue 3, Pages e87–e88







Intrabullous injection: A novel, painless technique of drug delivery in localized bullous dermatoses

DECEMBER 2019 **VOLUME 81, ISSUE 6,**
PAGES E161–E163



Impetiginized bulla treated with IL gentamycin

Treatment of calcinosis cutis in scleroderma and dermatomyositis

- ▶ Review of 30 studies
- ▶ Diltiazem, bisphosphonates, rituximab, IL thiosulfate
- ▶ Children: TNF agents
- ▶ Low dose warfarin probably useless
- ▶ JAAD 2020; 82:317-25



Second primary melanomas

- ▶ 5 year risk 8%
- ▶ Highest risk
 - ▶ Fair skin
 - ▶ Occupational sun exposure



- ▶ JAAD 2020; 82:398-406

Clinicopathological overlap or psoriasis and eczema

- ▶ Strong expression of IL-36 and beta-defensin 2 suggest psoriasis
- ▶ Suggest IL-17 phenotype

▶ JAAD 2020; 82:430-9



JAAD Game Changer: Hep B and C reactivation on biologic therapy

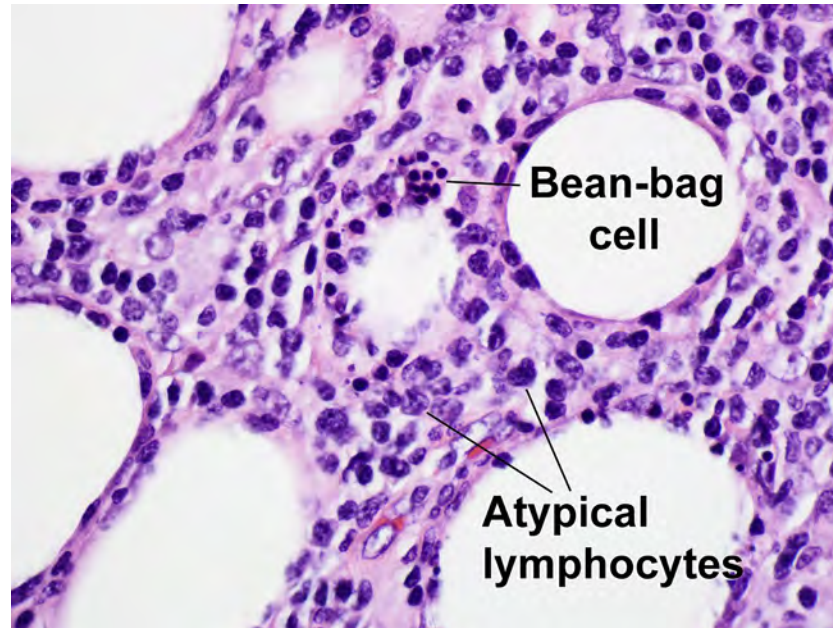
- ▶ Hep B: 14% annual risk of reactivation
- ▶ Acute hepatitis panel plus total core antibody

▶ JAAD 2020; 82:532

Palatrexate for recurrent subcutaneous panniculitis-like T cell lymphoma with hemophagocytic syndrome

- ▶ Folate antagonist

- ▶ JAAD 2020; 82:489



Treatment ladder for prurigo nodularis

- ▶ Corticosteroids, TCIs
 - ▶ Capsaicin, gabapentinoids, antidepressants
 - ▶ Cyclosporine, MTX,
 - ▶ Naltrexone (50 – 150/d)
 - ▶ Aprepitant
 - ▶ Dupilumab
- ▶ JAAD 2020; 82:460-8



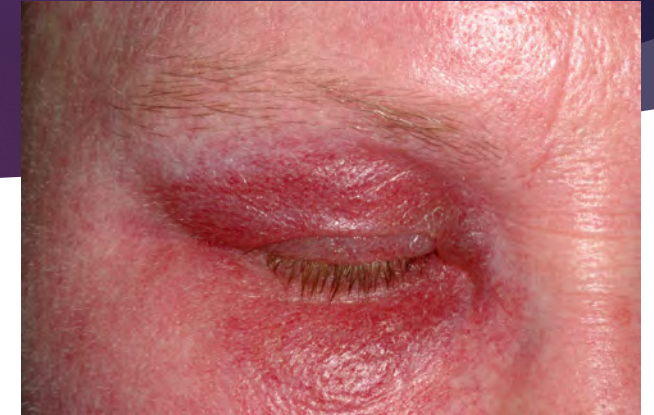
PD-1 agents for NMSC

- ▶ SCC
- ▶ BCC, cutaneous sarcomas, sebaceous CA, MPNST
- ▶ Probably no role in lymphoma
- ▶ JAAD 2020; 82:532
- ▶ JAAD 2020; 82:440-59

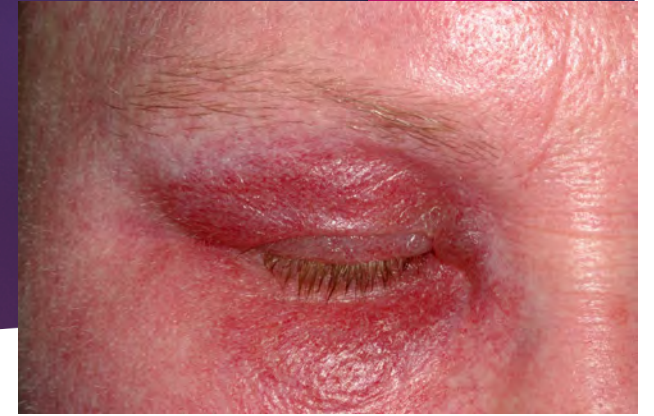


Dermatomyositis antibodies

- ▶ Available from ARUP: extended myositis panel
- ▶ Mi2: Classic DM
- ▶ NXP2: Malignancy, Classic DM, disabling myopathy in kids
- ▶ TIF1: Malignancy, severe photosensitivity, psoriasiform, palmar plaques, ovoid palatal patches, hypomyopathic
- ▶ MDA5: ILD, hypomyopathic, digital ulcers, panniculitis, painful palmar patches
- ▶ SAE: Severe cutaneous disease, muscle disease with dysphagia, fever, weight loss



Dermatomyositis antibodies



- ▶ SRP: Rapid onset severe muscle disease, cardiac, dysphagia
- ▶ HMGCR: Increased malignancy, statin-induced myopathy
- ▶ CN1A: Inclusion body myositis, older patients
- ▶ ARS (Jo1, PI7, EJ, OJ, KS, Zo, YRS)
 - ▶ Antisynthetase syndrome
 - ▶ ILD, myositis, polyarthritis, mechanics hands, Gottron papules
- ▶ JAAD 2020; 82: CME

Histopathologic features distinguishing secondary syphilis from its mimickers

- ▶ Overlap with pityriasis lichenoides (PL), pityriasis rosea (PR), and early MF.
- ▶ Elongation of rete and interstitial inflammation favor syphilis
- ▶ Plasma cells often encountered in PL
- ▶ January 2020 Volume 82, Issue 1, Pages 156–160



Low-dose methotrexate as rescue therapy in HS/PG with antibodies to infliximab

- ▶ MTX can prevent antibody formation
- ▶ MTX may *reverse* antibody formation
- ▶ February 2020 Volume 82, Issue 2, Pages 507–510



Minoxidil 1 mg oral vs 5% topical in female-pattern hair loss

- ▶ Oral Minoxidil similar or better
- ▶ Good patient acceptance
- ▶ Well tolerated
- ▶ January 2020 Volume 82, Issue 1, Pages 252–253



Topical cholesterol/lovastatin for the treatment of porokeratosis

► January 2020 Volume 82, Issue 1, Pages 123–131



Serial biologic therapies in psoriasis patients

- ▶ 90.6% of patients achieved an $\geq 75\%$ PASI reduction.
- ▶ Patients with higher baseline PASI scores were more likely to be switched
- ▶ Switching **between** biologic classes yielded longer drug survival than switching **within** biologic classes ($P = .003$, hazard ratio 0.48).
- ▶ January 2020 Volume 82, Issue 1, Pages 37–44



Change in body weight in psoriasis patients receiving biologics

- ▶ TNF treatment appears to be associated with an increase in body weight and BMI
- ▶ Anti-IL-12/23 and anti-IL-17 biologics do not
- ▶ January 2020 Volume 82, Issue 1, Pages 101–109



The clinical utility of laboratory monitoring during isotretinoin therapy

- ▶ Grade 3 or greater triglyceride and liver function testing abnormalities were noted in fewer than 1% and 0.5% of patients
- ▶ No grade 3 or greater cholesterol or complete blood count abnormalities were observed.
- ▶ January 2020 Volume 82, Issue 1, Pages 72–79



Negative predictive value of biopsy margins of dysplastic nevi

- ▶ Clear biopsy margins had a negative predictive value of 87.3% for dysplastic nevi of moderate atypia or greater.
- ▶ Residual nevus was identified on excision in 29.41% when initial biopsy margins were positive.
- ▶ January 2020 Volume 82, Issue 1, Pages 87–93



Dysplastic Nevus

- ▶ Evolving trend towards saucerized excisions of DN vs MM
- ▶ Now the most common excision technique
 - ▶ J Am Acad Dermatol 2002; 46:674-682

Dysplastic Nevus

- ▶ 86% aim to remove lesion entirely
 - ▶ 75% 2mm or less margin
 - ▶ 67% reexcise when margins are positive
- ▶ J Am Acad Dermatol 2002; 46:674-682

Melanoma Transection

- ▶ 479 Melanoma cases
- ▶ Rates of transection
 - ▶ 1.5% for excisional biopsies
 - ▶ 4.1% for punch biopsies
 - ▶ 9% for saucerized biopsies
 - ▶ Tumor staging accurate in 99%
- ▶ No effect on survival

- ▶ Mir et al. Baylor College of Medicine. JAAD 2013; 68:452-8





Intralesional versus intramuscular HPV vaccine in common warts

- ▶ Bivalent HPV vaccine, particularly by intralesional injection, seems to be a potential therapeutic option for recalcitrant common warts.
- ▶ January 2020 Volume 82, Issue 1, Pages 94–100



Acute inflammatory edema: A mimicker of cellulitis in critically ill patients

- ▶ We propose a 3-part pathogenesis of acute inflammatory edema: 1) acute-onset volume overload 2) in patients with impaired lymphatic return 3) leads to dermal edema, microtears in connective tissue, and an influx of inflammation.
- ▶ October 2019 Volume 81, Issue 4, Pages 931–936



Immersion cryoanaesthesia to reduce pain during injections into digits

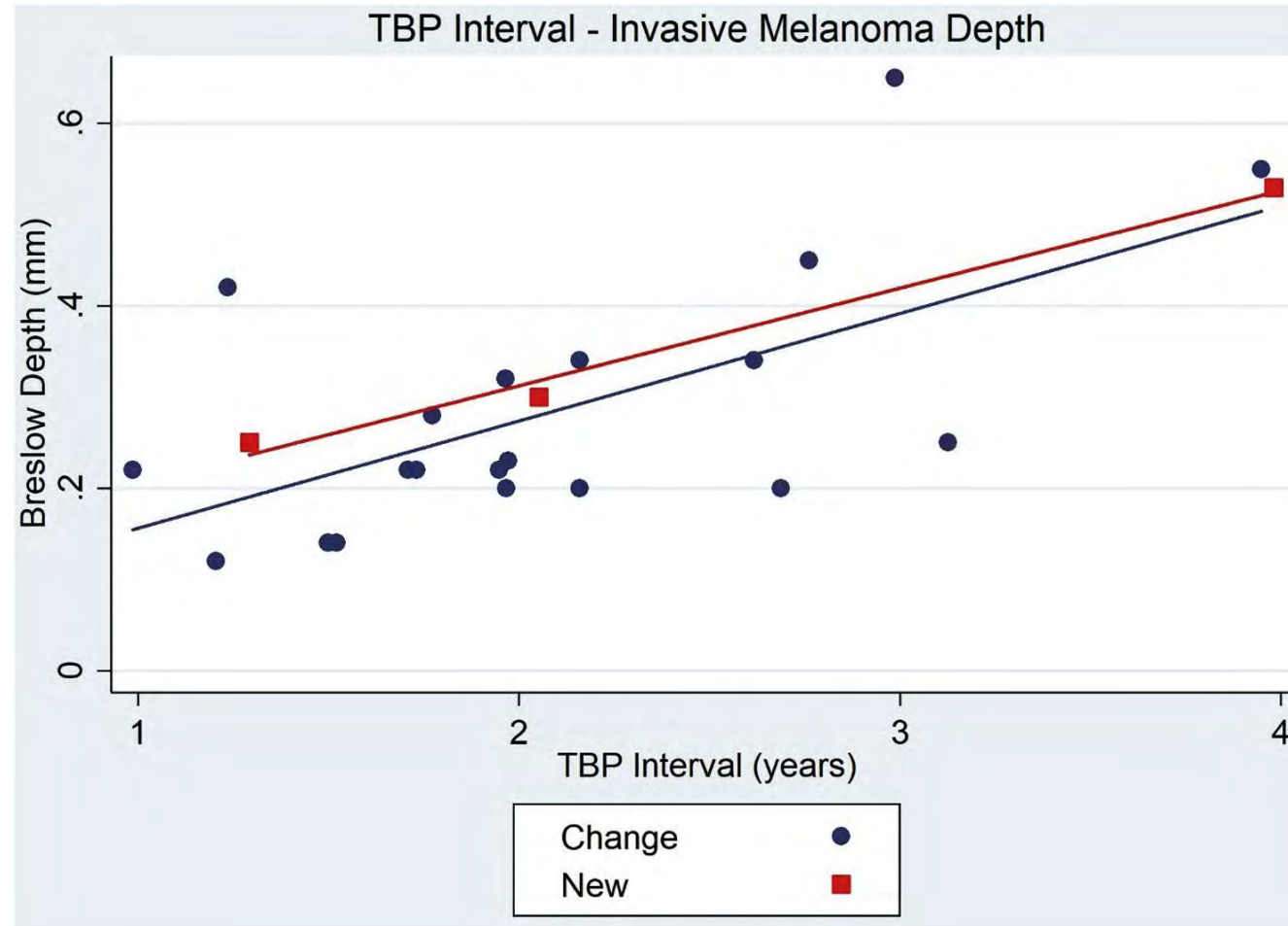
OCTOBER 2019 VOLUME 81, ISSUE 4,
PAGES E91–E92



