



## *A New Center for Eczema Research and Care*

*By Mark G. Lebwohl, MD, Professor and Chair*

In recognition of Dr. Emma Guttman's important contributions to the understanding and therapy of eczema, she was awarded a major grant from the LEO Foundation to study this skin disorder in children. Dr. Guttman has described how a particular T lymphocyte, called Th22, is responsible for many of the disease characteristics of eczema, which is also known as atopic dermatitis. Dr. Guttman's extensive research as a faculty member in Dermatology and Immunology at Mount Sinai and at Rockefeller University supports her innovative theory and has led to the development of targeted therapies that affect small portions of the immune system. The new treatments are expected to be safer and more effective than those currently available for eczema. She has been honored with scientific awards from the American Academy of Dermatology, the Dermatology Foundation, and the Contact Dermatitis Society.

We are delighted to announce the establishment of the new Eczema Center of Excellence, which will be headed by Dr. Guttman. The center will focus on basic science discoveries, translational research, and clinical trials. Please look for future announcements of opportunities to participate in studies of novel targeted therapy for eczema.

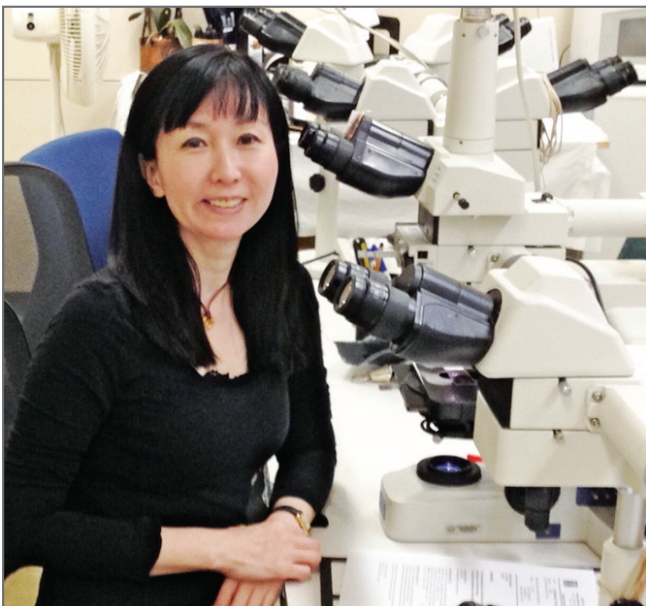


**Emma Guttman, MD, PhD**

*Dr. Guttman is an Associate Professor of Dermatology and Immunology, Director of Occupational and Contact Dermatitis, Director of the Laboratory of Inflammatory Skin Diseases, and a member of Mount Sinai Doctors Faculty Practice (<http://licahn.mssm.edu/guttman>).*

## *A Patient's Guide to MOUNT SINAI'S DERMPATH*

*By Helen Shim-Chang, MD*



**Helen Shim-Chang, MD**

Did you ever wonder what happens to your skin biopsy specimen after a surgical procedure? Once you've been cared for and sent home with a bandage, what happens to the piece of skin that was removed?

*“Expedited processing provides a level of service that sets us apart from many other laboratories.”*

The specimen arrives in our laboratory, where it receives an identifier called an accession number. It is then measured, oriented, inked to show margins, and cut into sections. Next, the sections

*continued on page 3*

## In This Issue

### **MOLLUSCUM CONTAGIOSUM**

Vivian Bockian  
Pages 2 and 3

### **DONOR APPRECIATION**

2012 Contributions  
Pages 4 and 5

### **SKINCARE FOR DISASTER VICTIMS**

Nicole Fabiilli Kowalski  
Page 6

Look for Skin Health at

[www.MountSinaiDermatology.com](http://www.MountSinaiDermatology.com)



# Molluscum Contagiosum

## A BIG NAME FOR SMALL SKIN GROWTHS

By Vivian Bockian



Medical assistant Vivian Bockian helps treat a young patient with molluscum contagiosum.

Molluscum contagiosum (MC), commonly known as “water warts,” is a condition composed of small, raised, flesh-colored papules that are sometimes surrounded by an irritated red halo. MC is caused by a virus in the Poxvirus family, which includes smallpox and cowpox but not chickenpox, which is a member of the herpes virus group.

The small bumps called mollusca can appear almost anywhere on the body, including the face, trunk, arms, legs, and skin folds. The inner thighs are especially common sites. In adults, MC can be seen in the genital region as a result of intimate contact.

Young children are the most vulnerable to MC because it is very common in this group and is easily spread in those whose immune systems haven't yet built defenses against it. In almost all cases, MC is temporary and harmless, but it can be itchy and unsightly. It is an affliction that lasts between a few months and two years and tends to heal without leaving scars. Because it is one of the most prevalent pediatric skin conditions and causes no lasting harm, most physicians do not restrict infected children from attending school or interacting with others, but it does make sense to keep affected skin areas covered and avoid sharing towels and clothing.

