







LEADERS + TEAMS







Clinic Staff Lab Scientists Faculty Residents Administrative Staff

EXCELLENII RFSIJITS

Best Doctors in America **Excellent Patient Satisfaction** NIH and Pharmaceutical Grants **High Student Evaluations** Top Residents **Endowment Publications**







RESIDENT SPOTLIGHT

Chief's Corner: Shedding Light on Our Future Dermatologists

For many who may not be familiar with the term "chief resident," a chief resident in dermatology at Penn State Hershey Medical Center defines a resident in his/her final year of residency training. At Penn State Hershey, three senior residents currently split the duties of being chief resident for the academic year by taking on this role for four months each. Chief residents plan weekly morning conferences, are responsible for leading teaching conferences, and also handle any issues that come up regarding their co-residents and their program. Not only is this a wonderful teaching and leadership opportunity for these chief residents about to leave their comfortable positions in residency to further pursue their careers, but senior year is also a time for big decisions for residents throughout the country. Whether it is advanced training through fellowships, private practice, or a university or academic setting, preparing our residents to meet the demands for dermatology services is certainly a goal at Penn State Hershey Dermatology. This section of the newsletter highlights the future of those residents who have been inspired in many different ways to fill the gap in this wonderful field.



Shari Clarke, M.D., a native of Long Island, NY, already knows she will miss the special feel and sights of Hershey, upon returning to her home state in July. Having completed her bachelor's degree and undergraduate medical education in upstate New York, attending residency in Hershey is a wonderful change. After graduation,

Clarke will begin a prestigious cosmetic dermatology fellowship under the leadership of Bruce Katz, M.D., of Mount Sinai Hospital in Manhattan where she will further master the art of liposuction, laser surgery, fillers, Botox, and blepharoplasty. Clarke started her dermatology residency knowing that knowledge of cutaneous cosmetic surgery would be imperative, planning to eventually practice in New York City.

She has been a key figure in adding a cosmetic curriculum to the current residency surgical training as well as a resident run monthly cosmetic clinic where patients are offered Botox, hyaluronic acid fillers, and laser treatments. Rogerio Neves, M.D., Ph.D., dermatology's newest joint faculty member, spearheads the clinic with Clarke. She has also had the opportunity to spend time with other well-known cosmetic dermatologists such as Suzan Obagi, M.D., Deborah Sarnoff, M.D., Neil Sadick, M.D., and this spring, Elizabeth Tanzi, M.D. Her enthusiasm for this aspect of her training has been embraced by her fellow residents and staff. Clarke also has a love for general dermatology, including a focus on psoriasis and biologics and the management of malignant melanoma. She continues to present at national meetings such as the American Academy of Dermatology and the American Society for Dermatologic Surgery and publish on topics such as acne therapy and cosmetics.



Rosalyn George, M.D., from Wilmington, DE, will always hold Hershey in a special place in her heart as the place where she and her husband started their family. George received her bachelor's degree from Virginia Polytechnic Institute and State University and attended Virginia Commonwealth University School of

Medicine in Richmond. After an internship and three years of dermatology residency at Penn State Hershey Medical Center, George will open a general dermatology practice in Wilmington, NC, in September 2008.

It was the good weather and family environment that attracted her and her husband to North Carolina. Her special interests include acne and acne scar therapy. George's residency at the Medical Center prepared her well for starting her own business where she will treat children and adults. The dermatology faculty and staff continue to be helpful and supportive by assisting her in seeking out the information and resources she needs to start up a practice on her own.

RESIDENT SPOTLIGHT

During her residency, George was highly influenced by faculty member Diane Thiboutot, M.D., and her research in acne and acne therapies. She has also worked with Cherie Ditre, M.D., of the University of Pennsylvania and will be spending two weeks with Tina Alster, M.D., in Washington DC later this year. George has presented at the American Academy of Dermatology Annual Meetings, received a scholarship for a poster presentation at the American Society for Dermatologic Surgery and presented her senior research project at the Pennsylvania Academy of Dermatology Meeting this past year. Her other accomplishments include multiple publications in dermatologic journals and literature reviews. Her focus includes acne, rosacea, acne scarring, and difficult to manage adult female acne as well as skin cancer, dermatologic surgery, laser surgery, and cosmetic dermatology.