Correlation of total body photography frequency and invasive melanoma depth

- ▶ Previously reported that computer-assisted automation with serial comparison of TBP images followed by dermoscopy can identify early malignant lesions of less than 3 mm
- ▶ 225 lesions biopsied
 - ▶ 67 malignant (29.78%) 44 MIS and 23 invasive melanomas
- ▶ Invasive lesions were more likely to be detected because of change, and atypical nevi were more likely to be new ($P < .05$)
- ▶ Suggest annual TBP comparison for those at risk for melanoma
- ▶ March 2020 Volume 82, Issue 3, Pages 768–769





Vitiligo with PD-1 therapy is associated with increased melanoma survival

- ▶ True for other autoimmune phenomena as well

- ▶ March 2020 Volume 82, Issue 3, Pages 770–772



JAAD Game Changers: Dermoscopy of black skin

- ▶ Acquired melanocytic nevi skin types V/VI
- ▶ Predominance of reticular pattern, brown color, a tendency toward central hyperpigmentation, and a relatively higher frequency of gray and black colors.
- ▶ Black color (as dots centrally, blotches, and pigmented network) was not seen in the light-skinned group but was found in almost 5% of the lesions in the dark-skinned individuals.
- ▶ Patients with skin types V and VI have fewer nevi with more on the face and acral regions.
- ▶ March 2020 Volume 82, Issue 3, Page 781



JAAD Game Changers: High-risk cutaneous SCC and sentinel lymph node biopsy

- ▶ Some evidence that supports considering sentinel lymph node biopsy for staging, prognostication, and therapeutic planning in cSCC classified as American Joint Committee on Cancer–7th Edition T2 larger than 2 cm in diameter or T2b in the alternative staging system.
- ▶ Patients with other high-risk factors, such as recurrent cSCC, and patients who are immunosuppressed should be included in trials evaluating the utility of sentinel lymph node biopsy in cSCC.
- ▶ March 2020 Volume 82, Issue 3, Page 782

Sugar-based dressings for chronic wound care

- ▶ Confectioner's (powdered) sugar contains pure sucrose and can be applied directly to granulating malodorous leg ulcers with little discomfort.
- ▶ A thick layer of sugar is packed directly to the wound bed and wrapped overnight with a clean gauze dressing or elastic bandage.
- ▶ March 2020 Volume 82, Issue 3, Page e73

Sugar-based dressings for chronic wound care

- ▶ The benefits of sugar dressings likely relate to high osmolality and decreased amino acid breakdown reducing wound odor as well as lower oxygen pressure that stimulates angiogenesis and epithelialization.
- ▶ Healing can be further improved when sugar is combined with hydropolymers, such as hydrogel, to create a sugar paste.
- ▶ March 2020 Volume 82, Issue 3, Page e73

Use of a gasket for finger tourniquet

- ▶ A latex finger glove is most often used as a tourniquet
- ▶ However, it is somewhat challenging to properly roll the glove finger in place and remove it
- ▶ March 2020 Volume 82, Issue 3, Pages e75–e76



Simple pipe gasket that can be put into place, tightened, relaxed, and removed with 1 hand.



It can simply be relaxed or removed by pushing on the 2 flat parts in opposite directions.

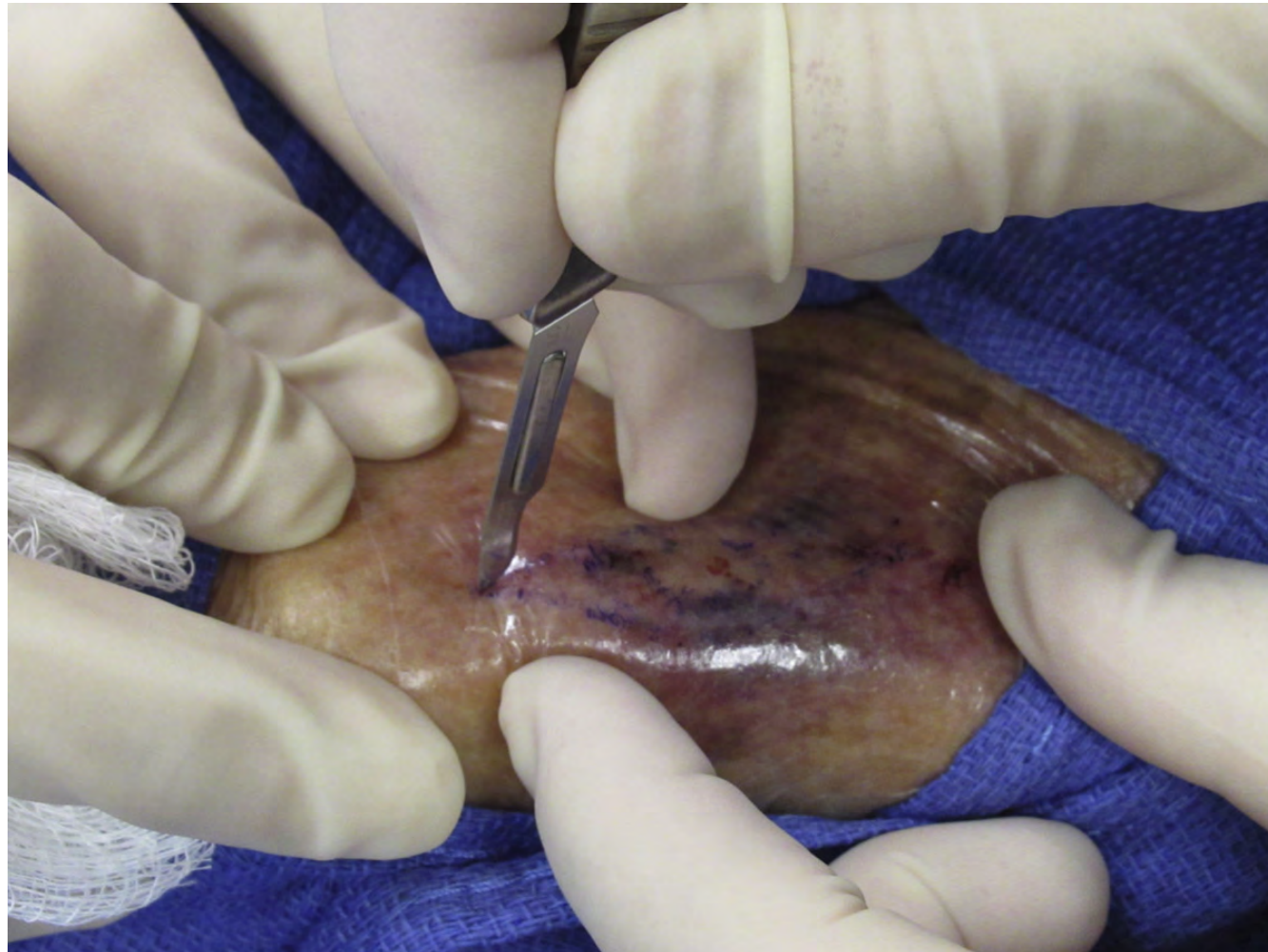
Topical hemocoagulase: A novel method for achieving hemostasis

- ▶ Fraction of venom obtained from the Brazilian snakes *Bothrops jararaca* or *Bothrops atrox*
- ▶ Available all over the world by different trade names.
- ▶ It accelerates the formation of fibrin monomers and fibrin clot, stabilizes fibrin, and activates factor Xa
- ▶ Used in dental surgery, for epistaxis, and during endoscopy.
- ▶ 4 or 5 drops of the solution occluded with a piece of gauze for 1 to 2 minutes
- ▶ March 2020 Volume 82, Issue 3, Pages e81–e82



Transparent adhesive film dressing for excisions on atrophic skin

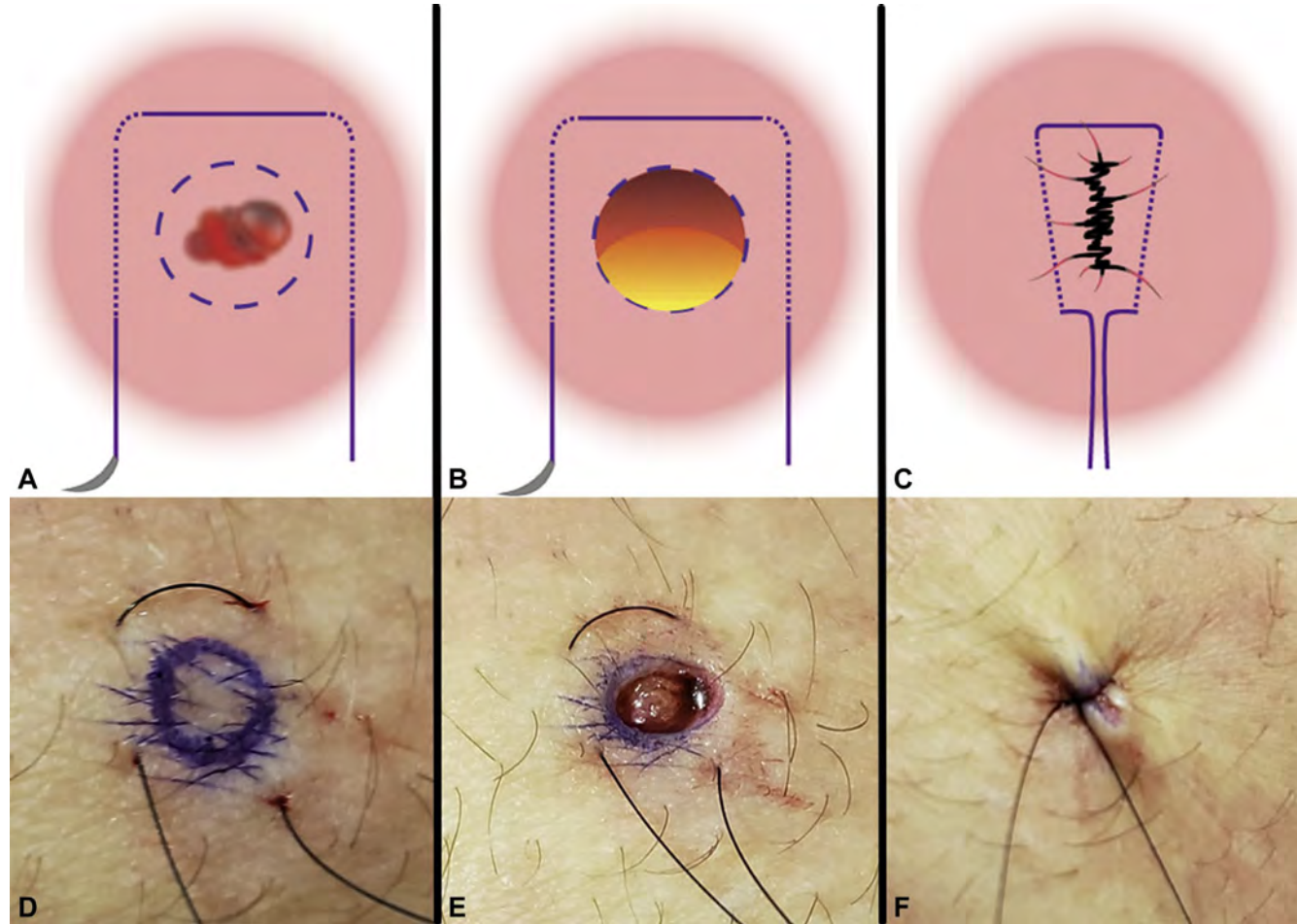
- ▶ The surgical site is cleansed and allowed to dry completely.
- ▶ The transparent adhesive film is applied over the entire surgical site, and the incision is made through the film
- ▶ March 2020 Volume 82, Issue 3, Pages e83–e84