Luckily, there are many effective treatments for children whose interlude is on the lengthier side of the spectrum (see table: *MOLLUSCUM CONTAGIOSUM TREATMENTS*).

A close-up photo shows flesh-colored papules with central cores.



Molluscum contagiosum is a viral infection of the skin.

With the exception of Zymaderm®, all of these treatments require at least one visit to a knowledgeable, skilled dermatologist.

The take-away lesson? For the great number of children who are susceptible to MC, there's no way to prevent it, but there are plenty of therapies available.

*continued on page 3*

Vivian Bockian is a medical assistant in the Mount Sinai Doctors Dermatology Faculty Practice.

## Skin Health

A PUBLICATION OF THE MOUNT SINAI  
DEPARTMENT OF DERMATOLOGY

SUSAN V. BERSHAD, MD  
*Editor*

YVONNE B. MEYERS  
*Managing Editor*

MARK G. LEBWOHL, MD  
*Kest Professor and Chair  
Department of Dermatology  
President, Editorial Board*

### Editorial Board

DOUGLAS D. ALTCHER, MD  
JANET NEZHAD BAND, ESQ.

DAVID COLON

JOSÉ GONZALEZ

GERVAISE L. GERSTNER, MD

GARY GOLDENBERG, MD

NORMAN GOLDSTEIN, MD

AHMED HADI, MD

BRUCE E. KATZ, MD

ALBERT M. LEFKOVITS, MD

ELLEN S. MARMUR, MD

STEPHEN VANCE WALL

PATRICIA WEXLER, MD

VICTORIA F. WHITE

The editors thank  
Mount Sinai Printing Services.

# MOLLUSCUM CONTAGIOSUM TREATMENTS

(CONTINUED FROM PAGE 2)

CATEGORY	MEDICINE OR PROCEDURE*	HOW IT WORKS	WHAT YOU NEED TO KNOW
<b>Nonprescription Remedy</b>	Iodine/Tea Tree Oil combination (Zymaderm®)	Mechanism unknown	Apply at bedtime for 30 days; treatment was effective in 84% of patients in one study.
<b>Prescription Creams and Gels</b>	Imiquimod	Attracts immune cells to the application site	Apply at bedtime, 3 to 7 days a week, until improvement is seen, up to 12 weeks.
	Tretinoin (and other retinoids)	Stimulates immunity and unroofs the lesions	Apply at bedtime until irritation occurs; treatment may resume if lesions persist after irritation resolves.
<b>Nonsurgical Office Procedures</b>	Cantharidin	Creates a tiny blister that unroofs the lesions	Sometimes called “beetle juice” because it is derived from blister beetles; the painless treatment is applied by a physician and washed off at home in 2 to 6 hours.
	Podophyllin or podofilox	Erodes tissue and disrupts cell growth	Derived from May Apple roots; the painless treatment is applied by a physician and washed off at home in 4 to 8 hours.
	Trichloroacetic acid	Destroys tissue and unroofs the lesions	Applied and neutralized by the physician; causes slight stinging or burning.
<b>Surgical Office Procedures</b>	Curettage (scraping)	Removes the lesions	Can be accomplished with minimal pain using topical cream anesthesia; leaves small scabs that take about a week to heal; occasionally causes scars.
	Cryosurgery with liquid nitrogen	Destroys tissue and unroofs the lesions	Applied by the physician; causes mild discomfort; may cause scars or loss of pigmentation.

**\*DISCLAIMER:** This is a partial list of the most common treatments for molluscum contagiosum (MC). Some of the treatments on this list are not FDA-approved for MC treatment. The editors of Skin Health advise you to consult a dermatologist before seeking or trying these treatments.

## A Patient’s Guide to MOUNT SINAI’S DERMPATH (CONTINUED FROM PAGE 1)

are placed in a processing machine that dehydrates them so they can be embedded into hot paraffin wax. After cooling, very thin slices of the paraffin tissue block are made. These slices are placed on glass slides, stained, covered with glass slips, and dried. Now they are ready for examination by our dermatopathologists.

From start to finish, this complex process takes less than 24 hours in most cases. Our Division of Dermatopathology also

offers expedited processing in urgent situations. This usually takes only about 4 hours and provides a level of service that sets us apart from many other laboratories.

The Mount Sinai Division of Dermatopathology has five board-certified dermatopathologists: Doctors Robert Phelps, Miriam Birge, Gary Goldenberg, Rajendra Singh, and myself. Collectively, we examine and diagnose approximately 50,000 skin specimens per year.