Harper Price, M.D., also originally from Delaware, balances her senior colleagues with a future focus in pediatric dermatology. She attended college at the University of Miami and returned to the northeast for medical school at Jefferson Medical College in Philadelphia. Undergoing her residency in Hershey allowed her to still

be close to family and old friends. Upon graduation, Price will begin a pediatric dermatology fellowship at New York University under the leadership of Seth Orlow, Ph.D., M.D., and Julie Shaffer, M.D. Her interest in pediatrics began during her first year in dermatology, when she saw patients in the pediatric dermatology clinic with Andrea Zaenglein, M.D., who has been her mentor for the past three years. Since then, she has presented at the annual Society for Pediatric Dermatology meetings and continues to contribute to dermatology and pediatric based journals and textbooks with Zaenglein. Her pediatric interests include vascular anomalies, genetic skin conditions, pigmented lesions and birthmarks.

Outside of pediatric dermatology, Price has also holds a special interest and commitment to volunteering, international dermatology, and residency education.

Research: Fulfilling our Mission

Basic research at Penn State continues to thrive. Diane Thiboutot, M.D., was awarded her second NIH grant this fall to continue her work on understanding the effects of isotretinoin in sebaceous glands. The lab has expanded with the work of two MD/PhD students and a postdoctoral scholar.

Previous research performed in the lab has shown that treatment of sebocytes with 13-cis retinoic acid induces apoptosis. The main goal is to try to determine which 13-cis retinoic acid isomers and/or metabolites play a role in the induction of apoptosis in sebocytes. Recently, NGAL (neutrophil gelatinase associated lipocalin) was identified as a possible mediator of apoptosis.

Amanda Nelson, Ph.D., graduated from Purdue in 2000 with a degree in genetics and neurobiology/physiology. She received her Ph.D. from Penn State in 2007 in molecular medicine and is extremely happy to remain on as a postdoctoral scholar. Nelson was also awarded the prestigious La Roche-Posay North American Foundation Award. This award was developed to support outstanding candidates with promising projects in the field of clinical, biological, or pharmacological research linked to dermatology.

Kimberly Smith is a fifth year MD/PhD student in the lab. She graduated from Norfolk State University in 2003 with a B.S. in chemistry. Her project involves determining the mechanism of action of the protein Neutrophil Gelatinase-Associated Lipocalin (NGAL) in inducing apoptosis in sebocytes. Also NGAL has been shown to be an antimicrobial protein, so she is also looking into whether NGAL acts to kill bacteria involved in gram-negative folliculits a condition effectively treated with acutane.

Melanie Dispenza is a third year MD/PhD student who has just started her thesis research in Thiboutot's lab. She received her undergraduate degree in biochemistry from the University of Virginia in 2005. Since completing the first two years of medical school and Step 1 of the boards in August, she has been exploring many project possibilities in the lab. She does not yet know what clinical specialty she would like to pursue, though she is leaning towards a medicine subspecialty.

Research is an integral part of our mission at Penn State Hershey Dermatology and continues to thrive under the direction of Thiboutot and her exemplary staff.

- ROSALYN GEORGE, M.D.

FACULTY SPOTLIGHT

New Faculty

"Change is the constant, the signal for rebirth, the egg of the phoenix." Christina Baldwin, contemporary author

In 2007 and 2008, two exceptional faculty members joined and are joining the Penn State Hershey Dermatology ensemble.



Already making his mark on the Medical Center, Rogerio I. Neves, M.D., Ph.D., joined us this past year with experiences and credentials unique to our mold. A native of Sao Paulo, Brazil. Neves trained there in general surgery and plastic/ reconstructive surgery before completing additional plastic surgery fellowships

at Penn State Hershey Medical Center and Memorial Sloan-Kettering Cancer Center. He subsequently returned to Brazil, where he completed a medical/surgical Ph.D. for his work with tissue expanders in craniofacial reconstruction; moreover,

he has authored countless scholarly publications. The former director and chief of the Department of Skin Oncology at A.C. Camargo Cancer Hospital Treatment and Research Center in Sao Paulo, Neves brings his experience in this capacity to Penn State as he directs the new Melanoma and Skin Oncology Multidisciplinary Clinic.