Pre-emptive purse-string suture to minimize bleeding risk

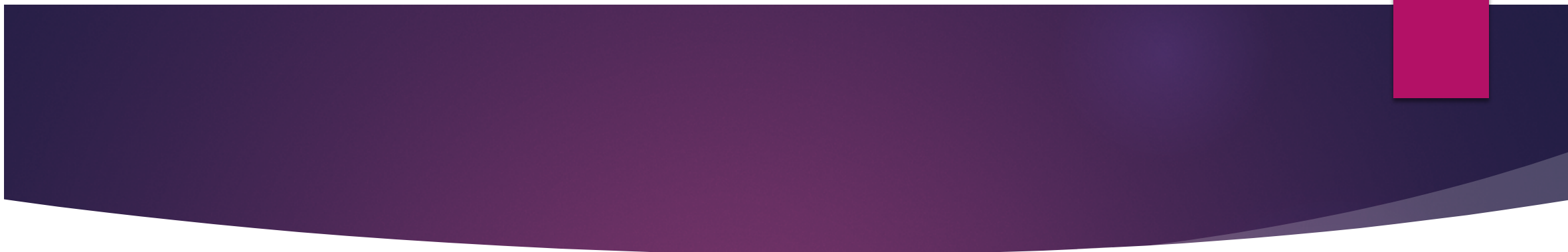
- ▶ Placing a modified purse-string suture before performing a biopsy
- ▶ Patients at high risk for bleeding

▶ March 2020 Volume 82, Issue 3, Pages e85–e86





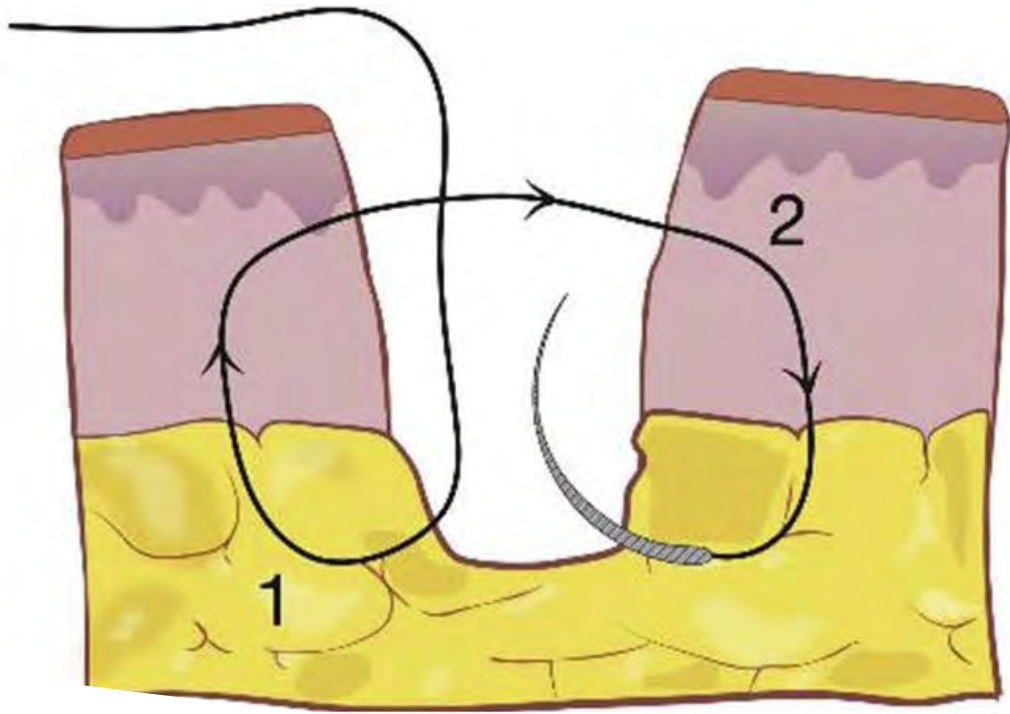
Best tip
of the
day



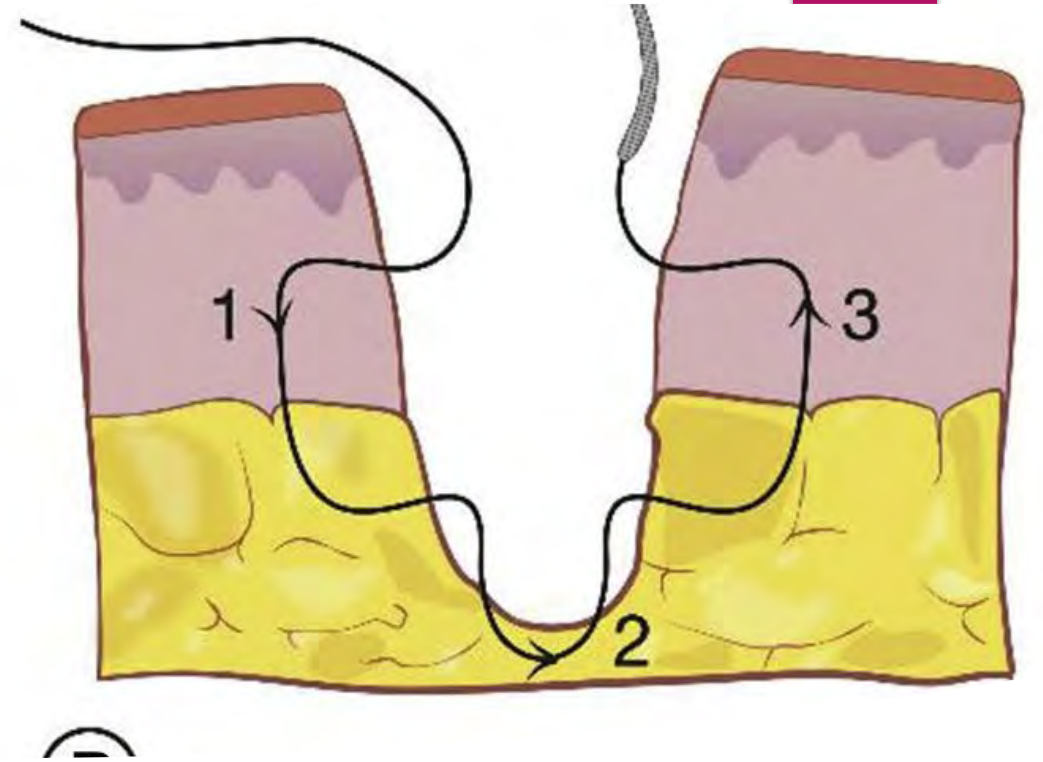
Use of surgical scrub sponge for auricular dressing

- ▶ Cut the sponge with a bandage scissor in a curved, wedge-shaped design The elastic material of the sponge allows a comfortable bandage that forms to the ear anatomy
- ▶ January 2020 Volume 82, Issue 1, Pages e9–e10





A novel stitch to eliminate the risk of hematoma and seroma formation



► [December 2019](#) Volume 81, Issue 6, Pages e167–e168

Histopathologic upgrading of nonmelanoma skin cancer at the time of Mohs micrographic surgery

- ▶ A significant portion of MMS cases were upgraded at the time of surgery to a more aggressive subtype than that seen at the initial biopsy.
- ▶ Upgraded cases were larger and more surgically challenging than nonupgraded ones.
- ▶ This finding has important implications for primary dermatologists' referral practices and Mohs appropriate use criteria guidelines.
- ▶ August 2019 Volume 81, Issue 2, Pages 541–547

Nodal staging of high-risk cutaneous squamous cell carcinoma

- ▶ Patients without clinical lymphadenopathy
- ▶ Ultrasonography may be more useful than CT or MRI.
- ▶ Early nodal disease is usually curable
- ▶ Sentinel lymph node biopsy specimen may be considered in high risk patients with negative imaging (Brigham and Women's Hospital stage T2b and T3)
- ▶ August 2019 Volume 81, Issue 2, Pages 548–557



Treatment of oral mucosal neuromas with carbon dioxide laser

► [August 2019](#) Volume 81, Issue 2,
Pages e33–e34



Galeatomy: A useful technique aiding high-tension scalp closures

- ▶ Relaxing incision of the galea that lengthens scalp movement and decreases tension on wound margins
- ▶ August 2019 Volume 81, Issue 2, Pages e39–e40



Use of
disposable blade
for harvesting
epidermal skin
graft

AUGUST 2019 VOLUME 81,
ISSUE 2, PAGES E35–E36



Achieving eversion utilizing topical tissue adhesive

- ▶ Once the adhesive begins to harden, manual pressure is applied laterally to create eversion
- ▶ August 2019 Volume 81, Issue 2, Pages e37–e38



Risk factors and diagnostic markers of bacteremia in Stevens-Johnson syndrome and toxic epidermal necrolysis

- ▶ Hemoglobin ≤ 10 g/dL, cardiovascular disease, and body surface area $\geq 10\%$
 - ▶ risk factors for bacteremia.
- ▶ Hypothermia and elevated procalcitonin
 - ▶ useful markers for bacteremia.
- ▶ September 2019 Volume 81, Issue 3, Pages 686–693



Ruxolitinib cream for the treatment of patients with alopecia areata

- ▶ The 1.5% ruxolitinib cream did not have a significant effect in patients with AA.
- ▶ Oral JAK inhibitors – AA and vitiligo
- ▶ Topical - Vitiligo
- ▶ February 2020 Volume 82, Issue 2, Pages 412–419

Cyclosporine for moderate-to-severe alopecia areata

- ▶ Cyclosporine group had a greater proportion of participants achieving at least a 50% reduction in Severity of Alopecia Tool score (31.3% vs 6.3% [$P = .07$])
- ▶ **Limitations**
- ▶ Small sample size
- ▶ **Conclusion**
- ▶ Response approached but did not reach a statistically significant difference between cyclosporine and placebo.
- ▶ September 2019 Volume 81, Issue 3, Pages 694–701

1 month on
cyclosporine



Alopecia areata treated with simvastatin/ezetimibe

- ▶ Modest, gradual clinical benefit across AA subtypes after 1 to 2 years of monotherapy or as an adjunct to methotrexate
- ▶ September 2019 Volume 81, Issue 3, Pages 854–857

Methotrexate in alopecia areata

- ▶ A systematic review and meta-analysis performed according to recommended PRISMA [Preferred Reporting Items for Systematic Reviews and Meta-Analyses] guidelines.
- ▶ Reasonable efficacy
- ▶ Adults appear to be more responsive
- ▶ Combination treatment better



Methotrexate in alopecia areata

- ▶ Best evidence for adults
- ▶ Combination (methotrexate plus corticosteroids)
- ▶ Kevin Phan, Vignesh Ramachandran, Deshan Frank Sebaratnam. J Am Acad Dermatol 2019;80:120-7





Modified shave surgery combined with nail window technique for the treatment of longitudinal melanonychia

- ▶ Limited postoperative nail dystrophy and little recurrence of pigmentation
- ▶ DOI: <https://doi.org/10.1016/j.jaad.2019.03.065>