*Dr. Shim-Chang is an Assistant Professor of Dermatology and Pathology and a member of Mount Sinai Doctors Faculty Practice (<http://icahn.mssm.edu/shim-chang>).*

# THANK YOU TO OUR SUPPORTERS OF 2012

(CONTINUED FROM PAGE 4)

Joyce C. Davis, MD  
Dermatology West 57th  
Services, PC  
Ms. Nancy S. Dunetz  
Mr. and Mrs. Peter G. Elmer  
Mr. and Mrs. Robert Fabrikant  
Jodi A. Fiedler, MD and  
Lawrence M. Fiedler, MD  
Cynthia M. Gahan, MD and  
Mr. William F. Gahan  
Jordana S. Gilman, MD  
Gary Goldenberg, MD  
Mr. and Mrs.  
Richard I. Grausman  
Carin H. Gribetz, MD and  
Mr. Eric Gribetz  
Suhail Muhsin Hadi, MD and  
Ms. Faezah Ali  
Mr. and Mrs. I. Robert Harris  
Marie V. Hayag, MD  
Kenneth L. Howe, MD  
Ms. Jessica H. Kaslick  
Dmitry Khasak, MD  
Hooman Khorasani, MD  
Sylvie D. Khorenian, MD  
Mr. and Mrs. Robert Kleiman  
Charles C. Kleinberg, MD  
Konstadt and Russo  
Dermatology, PLLC  
Mr. and Mrs. Ari N. Lefkovits  
Ligresti Dermatology  
Associates, PA  
Lincoln Road Dermatology  
The Litwin Foundation, Inc.  
Emmanuel R. Loucas, MD  
Diane C. Madfes, MD  
Adarsh V. Mudgil, MD  
Mr. and Mrs. Giuseppe Oppo  
Sapna R. Palep, MD  
Marina I. Peredo, MD  
Plastic Surgery and  
Dermatology of NYC, PLLC  
Neal B. Schultz, MD  
Hara J. Schwartz, MD

Sherry Shieh, MD  
Soho Skin and Laser  
Dermatology, PC  
Ms. Diane Steinberg  
Dana K. Stern, MD  
Mr. and Mrs. John H. Szalkay  
Jack P. Tom, MD  
Trokhan Dermatology, LLC  
Susan L. Ungar, MD  
Urban Dermatology, PLLC  
Aaron Warshawsky, MD  
Debra J. Wattenberg, MD and  
Brett Rosen, CPA  
Mr. and Mrs. Eric C. Woglom  
Ms. Evelyn Zafran

## \$100 - \$499

Mr. and Mrs.  
Stephen R. Auerbach  
Mr. and Mrs. Lee D. Starr  
Meryl Blecker-Joerg, MD  
Mr. Daniel H. Burdick, II  
Mr. and Mrs. Dan Carlinsky  
Dr. Sourab Choudhury  
David H. Ciocon, MD  
Ms. Barbara Daniels  
Ms. Judith B. Deich  
Dermatology Consulting  
Services, PLLC  
The Dermatology Group. PC  
Cybele Fishman, MD  
Mr. and Mrs. Stephen G. Flax  
Mr. and Mrs.  
Richard B. Friedman  
Elaine F. Genkins, MD  
Mr. Howard L. Gerber  
Mr. Harold I. Geringer  
The Goldstein  
Family Foundation  
Ms. Claire Gottfried  
Michele S. Green, MD  
Caroline Halverstam, MD  
Mr. and Mrs. Jack B. Hartog

Mr. Vincent P. Hollander  
Mr. and Mrs. Robert S. Jaffe  
Ms. Patricia D. Kaplan  
Mr. Murray J. Karn  
Mr. and Mrs. Alan Kersh  
Mr. and Mrs. Robert Kroll  
Amir Larian, MD  
Jerry J. Lasser, MD and  
Mrs. Daniele Lasser  
M. Barry Levy, Esq.  
Mr. Michael R. Lewis  
Mr. and Mrs. Edward Leyman  
Michael E. Margolies, MD  
Ms. Anastacia Marta  
Shira Maryles, MD and  
Mr. David B. Maryles  
Stephen E. Mercer, MD, PhD  
Mr. and Mrs. Milton Meshirer  
Mr. Eric C. Meyers  
Ms. Yvonne B. Meyers  
Elizabeth Morrone Living Trust  
Ms. Judith Moses  
Ms. Winefride Olaksen  
Ms. Shirley A. Onacilla  
Joseph A. Penner, MD  
Carolin Penrose, MD  
Mr. and Mrs. Robert Prizer  
Mr. and Mrs. Peter T. Rado  
Helen Radoszycki, MD  
Marion T. Rodriguez, MD  
Mr. and Mrs. Charles S. Ross  
Mrs. Sylvia C. Rothenberg  
Yulianna Russak, MD  
Ms. Anne Sager  
Mr. William T. Salerno  
Mr. David Saltonstall  
Ms. Halle S. Schargel  
Mr. Martin V. Schwartz  
Judith W. Schwartz, MD and  
Michael Brizel, Esq.  
The David and Shirley  
Seiler Foundation  
Mr. Ronald Semaria