His skills far exceed the OR and clinic, as he is also fluent in Portuguese, Spanish, and Italian. He dabbles in gourmet cooking and wine tasting, and is a self-proclaimed "Mac (computer) maniac". He and his wife Andrea, a neurologist, have two children, Matheus (age 5) and Maria Clara (age 2). Of note, Neves' father, Gilmar, was a world famous soccer (futebol) goalkeeper from the Brazilian national team in the 1950s and 60s.

"I love to teach and to be an instrument for my residents to grow. My goals for the department are to coordinate the Melanoma and Skin Oncology Multidisciplinary Clinic, to fully integrate dermatology with the Cosmetic Center at Hope Drive, and to nourish a relationship with the Spa at the Hotel Hershey. Importantly, I would like to further strengthen plastic surgery's connection to Mohs surgery, bringing new and sophisticated reconstruction techniques to our patients. In the future, I would also like to encourage photodynamic therapy and dermoscopy as habitual tools in the department."



The summer of 2008 will bring with it **Joslyn Kirby**, **M.D.** to Penn State Hershey Dermatology. Originally from Poughkeepsie, NY, Kirby was an undergraduate at Virginia Tech and completed medical school at the University of Virginia. She is completing her final year of residency at the University of Pennsylvania in the revered position as chief resident. Her academic niche will include medical dermatology and potentially teledermatology.

Kirby's other pursuits include cooking, running, and traveling. She and her husband Matt, who aspires to teach at the high school level upon their arrival, have a new baby named Maren who was born in October of 2007.

"My goals for the department are to improve access to dermatologic care and educate other medical professionals about dermatology. I look forward to learning from my colleagues, returning the favor when I can, continuing to have fun at work, and helping others to enjoy their time at work, too."

As evidenced by their impressive training, experience, and leadership, Neves and Kirby will unquestionably augment the academic and clinical environment of our department. On a lighter note, their diverse commitments, including being yet another set of endurance athlete-world traveler-superparents, will complement Penn State Hershey Dermatology's nurturing, yet feisty, atmosphere.

CLINICAL CARE, RESEARCH, EDUCATION AND COMMUNITY OUTREACH

Skin Oncology Clinic

Melanoma is the most serious cancer of the skin. The National Cancer Institute estimates that close to 60,000 Americans are diagnosed with melanoma a year; in 2007, melanoma claimed the lives of more than 8,000 Americans. Penn State Hershey Medical Center is pioneering a new way to combat this growing problem in central Pennsylvania. Under the guidance of Rogerio Neves, M.D., Ph.D, Penn State Hershey Cancer Institute is forming the Skin Oncology Clinic. Fitting within the University's goals of clinical care, research, education and community outreach, the goal of the clinic is to give melanoma patients a multidisciplinary approach to their disease. The program and its affiliated physicians will be responsible for the diagnosis, staging, clinical and/or surgical treatment, reconstruction and follow-up for patients with melanoma. Meeting every Thursday morning, patients with newly or previously diagnosed melanomas will arrive to their clinic appointments and meet with the appropriate subspecialists at the same visit. This represents a collaboration between many departments:

- Dermatology-Bryan Anderson, M.D.
- Plastic Surgery-Rogerio Neves, M.D./Ph.D.
- Medical Oncology-Joseph Drabick, M.D.
- Surgical Oncology-Kevin F. Staveley-O'Carroll M.D.
- Radiation Oncology-Heath Mackley, M.D.
- Pathology-Klaus Helm, M.D.

In addition to improving patient care coordination, ancillary goals of the program include the implementation of education campaigns for the awareness and prevention of skin cancer, the education of residents and medical students in conjunction with the monthly Melanoma Conference, and the initiation of clinical trials and drug studies. The clinic is currently located in the University Physician Center, suite 3200 and will soon be moving to the new Oncology Center. If you or anyone you know has been recently or previously diagnosed with melanoma and would like to be cared for at the Skin Oncology Center, please call Stephanie Livelsberger at 717-531-3832.

-MARK EID, M.D.



Zhaoyuan Cong is a research technician in the lab of Diane Thiboutot, M.D.

NEW FELLOWSHIPS

In July 2008, we will have two new fellows joining the Department of Dermatology.