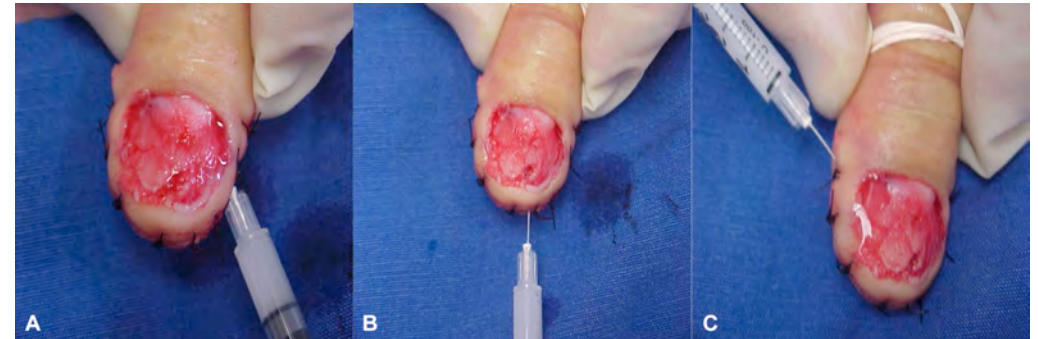
Vibration to reduce injection pain

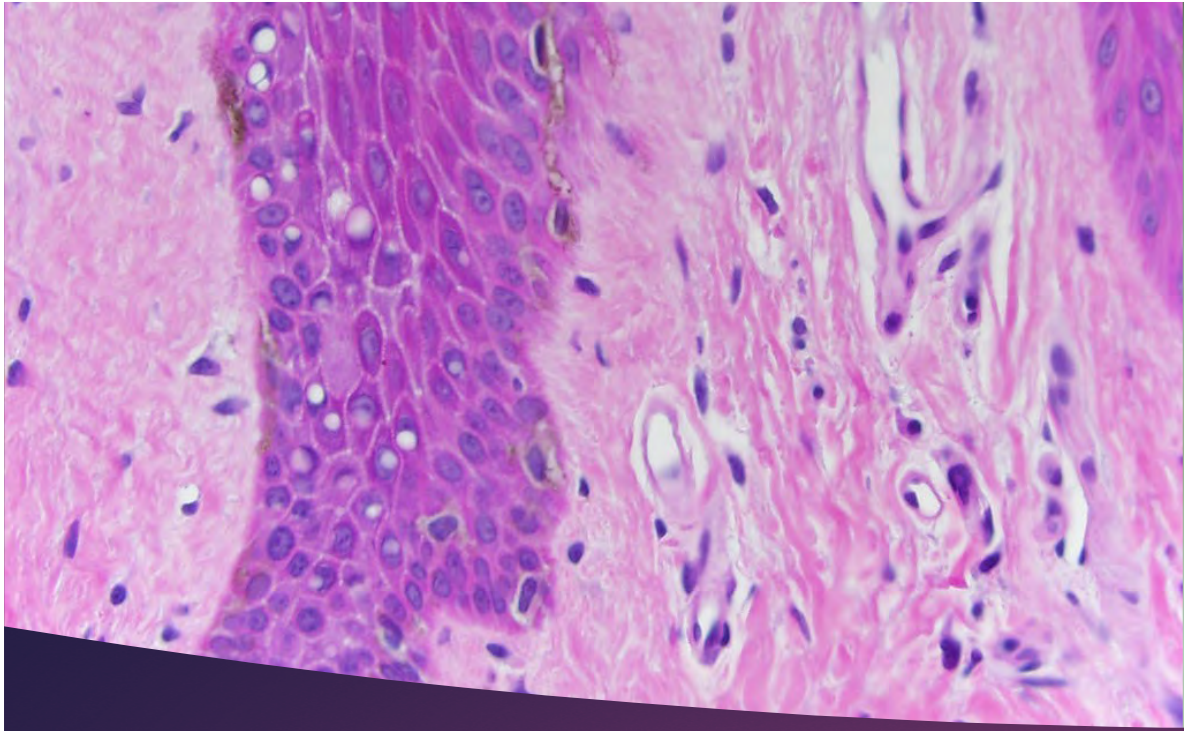
- ▶ Use of a vibrating kinetic anesthesia device reduces the pain of lidocaine injections
- ▶ Buffering and use of warm lidocaine.
- ▶ William C. Fix, Zelma C. Chiesa-Fuxench, Thuzar Shin, Jeremy Etzkorn, Nicole Howe, Christopher J. Miller, Joseph F. Sobanko
- ▶ <https://doi.org/10.1016/j.jaad.2018.08.011>



Post-nail procedure analgesia

- ▶ 1 mL of solution containing 0.5 mL of ropivacaine and 0.5 mL of triamcinolone injected after surgery
- ▶ September 2019 Volume 81, Issue 3, Pages 860–862





Early detection of acral melanoma

- ▶ It is essential to integrate clinical, dermoscopic, and histologic findings
- ▶ DOI: <https://doi.org/10.1016/j.jaad.2019.01.081>

Functional surgery versus amputation for in situ/minimally invasive nail melanoma: A meta-analysis

- ▶ No difference in local recurrence between the 2 interventions
- ▶ October 2019 Volume 81, Issue 4, Pages 917–922

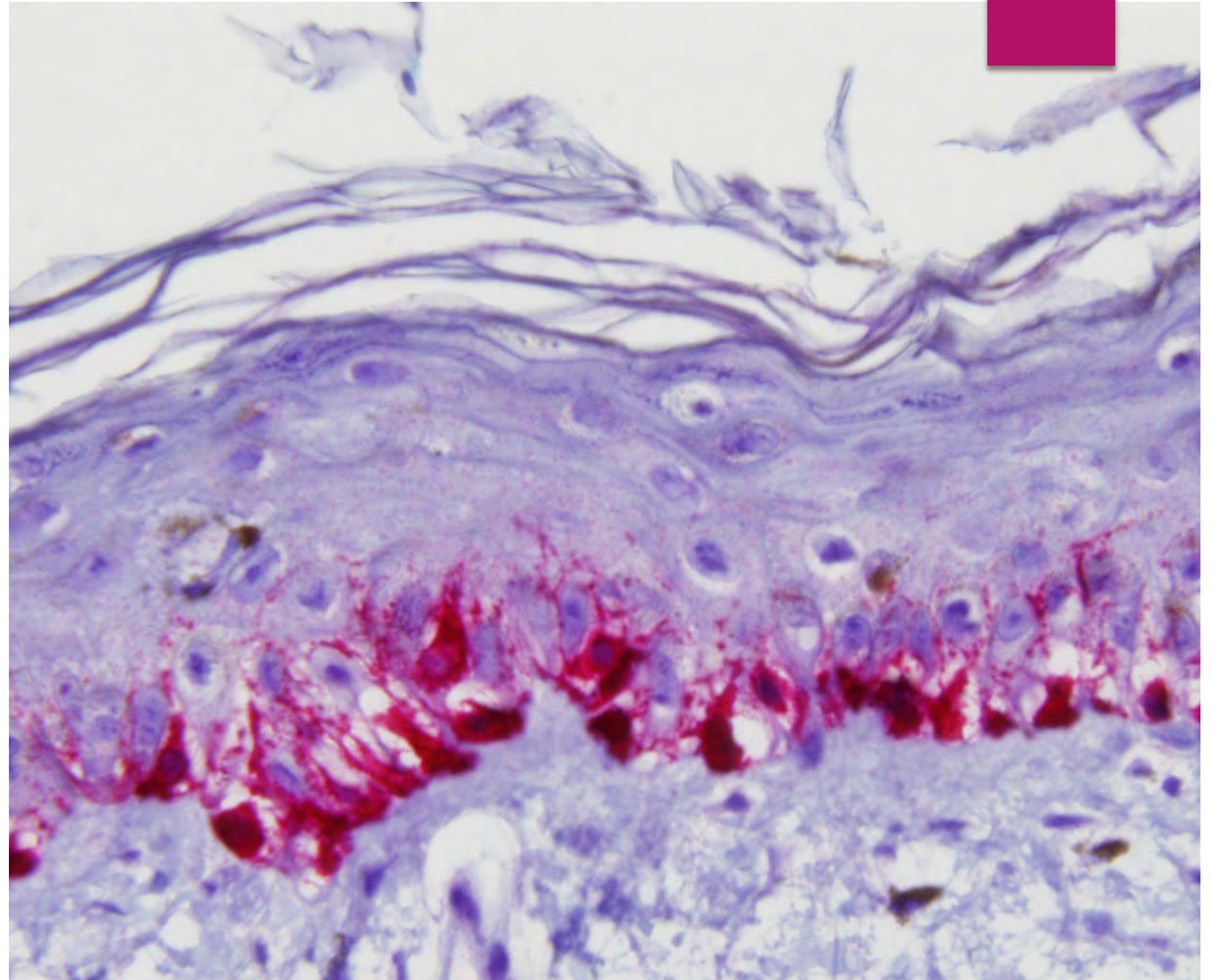


Digit-sparing en bloc surgery of nail apparatus melanoma in situ

- ▶ Patient satisfaction much high than with amputation
- ▶ Less functional disability
- ▶ All patients were a minimum of 1 year after surgery at survey time. All patients completed the pain assessment, the additional questions, and the DLQI (100% response rate), and 13 of 17 patients with hand NAMIs completed the DASH (76% response rate).
- ▶ Overall procedure satisfaction was very high (87%) or high (13%). The average DLQI score was 0.86 (SD, 1.36), implying no effect on QOL
- ▶ March 2020 Volume 82, Issue 3, Pages 746–747

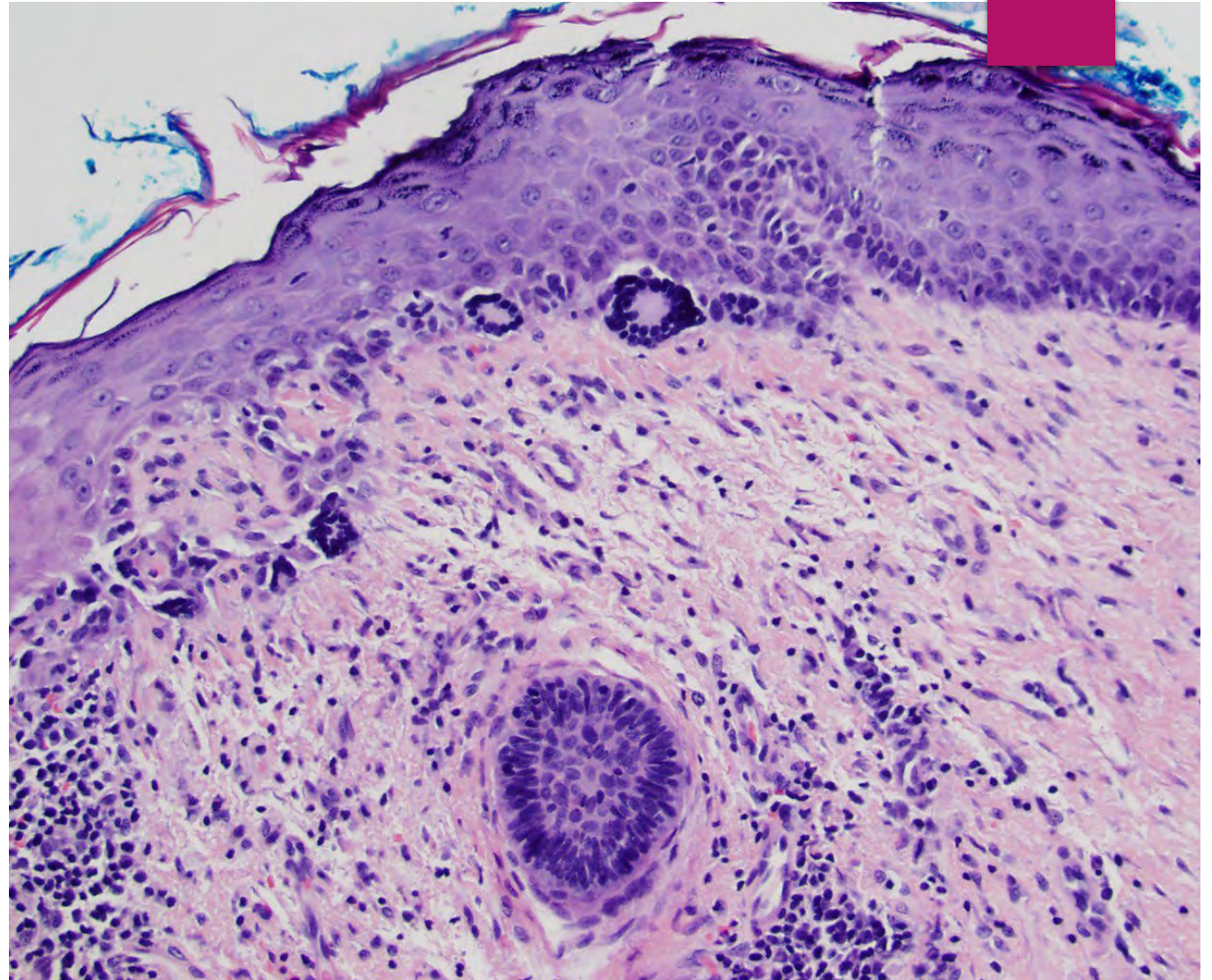
Mohs micrographic surgery for melanoma

- ▶ Mohs with Mart-1
 - ▶ tissue conservation and same-day reconstruction
- ▶ When comprehensive margin evaluation is not used
 - ▶ initial surgical margins of at least 10 mm for primary trunk/extremity and 12 mm for head/neck to achieve histologically negative margins 97% of the time.
- ▶ DOI:
<https://doi.org/10.1016/j.jaad.2019.05.057>