Holly Gunn, M.D., will begin her research fellowship with Rob Turrisi, Ph.D., researching behavior modifications for skin cancer prevention. Gunn graduated from the University of Maryland with a degree in biochemistry, and then completed her medical education at the University of South Alabama. She is currently finishing her internship in internal medicine at Penn State Hershey Medical Center. Gunn has already completed extensive research at the University of Utah, University of Maryland, and University of South Alabama. She is currently juggling her role as a wife, intern, and writer of several research grants. In July 2008, Gunn will start her dermatology residency at the Medical Center.

Jeannie Hennessy, M.D., will be Hershey's first dermatopathology fellow. She will be mentored by our three dermatopathologists: Klaus Helm, M.D., Loren Clarke, M.D., and Mike Ioffreda, M.D., Hennessy attended medical school in Vladivostok, Russia and then completed an ENT residency. She practiced as an otorhinolaryngologist in Vladivostok and Khabarovsk, Russia, for a short time period before immigrating to the United States with her son. For nine years she worked as a surgical technician in Ohio and Texas before passing the USMLE exams. She then began her pathology residency at Penn State Hershey where she developed an interest in dermatopathology. In her spare time, she enjoys impressionist painting, having completed four years of Art School in Russia. She is also a proud mother to her twenty-year-old son, currently a student at Penn State University. Hennessy is excited to start, and stated that for her, the United States has been "The Land of Opportunity" and the dermatopathology fellowship was a "dream come true."

-STACY KLEPEISS, M.D.

SAVE THE DATE

"A Taste of France" An Elegant Evening of Food and Wine Pairings

Saturday, March 28, 2009

Seven o'clock in the evening Purcell Friendship Hall on the Milton Hershey School campus (Beautiful and new spacious venue!)

Proceeds to benefit the Penn State Hershey Dermatology Research Endowment Fund



A DASH OF SALT AND PEPPER



A Recipe for Success

As any good cook knows, a dash of this or a touch of that can spell the difference between a culinary masterpiece and your weekday brown-bag lunch. Here at Penn State Hershey Dermatology we are fortunate enough to have a seasoned chef specialty trained in, not only dermatology, but pharmacology as well. Associate Professor of Dermatology, David R. Adams, M.D., Pharm.D., has a keen sense for that special ingredient in an individual patient's treatment plan, be it drug choice, drug vehicle or drug dose, which will maximize therapeutic success while minimizing adverse effects. In a society of ever-enlarging medication lists and a specialty that treats many chronic skin conditions necessitating tedious patient compliance, the importance of such expertise cannot be overstated.

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2007 ACHIEVEMENTS

During the past year, Penn State Hershey Dermatology has had many exciting achievements. in our four missions:

Education—The excitement of learning

- Amanda Nelson and Terry Smith were awarded Ph.D.s
- David Adams, M.D., and Andrea Zaenglein, M.D., were promoted to associate professors and tenured
- Among the top rated educators in the Penn State Hershey College of Medicine
- Achieved five-year residency accreditation with no deficiencies
- More than fifty community dermatologists attend monthly educational conference
- 100 percent of the faculty are tenured or on tenure track
- Lookingbill Endowment sponsored a prominent Visiting Professor
- Hassel Endowment launched to support our academic mission
- Schragger Educational Endowment continued to grow

Research—The joy of discovery

- Diane Thiboutot's, M.D., National Institute of Health (NIH) grant renewed for five years
- Kim Smith awarded an NIH grant for her Ph.D. training
- Amanda Nelson, Ph.D. Roche Posay Acne Research Award
- #33 in NIH funding of more than 100 dermatology departments/divisions nationwide
- Eighteen pharmaceutical-sponsored clinical studies
- Forty-six peer-reviewed publications featured in national/international journals
- Dermatology Research Endowment topped \$800,000
- Annual Wine and Food Event raised more than \$9,000 for basic research
- Adam Glick, Ph.D. (University Park)—Joint appointment in dermatology for skin cancer research
- Dermatology Professor Endowment helped support Diane Thiboutot's lab

Patient Care-The reward of healing

- Top 10 percentile nationwide in Press Ganey Patient Satisfaction
- 100 percent of the faculty recognized in *Best Doctors* in *America*®
- More than 37,000 patient visits
- Open access and evening clinics expanded our service
- More than 100 percent room utilization demonstrates our need for more clinic space
- More than 26,000 skin pathology cases
- Joint appointments in dermatology–Rogerio Neves, M.D., Ph.D. (Plastic Surgery) and Loren Clarke, M.D. (Pathology)
- Multidisciplinary Clinics—gentic and vascular disorders, skin cancer

Community Service—The satisfaction of giving

- More than 300 individuals examined at our annual free Skin Cancer Screening clinics
- Monthly Bethesda Mission Clinic for the homeless in Harrisburg
- Participation and guidance for the Alopecia Areata and Psoriasis Support Groups
- Volunteered for children with severe skin diseases at Camp Horizon
- Lectures to the community

RESIDENT PROGRAM

Residency Curriculum Expanded By Monthly Cosmetic Clinic

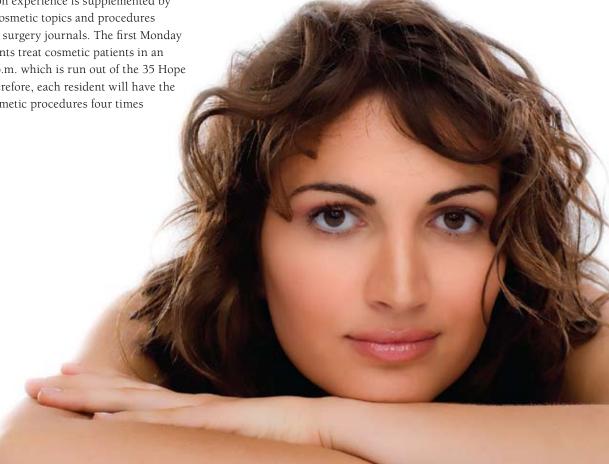
According to the American Society for Aesthetic Plastic Surgery, almost 11.5 million cosmetic surgical and nonsurgical procedures were performed in the United States in 2006. However, in a 2007 survey by the American Society for Dermatologic Surgery (ASDS), 56 percent of dermatologic surgeons indicated that there had been an increase in the number of patients they had treated as the result of complications caused by a non-physician performing a cosmetic procedure. Given these astounding facts, the Penn State Hershey Dermatology Residency Program has recently created a once monthly cosmetic clinic for resident instruction. Even for those residents who do not plan on performing cosmetic procedures following the completion of their residency, it is important that we be armed with ways to treat the various complications that can result from the inappropriate use of botulinum toxin, fillers, and lasers.

The cosmetic clinic is headed by Rogerio Neves, M.D., Ph.D., who carries a joint appointment with the Departments of Dermatology and Plastic Surgery. He has truly been a driving force behind the clinic's development. Prior to our first clinic in August 2007, we had multiple instructional meetings with Neves including a thorough review of facial anatomy and volunteer patient demonstrations with botulinum toxin and dermal fillers. This hands-on experience is supplemented by review articles on various cosmetic topics and procedures from multiple dermatologic surgery journals. The first Monday of each month, three residents treat cosmetic patients in an evening clinic from 6 to 8 p.m. which is run out of the 35 Hope Drive Cosmetic Center. Therefore, each resident will have the opportunity to perform cosmetic procedures four times per year.

In addition to botulinum toxin and fillers, our list of services has recently been expanded to include laser therapy with an Nd:Yag/IPL. We will also offer various chemical peels after the New Year. Our patients' response to the development of our cosmetic clinic has been incredibly positive and this clinic gives us one more opportunity to provide comprehensive dermatologic care for all of our patients.

As dermatology residents, it is imperative that we use our three years of residency to train in as many different areas of dermatology as possible. Cosmetic dermatologic surgery is no exception. The ASDS has issued a position statement on the use of botulinum toxin and dermal fillers and it is our goal to adhere to these principles as best possible. According to the ASDS: "It is the position of the Society that only properly trained physicians should be injecting dermal fillers and botulinum toxins. Training should include an extensive understanding of cutaneous medicine and the aging face, knowledge of the various FDA-approved injectable products and their indications, experience in injection techniques appropriate to the products, and the pre- and post-procedure care involved in treatment."

-SHARI CLARKE, M.D.



EDUCATIONAL ENDOWMENTS

Penn State Hershey Dermatology has established the Alan H. Schragger Fund for Program Support in recognition of Schragger's many contributions to dermatologic education. This endowed educational fund will provide ongoing resources to support educational activities in the field of dermatology and enable the department to continue to offer some of the best clerkships and core lectures in the College of Medicine, as well as offer one of the best residency programs in the United States.