Melanoma on chronically sun-damaged skin

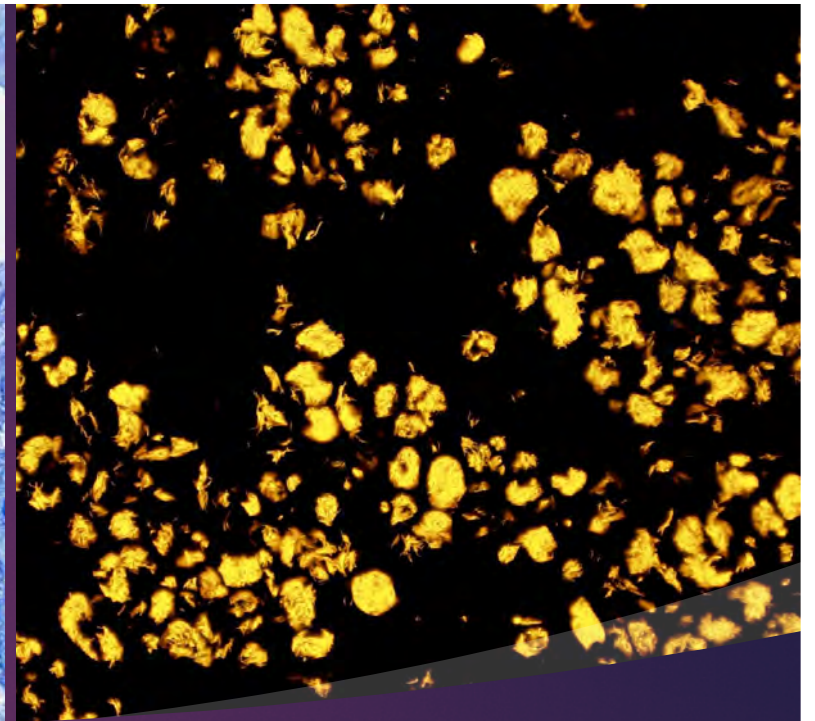
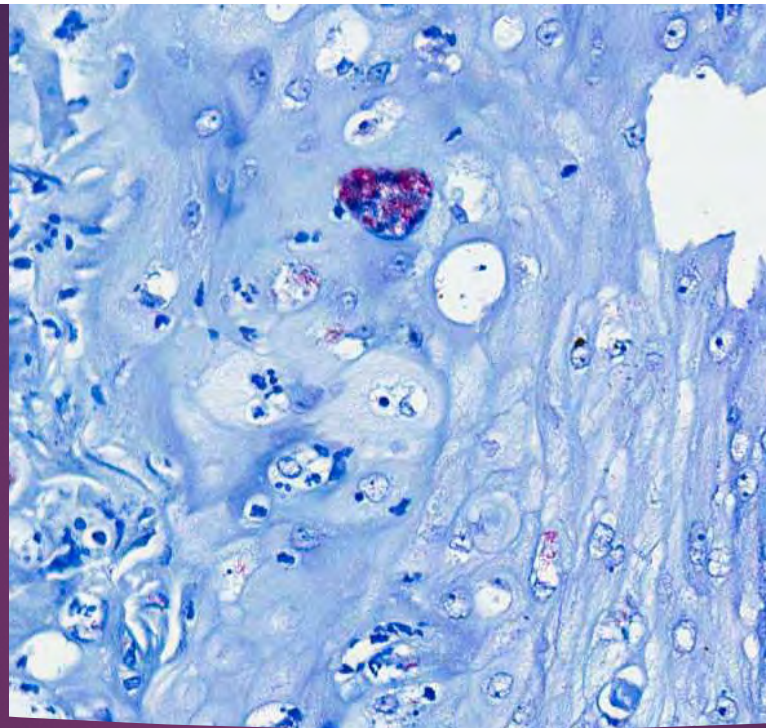
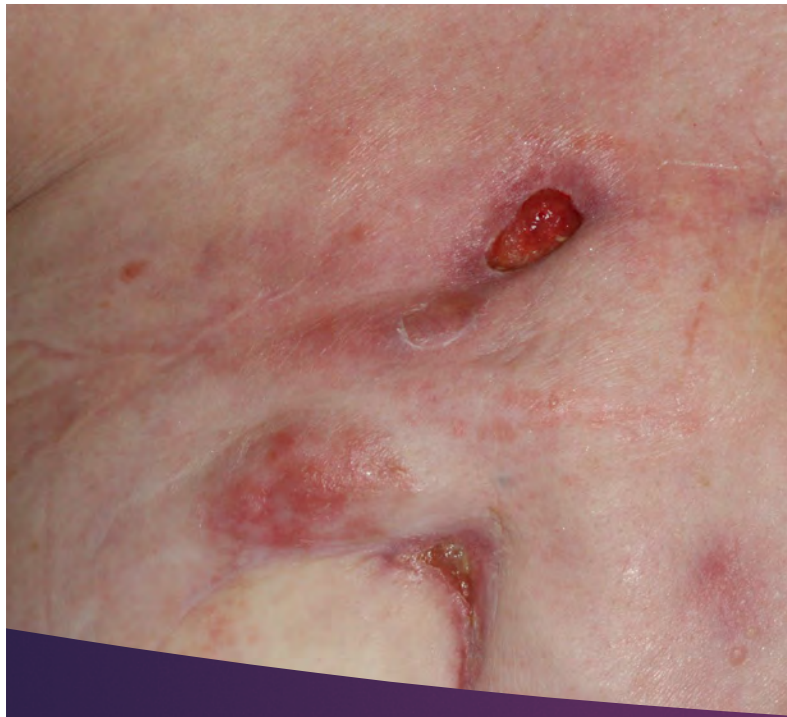
- ▶ Lentigo maligna and desmoplastic melanoma
 - ▶ High index of suspicion
 - ▶ Margin control
- ▶ DOI:
<https://doi.org/10.1016/j.jaad.2019.03.066>



Patient-reported outcomes of adalimumab, phototherapy, and placebo in the Vascular Inflammation in Psoriasis Trial: A randomized controlled study

- ▶ Phototherapy and adalimumab both improve quality of life
- ▶ Patients treated with phototherapy achieved more improvement in overall health-related quality of life compared with adalimumab.
- ▶ October 2019 Volume 81, Issue 4, Pages 923–930





Cutaneous nontuberculous mycobacteria infections

- ▶ Only 15% of acid-fast bacillus-positive cultures had a positive smear
- ▶ Only 43% had a positive Fite stain
- ▶
- ▶ DOI:
<https://doi.org/10.1016/j.jaad.2019.04.022>

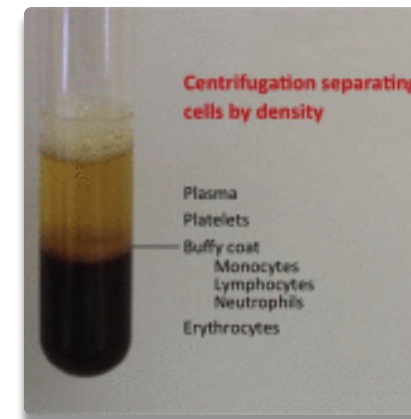
Joint AAD/NPF guidelines for psoriasis phototherapy

- ▶ **Initial dose:**
 - ▶ Skin types I and II: 300 mJ/cm²
 - ▶ Skin types III and IV: 500 mJ/cm²
 - ▶ Skin types V and VI: 800 mJ/cm²
- ▶ **Combination therapy**
- ▶ September 2019 Volume 81, Issue 3, Pages 775–804



Platelet-rich plasma in medical dermatology

- ▶ Chronic wounds and vitiligo
- ▶ DOI:
<https://doi.org/10.1016/j.jaad.2019.04.037>



Spironolactone versus oral antibiotics for female patients with acne

- ▶ Although it is not possible to determine whether medication discontinuation occurred due to lack of efficacy, cost, side effects, or resolution of acne
- ▶ extended drug usage survival of spironolactone suggests good long-term effectiveness and tolerability
- ▶ <https://doi.org/10.1016/j.jaad.2019.03.036>

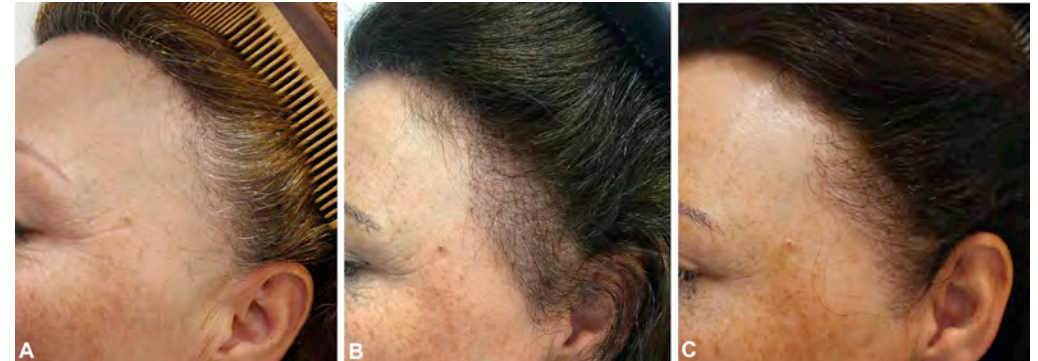
Adverse cutaneous drug reactions with antimalarials in LE and DM

- ▶ Did not observe an increased frequency of antimalarial ACDRs in DM compared with LE
- ▶ September 2019 Volume 81, Issue 3, Pages 859–860



Hair transplant in frontal fibrosing alopecia

- ▶ Results temporary, despite their receiving medical therapy.
- ▶ Patient satisfaction is high
- ▶ Careful discussion
- ▶ September 2019 Volume 81, Issue 3, Pages 865–866



Cooled hydrogel dressing to minimize dyspigmentation from laser tattoo removal

SEPTEMBER 2019 VOLUME 81, ISSUE 3,
PAGES E59–E60



Reverse beveling to improve wound edge apposition

► September 2019 Volume 81, Issue 3,
Pages e63–e64

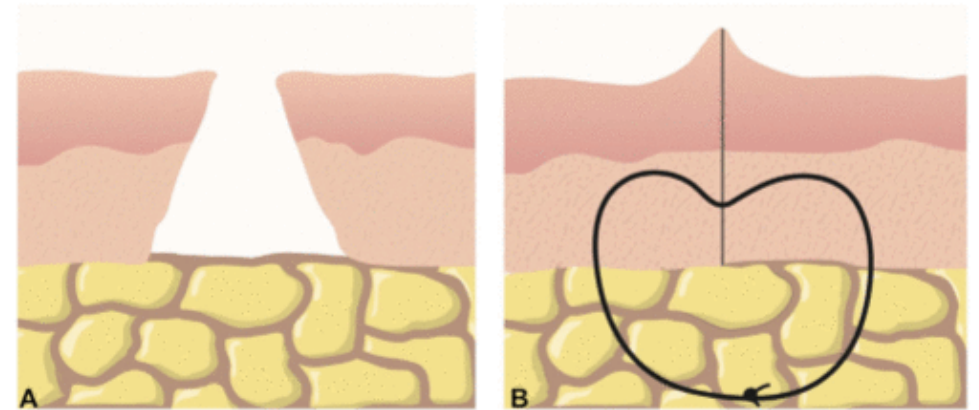


Fig 1. **A**, Incision with a reverse bevel away from the center of the wound. **B**, Tension-free approximation of wound edges in everted position.

Retrograde punch biopsy technique for enlarged earlobe piercings

► September 2019 Volume 81, Issue 3,
Pages e65–e66

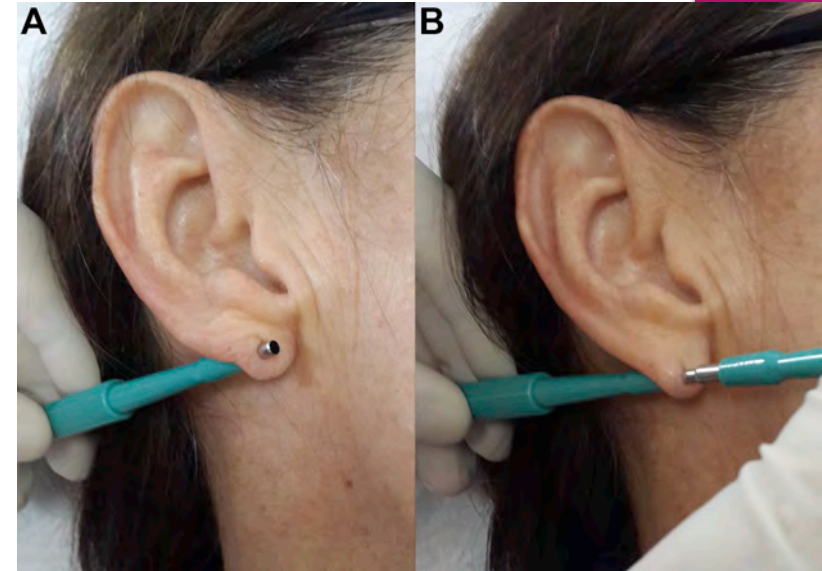


Fig 1. **A,** A 3-mm biopsy punch is inserted through the dilated earlobe tract. **B,** A 4-mm biopsy punch is advanced over the 3-mm biopsy punch in a retrograde fashion.

Microneedling with 5-FU solution in the treatment of stable vitiligo

SEPTEMBER 2019 VOLUME 81, ISSUE 3,
PAGES E67–E69



Safety of 5α-reductase inhibitors and spironolactone in breast cancer patients receiving endocrine therapies



No evidence of interactions between 5α-reductase inhibitors and spironolactone with endocrine therapies used in breast cancer



Most patients did not show increased estrogen levels with spironolactone and there was no data suggesting increased risk of breast cancer.

0.005% Hypochlorite
reduces serine protease
in cultured keratinocytes

- ▶ Implications for bleach bath to treat atopic dermatitis
- ▶ October 2019 Volume 81, Issue 4, Supplement 1, Page AB3



Cost-effective Medicine

- ▶ Ogbechie-Godex OA, et al. 5 laboratory tests to reconsider. JAAD 2018; 78: 1232-5
 - ▶ Potassium testing in young healthy women on acne doses of spironolactone
 - ▶ For hirsutism doses or those with renal impairment watch kidney function, K, and possible sulfa interaction
 - ▶ Monthly labs for isotretinoin
 - ▶ If no bump in 6 – 8 weeks, unlikely to bump
 - ▶ LFTs for healthy people on terbinafine
 - ▶ Those with elevations were symptomatic



Cost-effective medicine

- ▶ Random TSH in vitiligo
 - ▶ Testing should be driven by signs or symptoms
 - ▶ Counsel patients about signs and symptoms
- ▶ Screening ANA for biologics
- ▶ CBC, metabolic panel for biologics
 - ▶ Even for Tb, signs and symptoms are key



Hidradenitis suppurativa

- ▶ Retrospective study of 67 female patients
- ▶ Average 75 mg of spironolactone daily over 7.1-month
- ▶ Significant improvement in
 - ▶ pain [P = .01]
 - ▶ inflammatory lesions [P = .02]
 - ▶ HS-PGA score [P < .001]



Hidradenitis suppurativa

- ▶ No difference between <75 mg and >100 mg
- ▶ Lower doses appear to be effective and may be an appropriate option for patients with tolerability concerns
- ▶ Golbari NM, Porter ML, Kimball AB. J Am Acad Dermatol 2019;80:114-9.

Hidradenitis suppurativa

- ▶ 20 patients with moderate HS, 3:1 ratio blinded treatment with apremilast 30 mg twice daily or placebo for 16 weeks
- ▶ Clinical response 8 of 15 patients in the apremilast group (53.3%) and none of 5 patients in the placebo group (0%) ($P = .055$) at week 16.
- ▶ Vossen A, van Doorn M, van der Zee H, Prens E. J Am Acad Dermatol 2019;80:80-8



Hidradenitis suppurativa

- ▶ Apremilast-treated patients
 - ▶ significantly lower abscess and nodule count (mean difference, e2.6; 95% confidence interval, e6.0 to e0.9; $P = .011$)
 - ▶ NRS for pain (mean difference, e2.7; 95% e4.5 to e0.9; $P = .009$)
 - ▶ itch (mean difference, e2.8; 95% confidence interval, e5.0 to e0.6; $P = .015$)

Hidradenitis suppurativa

- ▶ There was no significant difference in the Dermatology Life Quality Index

- ▶ Vossen A, van Doorn M, van der Zee H, Prens E. J Am Acad Dermatol 2019;80:80-8

Clindamycin vs Clinda/Rifampin for HS

- ▶ Clinda alone may be efficacious
- ▶ We rely too much on culture data

▶ Caro et al, JAAD 2019; 80:1314-21



Interruption of Clindamycin/Rifampin in H suppurativa

- ▶ Adverse events 10 – 38%, mostly GI
- ▶ More in older patients
- ▶ Consider probiotics when prescribing
- ▶ JAAD 2019; 80: 1455-7

Optimal dose of infliximab for hidradenitis suppurativa

- ▶ Infliximab
10 mg/kg every 6
or 8 weeks
 - ▶ reasonable
starting dosage
- ▶ Most patients
(64%) required
dose escalation.



HS Management

- ▶ Long term improvement:
 - ▶ Adalimumab, infliximab, anakinra, doxycycline, dapsone
 - ▶ Flush with 2.5mg/ml triamcinolone
- ▶ Short term for flares:
 - ▶ Clindamycin/rifampin, metronidazole, Fosfomycin, even chloramphenicol with caution
- ▶ Severe disease:
 - ▶ Surgical intervention



Dupilumab

- ▶ Recalcitrant facial dermatitis during the dupilumab treatment
- ▶ ACD: Most frequent clinically relevant allergens
 - ▶ cocamidopropyl betaine (CAPB) (40%)
 - ▶ nickel (33%)
 - ▶ oleamidopropyl dimethylamine (27%)
 - ▶ Myroxylon pereirae (20%)
 - ▶ fragrance mix 1 (20%)



Dupilumab

- ▶ Inflamed atopic skin is predisposed to the development of TH2-mediated contact sensitization to weaker potency allergens, such as fragrances, emulsifiers, and surfactants
- ▶ Prevalent nickel sensitization was expected given the hapten's ubiquity and atopic hand dermatitis association

Dupilumab

- ▶ Atopic patients may also have allergic contact dermatitis
- ▶ Untapped potential of IL-4 inhibitors in the treatment of recalcitrant and systematized ACD to certain allergens
- ▶ Brian C. Machler, Calvin T. Sung, Evan Darwin, Sharon E. Jacob. J Am Acad Dermatol 2019;80:280-281

Paraneoplastic granuloma annulare

- ▶ Solid organ malignancies -- lung cancer (4/7)
- ▶ More often generalized disease, refractory to treatment, and perivascular inflammatory infiltrate
- ▶ HbA1c and age-appropriate screening
- ▶ Aaron R. Mangold, Helen J. L. Cumsy, Collin M. Costello, Daniel Y. Xie, c Matthew R. Buras, Steven A. Nelson, David J. DiCaudo, Aleksandar Sekulic, and Mark R. Pittelkow. J Am Acad Dermatol 2018;79:913-20.



Immunization on tofacitanib

- ▶ Winthrop KL. T-cell-mediated immune response to pneumococcal conjugate vaccine and tetanus toxoid during tofacitinib treatment. JAAD 2018; 78: 1149-
 - ▶ Most patients mount a response



Nonbullous pemphigoid: A systematic review

- ▶ Lamberts A, Meijer JM, Jonkman MF. J Am Acad Dermatol. 2018;78(5):989-995
- ▶ Erythematous, urticarial plaques (52.3%) and papules/nodules (20.5%)
- ▶ The mean age at presentation was 74.9 years.



CARD14-associated papulosquamous eruption: A spectrum including features of psoriasis and pityriasis rubra pilaris

Craiglow BG, Boyden LM, Hu R, et al. J Am Acad Dermatol. 2018 Sep;79(3):487-494.

- ▶ Early age of onset;
- ▶ Prominent involvement of the cheeks, chin,
- ▶ and ears;
- ▶ Family history of psoriasis or PRP;
- ▶ Minimal response to conventional topical and systemic psoriasis therapies
- ▶ Improvement with ustekinumab

CARD14-associated papulosquamous eruption: A spectrum including features of psoriasis and pityriasis rubra pilaris



Changing antimalarial agents after inefficacy or intolerance in patients with cutaneous lupus erythematosus

- ▶ Chasset F, Arnaud L, Jachiet M, Monfort JB, Bouaziz JD, Cordoliani F, Bagot M, Barbaud A, Francès C. J Am Acad Dermatol. 2018 Jan;78(1):107-114
- ▶ Of the patients changed because of inefficacy, 56% were responders at month 3; however, the response decreased over time
- ▶ For patients switched because of adverse events, the second AM agent was well tolerated in 69% of cases.



Subclinical sensitization with diphenylcyclopropenone is sufficient for the treatment of alopecia areata

- ▶ Choe SJ, Lee S, Pi LQ, Keum DI, Lee CH, Kim BJ, Lee WS. J Am Acad Dermatol. 2018 Mar;78(3):515-521
- ▶ 46 (28.9%) showed a complete response and 59 (37.1%) showed a partial response



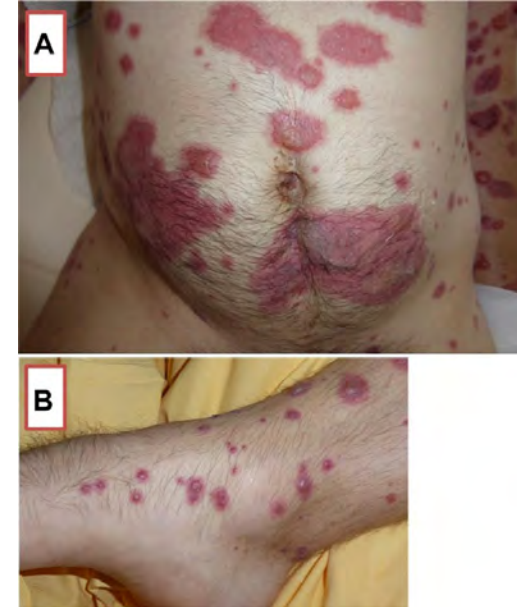
Dose escalation of doxepin for intractable pruritus

- ▶ JAAD ONLINE: THERAPEUTIC PEARL
- ▶ Beck KM, Yang EJ, Koo J. J Am Acad Dermatol. 2018 Sep;79(3):e37
- ▶ Optimal range in the plasma concentration 150-250 g/L, with risk for toxicity at 500 g/L
- ▶ Intractable pruritus where doxepin was considered a treatment failure,
- ▶ Dose can be titrated up to 300 mg/day, by using trough plasma levels to give doxepin a fair clinical trial



Clinical and histologic features of Mycoplasma pneumoniae related erythema multiforme

- ▶ Amode R, Ingen-Housz-Oro S, Ortonne N, et al. J Am Acad Dermatol. 2018 Jul;79(1):110-117
- ▶ M pneumoniae EM has a distinctive presentation with diffuse atypical targets and severe and extensive mucositis.
- ▶ Histology is similar to toxic epidermal necrolysis.



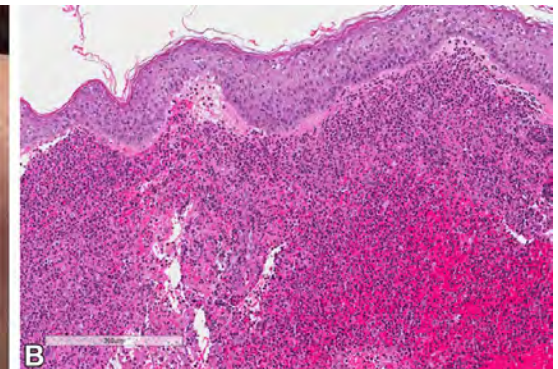
Anti-MDA5 dermatomyositis

- ▶ Kurtzman DJB, Vleugels RA. J Am Acad Dermatol. 2018 Apr;78(4):776-785.
- ▶ Mucocutaneous ulceration, palmar papules, nonscarring alopecia, panniculitis, arthritis, and interstitial lung disease



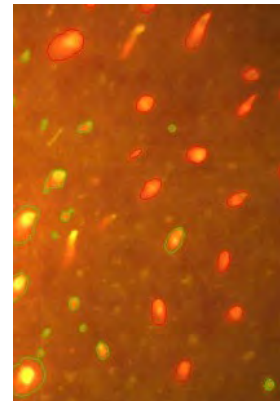
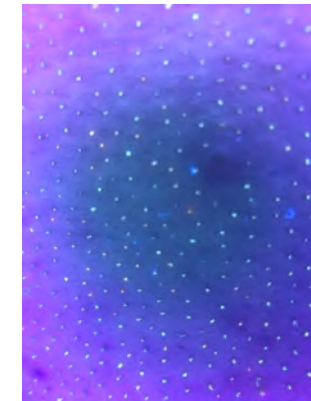
Sweet syndrome in patients with and without malignancy

- ▶ Nelson CA, Noe MH, McMahon CM, et al. J Am Acad Dermatol. 2018 Feb;78(2):303-309
- ▶ Leukopenia, anemia, thrombocytopenia
- ▶ Absence of arthralgia
- ▶ Histiocytoid or subcutaneous histopathology were associated with malignancy



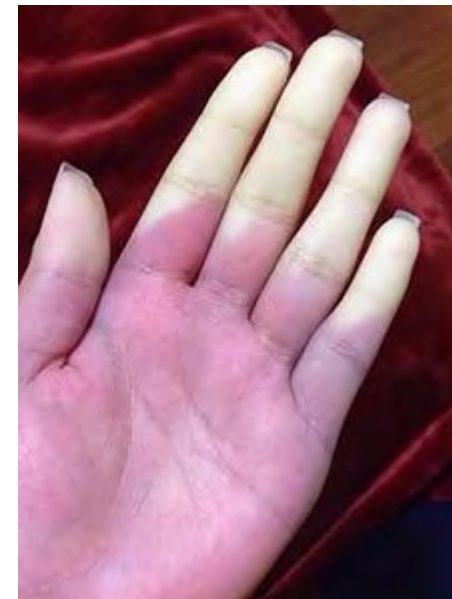
Pityrosporum folliculitis

- ▶ Prindaville B, Belazarian L, Levin NA, Wiss K. J Am Acad Dermatol. 2018 Mar;78(3):511-514.
- ▶ Pruritic, fine monomorphic papules and pustules on the face and back in patients previously treated with antibiotics suggest a diagnosis of Pityrosporum folliculitis.