Schragger has been a prominent and active member of the community since he established his dermatologic practice in Allentown in 1963. He served as a member of the Board of Directors at the Allentown Sacred Heart Hospital Center. He was chairman of the board of the Lehigh Valley Hospital, president of the Lehigh County Medical Society, and president of the Medical Staff at Allentown Hospital. He served as executive producer of the weekly television show "On Call" and was a winner of the Scripts Howard Award and the AMA Award for medical television. Of course, those who know him realize when he is not involved in medicine, he is sure to be engaging in his other passion...sailing!

An active member of the teaching staff at Lehigh Valley Hospital, Schragger is a clinical assistant professor at Penn State College of Medicine. Because of his love of dermatology and interaction with the young physicians at the hospital, Schragger has been frequently named Dermatology Teacher of the Year.

Penn State Hershey Dermatology has also established the Mark H. Hassel Educational Endowment Fund in memory of Mark Hassel, M.D., who passed away after a nineteenmonth battle with stomach cancer. Hassel served as a clinical assistant professor and an enthusiastic participant in the dermatology monthly Grand Rounds. The endowment provides financial support for educational activities, clerkships, core lectures, and residency programs in the field of dermatology.

Hassel will be remembered for his caring compassionate nature nourished with humility, a rare sense of humor, and infectious laugh. His dedication to education was evidenced by his active participation in many local and national medical societies. He also played an important and valued role in the education of the dermatology residents and fellow colleagues and it only seems right to honor his memory by creating an educational endowment to carry on his educational quest.



"Q AND A" SESSION

"By a sweet tongue and kindness, you can drag an elephant with a hair" (a Persian Proverb)



I had the distinct pleasure of sitting down with the vice chair and co-program director of the Department of Dermatology at Penn State Hershey Medical Center, Jeffrey Miller, M.D. and had a candid and at times whimsical discussion with him regarding one of his main interests: hair. What follows is the entertaining interview I had with Dr. Miller.

Q: When did you first become interested in hair research?

A: During my clinical fellowship while I was investigating the myriad of opportunities in dermatology research, I was trying to establish a niche for myself and found that hair loss diagnosis/treatment was one of those areas where there were relatively few clinical experts. I felt like it was an area where I could make a significant contribution.

Q: What are the most common hair conditions you see on a daily basis?

A: Women with female-pattern hair loss, which is just as common in women as male-pattern hair loss is in men. One of the things we are working on here is doing hair transplants in women with female-pattern hair loss and we are seeing exciting results.

Q: Adams Family: the bald Uncle Fester or the hairy Cousin It?

A: [Dr. Miller grins broadly...he clearly appreciates the levity] Uncle Fester, because I've learned from my patients that hair does not define a person. There are many conditions where hair does not grow and there are poor treatments available. Unfortunately sometimes we cannot cure the hair loss, but many patients have a wonderful outlook and do not let the absence of hair change them.

Q: Would you consider a hair transplant for yourself?

A: [He smiles and then a thoughtful expression spreads across his face] Getting a hair transplant is a personal decision, it's right for some and not for others. It depends on how comfortable you are with it.

Q: Zebras: white with black stripes or black with white stripes?

A: Black with white stripes.

Q: Did you know that or was that just a lucky guess...you had a fifty-fifty chance?

A: [another smile and...silence]

[He's correct, zebras have black skin and the absence of pigment in some hairs makes the white stripes. Incidentally, zebras develop their stripes in utero around weeks three to five of fetal life.]

Q: Have you ever worn a wig?

A: Yes, in fact I won an award once at a costume party where I feel the wig contributed greatly to my win for the best costume.

Q: Do blondes have more fun?

A: [He chuckles] As it ends up, blondes have a higher density of hair than redheads, so maybe they have more fun working with their hair. Because neither my wife nor I are blond, I am unable to answer that question.

[Just an aside, the diameter of a human hair ranges from about 18 μm to 180 μm . In people of European descent, blond hair and black hair are at the thinner end of the scale, while red hair is the thickest. The hair of people of African descent is typically thicker than the hair of other groups.]

Q: Are you doing any hair research projects right now?

A: Yes, currently we are working on standardizing a technique to measure the amount of hair lost in sixty seconds. The problem is many physicians try to measure the amount of hair loss over a 24 hour period which is very difficult. We are working on a fast, easy and reproducible way to measure hair loss that will make it easier for patients and their physicians to objectively assess their hair loss

Q: Do you know the load-carrying capacity of hair?

A: [A quizzical look dawns on his face] No, but that's a great question. I believe there are various factors that would contribute to the strength of a hair including water content. If you are going to test that, you should use untreated hair (no dye, perms, blowdrying, or hair products).

Hair is a biological polymer; over 90 percent of its dry weight is made up of proteins called keratins. Under normal conditions, human hair contains around 10 percent water, which modifies its mechanical properties considerably. I decided to test the load-carrying capacity of hair using my wife's completely natural auburn locks. Apparently, someone tested a single strand of hair and it can hold around 100 grams. I suspended two regular Hershey® bars from one hair easily (which weighed 90 grams). When I added a third Hershey® bar (total weight 135 grams) the hair broke...I tried the same thing with my short brown hair and yielded the same results.

Q: What are some future advancements you see on the horizon for hair loss treatment?

A: In regards to medical treatments, unfortunately there are no significant advancements except for a new Rogaine® for men foam. A new exciting advancement in the surgical arena is taking stem cells from an individual's hair follicle and growing them in the lab to reproduce new hair which can then be transplanted back onto a person's thinning scalp. This may one day take the place of the traditional hair transplant method we use currently.

-KYLE HORNER, M.D., M.S.

A RECIPE FOR SUCCESS CONTINUED FROM PAGE 5

Adams grew up in Sunbury, PA, before traveling to Philadelphia and Chicago to further his education and interests in pharmacology. It wasn't long however until Adams returned to his roots in central Pennsylvania, serving as a staff pharmacist at Geisinger Medical Center for ten years before pursuing a career in medicine and dermatology here in Hershey.

While on staff at Penn State Hershey Dermatology, Adams has distinguished himself in academic circles as well as in the community. He regularly lectures across the nation on "Drugs & Dermatology" and, while serving as director of clinical dermatology research at PSU, has headed multiple clinical trials investigating the latest biologic treatments for psoriasis and, more recently, hidradenitis suppurativa. Findings from these studies have helped to change the face of treatment for severe psoriasis. In addition to his intellectual prowess, Adams is perhaps better known for his bedside manner. A great listener

and clear communicator, Adams has been recognized by Best Doctors in America® four years running and consistently gets rave reviews from his peers, residents in training, and from his patients.

In retrospect, it is interesting to consider that maybe Adams is more than the chef prescribing just the right ingredient or treatment plan for his patients. Perhaps he is the ingredient, the X-factor that leads to successful treatment and positive experiences for his patients. We are lucky to have such a uniquely trained, well-rounded physician here at Penn State Hershey Dermatology for the people of central Pennsylvania.

-CONNOR PATTERSON, M.D.





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COMMUNITY SERVICE

Bethesda Mission

In the United States, the homeless, indigent, and uninsured are a population often overlooked and neglected by our health care system. Ironically, they are often the ones in greatest need of medical treatment. In order to meet the needs of this growing contingent, Penn State Hershey Dermatology has created a free dermatology clinic that is held at the Bethesda Mission in Harrisburg, PA. Originally founded in 1913 as a shelter for men, women and children, the Bethesda Mission is now exclusively a men's homeless shelter. Although the free clinics are open to both men and women residing in the surrounding area.

The clinic is constructed of several partitioned makeshift treatment rooms, staffed by two full-time nurses, as well as various faculty, administrative staff residents, and medical students from Penn State Hershey Medical Center. Services offered at Bethesda include internal medicine as well as dermatology, with the dermatology clinic functioning every two weeks.



Within the cabinets of the free clinic are a myriad of prescription ointments and topical treatments, as well as oral antibiotics, antihistamines, and immunosuppressants. This supply of medications is made possible primarily through donations by various pharmaceutical companies. Each clinic averages approximately eight to ten patients, with a small number requiring dermatologic procedures. This consistent influx of patients is a reflection of the need for dermatology in this underserved population who would otherwise have nowhere else to turn. Furthermore, the Bethesda Mission Dermatology Free Clinic exemplifies one of our primary missions, community service, in action at Penn State Hershey Dermatology.

-CHRIS JONES, M.D.