Topical nitrates in the treatment of primary and secondary Raynaud's phenomenon

- ▶ Curtiss P, Schwager Z, Cobos G, Lo Sicco K, Franks AG Jr. J Am Acad Dermatol. 2018 Jun;78(6):1110-1118
- ▶ Meta-analysis shows that topical nitrates are effective in treating both primary and secondary RP



Efficacy and tolerance profile of thalidomide in cutaneous lupus erythematosus

- ▶ Chasset F, Tounsi T, Cesbron E, Barbaud A, Francès C, Arnaud L. J Am Acad Dermatol. 2018 Feb;78(2):342-350
- ▶ Pooled rate of response was 90%, with similar response rates between severe cutaneous lupus erythematosus subtypes.
- ▶ Pooled rate of thalidomide withdrawal related to adverse events was 24%



Relative efficacy of systemic treatments for atopic dermatitis

- ▶ Strongest evidence currently exists for dupilumab and cyclosporine
- ▶ Clinical trials for lebrikizumab and tralokinumab
- ▶ Seger, et al. JAAD 2019; Volume 80, Issue 2, Pages 411–416.e4



Baricitinib in adult patients with moderate-to-severe atopic dermatitis

- ▶ A phase 2 parallel, double-blinded, randomized placebo-controlled multiple-dose study
- ▶ EASI-50 (61% vs 37% [$P = .027$]) at 16 weeks.
- ▶ Significant as early as week 4
- ▶ Guttman-Yassky et al. JAAD 2019; 80:913-21

Baricitinib in adult patients with moderate-to-severe atopic dermatitis

- ▶ Improved pruritus and sleep loss
- ▶ Adverse events 49% placebo, 46% 2 mg of baricitinib, 71% 4 mg of baricitinib
- ▶ Guttman-Yassky et al. JAAD 2019; 80:913-21

Tezepelumab, in the treatment of moderate to severe atopic dermatitis

- ▶ Anti-thymic stromal lymphopoietin monoclonal antibody
- ▶ Numerically greater percentage of tezepelumab plus topical steroid-treated patients achieved EASI50 (64.7%) versus placebo plus topical steroid (48.2%; $P = .091$)
- ▶ Not statistically significant
- ▶ Simpson et al. JAAD 2019; 80: 1013–1021

A systematic review of evidence-based treatments for prurigo nodularis

- ▶ Topical agents
 - ▶ corticosteroids, calcineurin inhibitors, calcipotriol, and capsaicin
- ▶ Photo- and photochemotherapy
- ▶ Qureshi et al. JAAD 2019, Volume 80, Issue 3, Pages 756–764



A systematic review of evidence-based treatments for prurigo nodularis

- ▶ Thalidomide
 - ▶ 6 reports, only 2 of which were rated level 2b or greater
- ▶ Cyclosporine and methotrexate
 - ▶ 4 combined studies, albeit with level 4 evidence.
- ▶ Pregabalin, amitriptyline, paroxetine, fluvoxamine, and neurokinin-1 receptor antagonists
 - ▶ 5 level 2b studies
- ▶ Qureshi et al. JAAD 2019, Volume 80, Issue 3, Pages 756–764

Serlopitant in Prurigo Nodularis

- ▶ Reduced pruritus in treatment-resistant P nodularis
- ▶ Well tolerated
- ▶ Most frequent side effects nasopharyngitis, diarrhea, fatigue
- ▶ 8 week trial insufficient to assess clinically relevant resolution
- ▶ JAAD 2019; 80:1395-402



Intralesional immunotherapy for the treatment of warts

- ▶ Network meta-analysis of 17 randomized controlled trials (1676 patients)
- ▶ PPD (OR 39.56), MMR (OR 17.46) and interferon β (OR 15.55) had the highest efficacy at the primary site compared with placebo
- ▶ At distant site PPD (OR 42.95) and MMR (OR 15.39) superior to placebo.
- ▶ MMR more effective in reducing recurrence
- ▶ Salman et al. JAAD 2019; 80:922-932



Association between itch and cancer

- ▶ 16,925 patients with pruritus
- ▶ Most strongly associated with cancers of the liver, skin, and hematopoietic system
- ▶ Larson et al. JAAD 2019; 80:931–937

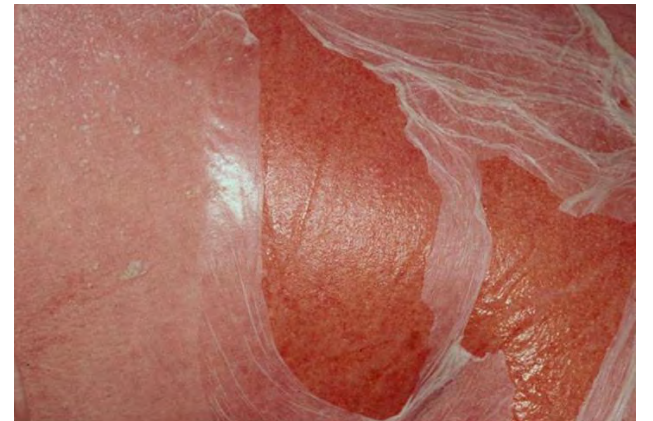


Association between itch and cancer

- ▶ Black patients higher likelihood of skin, soft tissue, and hematologic malignancies
- ▶ White patients higher likelihoods of liver, respiratory, gastrointestinal, and gynecologic malignancies
- ▶ Larson et al. JAAD 2019; 80:931–937

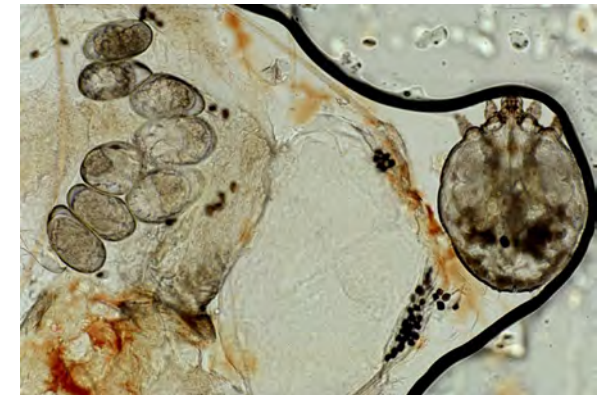
Idiopathic Steven-Johnson Syndrome/TEN

- ▶ Cases in which no drug was identified
- ▶ Mycoplasma 1%
- ▶ TEN-like CTD 1.6%
- ▶ Consider inadvertent drug exposure (meat, dairy with veterinary drugs including NSAIDS)
- ▶ JAAD 2019; 80: 1453-5



Systemic review of anti-scabetic agents

- ▶ 52 trials, 9917 patients
- ▶ Permethrin > sulfur, malathion, lindane, crotamiton, benzyl benzoate
- ▶ Permethrin + ivermectin not significantly higher but ranked highest in regard to symptom abatement
- ▶ Synergized pyrethrin best with adverse events
- ▶ JAAD 2019; 80: 1435-44



Systemic review of anti-scabetic agents

- ▶ Most studies did not include crusted scabies
- ▶ 6 vs 10% sulfur
- ▶ JAAD 2019; 80: 1435-44



Delusional Parasitosis

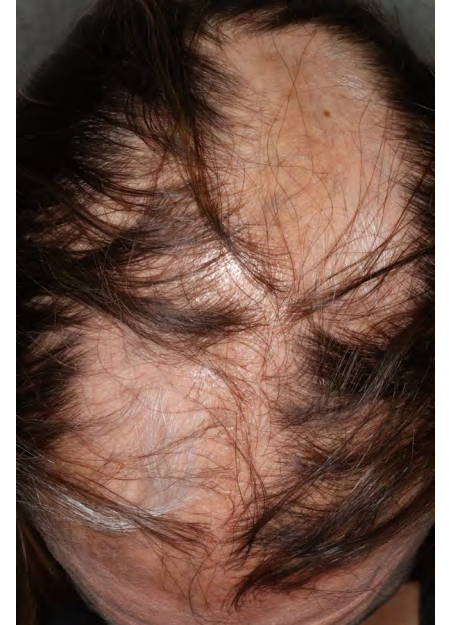
- ▶ Exclude true infestation (biopsy: excoriation vs bite), drug use, systemic disease, schizophrenia, dementia
- ▶ Pimozide 1 – 10 mg –most published literature, more side effects and monitoring
- ▶ Olanzapine 5 – 10 mg higher rates of metabolic side effects
- ▶ Campbell et al, JAAD 2019; 80: 1428-34

Delusional Parasitosis

- ▶ Aripiprazole 2 – 10 mg – least weight gain, metabolic and extrapyramidal effects
- ▶ Risperidone 0.5 – 4 mg – good balance of efficacy, tolerance, drug interactions and published data
- ▶ “Do you think I’m crazy?”
 - ▶ I believe you are suffering and I’d like to help you.
 - ▶ We’re all a bit crazy sometimes. It’s OK; let’s focus on the symptoms.
- ▶ JAAD 2019; 80: 1428-34

Thyroid disease and alopecia areata

- ▶ 50 studies
- ▶ Prevalence much higher than general population
- ▶ Screen for signs and symptoms
- ▶ Lee et al, JAAD 2019; 80:1410-3



Dermoscopy for BCC

- ▶ 17 studies
 - ▶ Pooled sensitivity/specificity 91.2%, 95%
 - ▶ In studies that compared to naked eye
 - ▶ improved sensitivity from 66.9% to 85% and specificity from 97.2% to 98.2%
 - ▶ Most useful for pigmented BCC
- ▶ Reiter et al, JAAD 2019; 80:1380-8

Adult-onset Dermatomyositis

- ▶ Negative ANA associated with higher likelihood of malignancy within 3 years of diagnosis
- ▶ Not correlated with amyopathic disease

▶ Hoesly et al. JAAD 2019; 80:1364-70



Healthy diet and decrease risk of wrinkles

- ▶ Dutch Healthy Diet Index
- ▶ Might get people to eat healthier

▶ Mekic et al, JAAD 2019; 80:1358-63



Increase in topical generic prices

- ▶ Rapidly increasing
- ▶ Many times the rate of inflation
 - ▶ Nystatin/triamcinolone 2529%
 - ▶ Lidocaine 2284%
 - ▶ Fluocinolone cream 2264%
 - ▶ Fluocinolone solution 1175%
- ▶ Bhatt et al, JAAD 2019; 80:1353-7



Psoriasis

► Psoriatic arthritis

- TNF
- IL-17
- IL-12/23 (Ustekinumab) - less reliable



- Shivani B. Kaushik, MD, and Mark G. Lebwohl. J Am Acad Dermatol 2019;80:27-40

Psoriasis

- ▶ Psoriatic arthritis
 - ▶ Tofacitinib
 - ▶ Methotrexate (radiologic progression)
 - ▶ Cyclosporine (radiologic progression, modest peripheral, not axial)
 - ▶ Acitretin (modest at best)
 - ▶ Apremilast
 - ▶ Abatacept
- ▶ Shivani B. Kaushik, MD, and Mark G. Lebwohl. J Am Acad Dermatol 2019;80:27-40

Psoriasis

- ▶ Inflammatory bowel disease
 - ▶ Infliximab, adalimumab, certolizumab, and ustekinumab approved for the treatment of patients with CD.
 - ▶ Golimumab is approved for UC but not for CD
- ▶ Shivani B. Kaushik, MD, and Mark G. Lebwohl. J Am Acad Dermatol 2019;80:27-40

Psoriasis

- ▶ Inflammatory bowel disease
 - ▶ Methotrexate
 - ▶ Cyclosporine
 - ▶ IL-23 inhibitor use in CD has promising results
 - ▶ Etanercept is not as effective as other TNF- α inhibitors for CD.
 - ▶ A direct causal relationship between IL-17 inhibitors or retinoids and CD has not been established but . . .
- ▶ Shivani B. Kaushik, MD, and Mark G. Lebwohl. J Am Acad Dermatol 2019;80:27-40

Psoriasis

- ▶ Malignancy
 - ▶ Acitretin has preventative effects on NMSCs and is preferred
 - ▶ Best to avoid anti-TNF agents
 - ▶ Ustekinumab with caution - carcinogenic potential in animal models
 - ▶ Data are limited for apremilast and IL-17 and IL-23
 - ▶ Avoid methotrexate and cyclosporine
- ▶ Shivani B. Kaushik, MD, and Mark G. Lebwohl. J Am Acad Dermatol 2019;80:27-40

Psoriasis

- ▶ Obesity
 - ▶ Infliximab and ustekinumab dosed based on weight
 - ▶ IL-17 inhibitors better clearance rates in nonobese patients
 - ▶ Apremilast can cause weight loss
 - ▶ Methotrexate carries a higher risk of fatty liver and hepatic fibrosis in obese patients

- ▶ Shivani B. Kaushik, MD, and Mark G. Lebwohl. J Am Acad Dermatol 2019;80:27-40

Psoriasis

- ▶ Demyelinating disease
 - ▶ TNF-a inhibitors contraindicated
 - ▶ Ustekinumab can be used – neutral
 - ▶ IL-17 inhibitors - some benefit in MS symptoms
 - ▶ Data limited for apremilast and IL-23 inhibitors

- ▶ Shivani B. Kaushik, MD, and Mark G. Lebwohl. J Am Acad Dermatol 2019;80:27-40

Psoriasis

- ▶ Lupus
 - ▶ Ustekinumab – safe
 - ▶ Methotrexate and acitretin - good options
 - ▶ Anti-TNF agents - watch for lupus induction and flare
 - ▶ Data are limited for apremilast, IL-17, and IL-23 inhibitors
- ▶ Shivani B. Kaushik, MD, and Mark G. Lebwohl. J Am Acad Dermatol 2019;80:27-40

Psoriasis

- ▶ Pregnancy
 - ▶ Certolizumab - minimal transplacental transfer
 - ▶ Etanercept - placental transfer less than infliximab and adalimumab
 - ▶ Ustekinumab and secukinumab both category B
 - ▶ Minimal data available on ixekizumab, brodalumab, apremilast, and IL-23 inhibitors
 - ▶ Methotrexate and acitretin absolutely contraindicated

Dermoscopy

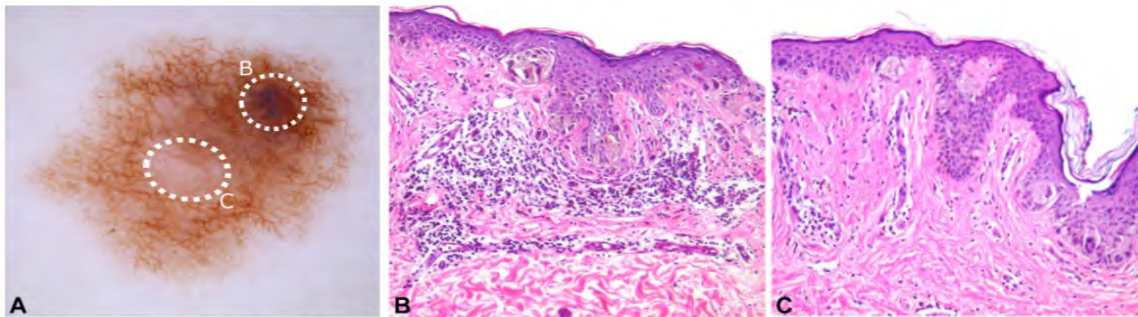


Fig 2. Pigmented lesion showing an overall reticular pattern with an off-centered area of atypical blue and gray dots and globules (A, upper circle) and an area with scar-like depigmentation (A, lower circle). Histopathologically, the area with atypical globules revealed a higher degree of atypia (B) as opposed to the area depicting scar-like depigmentation on dermoscopy (C). Dermoscopy can be useful in identifying the areas with higher degree of atypia.

Oriol Yelamos, Ralph P. Braun, Konstantinos Liopyris,
Zachary J. Wolner, Katrin Kerl, Pedram Gerami,
Ashfaq A. Marghoob. J Am Acad Dermatol
<https://doi.org/10.1016/j.jaad.2018.07.072>

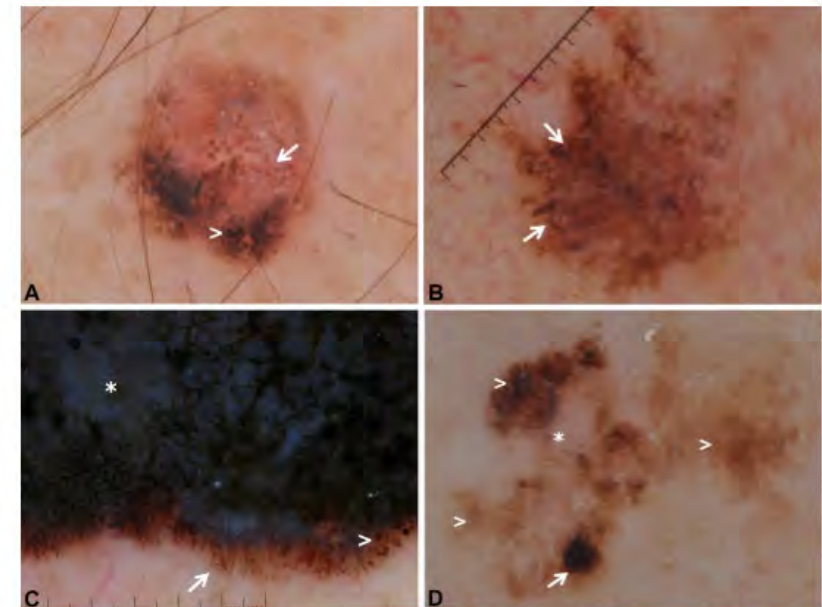


Fig 3. Dermoscopic images showing multiple melanoma-specific structures. A, Melanoma arising in a nevus presenting with negative network (arrow) and irregular globules (arrowhead). B, Lentigo maligna depicting angulated lines (arrows). C, Invasive melanoma showing blue-whitish veil (asterisk), streaks (arrow), and irregular globules (arrowhead). D, Regressed melanoma presenting with atypical network (arrowheads), scar-like depigmentation and peppering (asterisk), and an irregular blotch (arrow).

Melanoma Guidelines

FROM THE ACADEMY
Guidelines of care for the management
of primary cutaneous melanoma

<https://doi.org/10.1016/j.jaad.2018.08.05>



Secukinumab for palmoplantar pustular psoriasis

- ▶ Improved PPPASI-75 and quality of life
 - ▶ 52 weeks
 - ▶ Small sample size
- ▶ Mrowietz et al, JAAD 2019; 80:1410-3



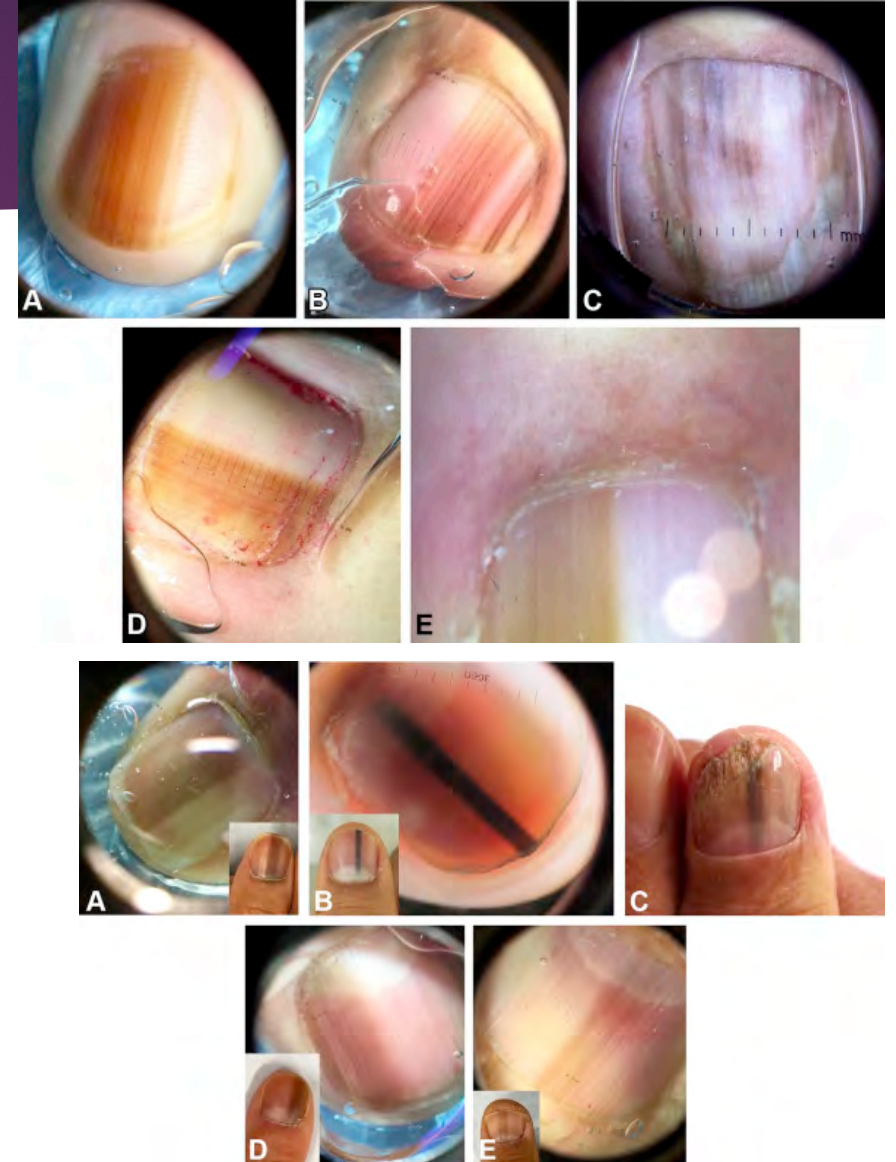
Ustekinumab decreased systemic inflammation

- ▶ 18F-fluorodeoxyglucose PET/CT
- ▶ Implications for metabolic syndrome and cardiovascular disease

▶ Kim et al, JAAD 2019; 80:1322-31

Longitudinal melanonychia

- ▶ Melanomas
 - ▶ Wider band
 - ▶ ABCDE criteria similar between malignant and benign groups
- ▶ Ko et al. JAAD 2019; 80:1272-83



Rethinking Biotin supplements

- ▶ Lipner, Shari R. Rethinking biotic therapy for hair, nail and skin disorders. JAAD 2018; 78:1236-8
 - ▶ Biotin: 30 microg/d from egg yolk, milk, nuts, grains, intestinal bacteria
 - ▶ Biotin deficiency: neuromuscular dysfunction, alopecia, dermatitis
 - ▶ Supplementation needed in holocarboxylase synthetase and biotinidase deficiency

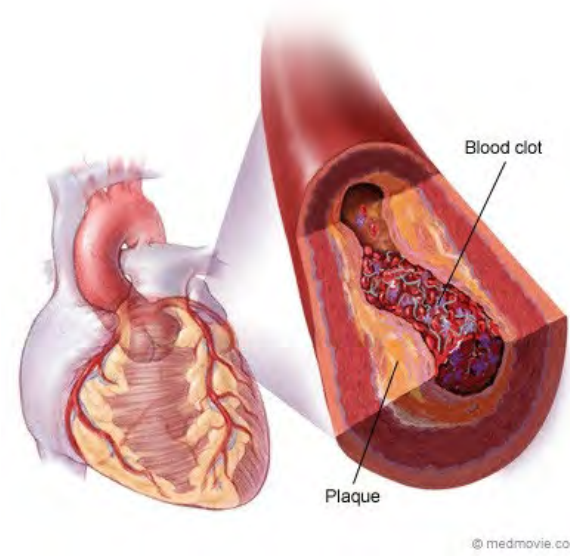


Do we need extra?

- ▶ Average Western diet: 35 – 70 microg/d
- ▶ 5 mg/d may improve atopic dermatitis
- ▶ 2.5 - 5 mg/d may improve brittle nails, trachonychia uncombable hair

Downside

- ▶ Falsely elevated or depressed lab tests
 - ▶ Troponin



Tick bites and red meat allergy

- ▶ Hideo et al. Repeated *Amblyomma testudinarium* tick bites are associated with increased galactose-alpha-1,3-galactose carbohydrate IgE levels. JAAD 2018; 78:1135-41
- ▶ *Amblyomma* in the US. *Ixodes* in Australia and Europe, and *Haemaphysalis* in Japan
 - ▶ Basophils serve as antigen presenting cells
 - ▶ Allergy to beef, pork and lamb



Emerging Diseases

- ▶ Alpha-gal-containing biologics and anaphylaxis
- ▶ *Allergol Int.* 2019 Jul;68(3):296-300.
- ▶ Cetuximab - targets EGFR, used colorectal and head and neck cancer.
- ▶ **α-Gal present on the mouse-derived Fab portion of the heavy chain.**