Dr. and Mrs. Michael Shapiro  
Ms. Evelyn T. Shaw  
Elizabeth C. A. Smith, MD and  
Mr. Justin M. Smith  
Sunshine Dermatology, LLC  
Mr. and Mrs. Herbert Susser  
Mr. and Mrs. Arnold Syrop  
Mr. and Mrs.  
Vladimir Tartakovsky  
Annemarie Uliasz, MD  
Ms. Naomi Wahrman  
Ms. Alyssa Wallen  
Ms. Zenia R. Wand  
Mark B. Weinstein, MD  
Ms. Beth A. Willensky and  
Mr. Herbert Feuerstein  
Katy Lynn Wiltz, MD  
Ms. Irene Zeichner

## UNDER \$100

Anonymous  
Mr. and Mrs. Toby Bieda  
Mr. Bernard W. Cohen  
Ms. Audrey J. Feldman  
Ms. Barbara Herburger  
Ms. Christina A. Krauss  
Mrs. Marilyn Kroop  
Ms. Evelyn Mandelker  
Mr. and Mrs.  
Alberto A. Marotta  
Ms. Gay Z. Megherian  
Mr. Spencer Meiorowitz  
Mr. Thomas B. Murphy  
Ms. Sandra Oleck  
Serena M. Peck Unitrust  
Mr. Joseph Platnick  
Mr. Harry R. Schumacher  
Mr. and Mrs. Michael Spivak  
Mr. Charles Sporer  
Mr. and Mrs. Myron Stahl  
Ms. Veronica Weinberger  
Ms. Elizabeth K. Wynn

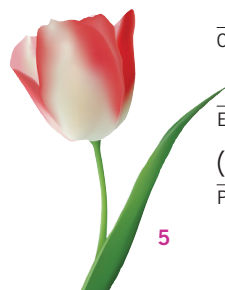
WE APOLOGIZE FOR ANY ERRORS OR OMISSIONS.

I'd like news and information from Mount Sinai Dermatology.

Please add me/us to the mailing list of the Department of Dermatology.

Please fill out both sides, detach this form and mail to:

Mount Sinai Dermatology  
One Gustave L. Levy Place, Box 1047  
New York, NY 10029-6574



TITLE/NAME

ADDRESS

CITY / STATE / ZIP

E-MAIL ADDRESS

( )

PHONE

# THANK YOU TO OUR SUPPORTERS OF 2012

## \$50,000 +

Anonymous  
The Gaisman Foundation  
Clifford and Katherine  
Goldsmith Philanthropic Fund  
The Derald H. Ruttenberg Foundation

## \$25,000 - \$49,999

Schlein Foundation, Inc.  
Eric P. Sheinberg Foundation  
W. & W. Charitable Foundation

## \$10,000 - \$29,999

Susan V. Bershad Charitable Fund, Inc.  
David and Geri Epstein Private Foundation  
Seymour Feldman Foundation, Inc.  
IntraMed  
Mr. and Mrs. Kevin M. Luzak  
Mark Family Foundation  
The Orentreich Family Foundation  
The Paestum Foundation, Inc.  
The Svetlana and  
Herbert M. Wachtell Foundation

## \$5,000 - \$9,999

Angela Willis, RN and  
Douglas D. Altchek, MD  
Baron Capital Foundation  
The Allan S. Gordon Foundation  
Mr. and Mrs. Sven E. Hsia  
Leon Kircik, MD  
Kling Family Fund  
Betty and John Levin Fund  
Levitt Research Foundation, Inc.  
Nina W. Werblow Charitable Trust

## \$2,500 - \$4,999

Ackman Family Foundation  
Harriett Ames Charitable Trust  
Myron and Nancy Cohn Philanthropic Fund  
Mr. and Mrs. William E. Ford, III  
David J. Goldberg, MD  
Bruce E. Katz, MD  
Dr. and Mrs. Stephen B. Kurtin

Karen W. Landau, MD and  
Mr. Rodney W. Nichols  
Merz Pharmaceuticals, LLC  
Walter P. Unger, MD, PC and  
Mrs. Marcia Unger

## \$1,000 - \$2,499

Mr. Wissam Addulhussein  
Arash Akhavan, MD and  
Ms. Karen Easty  
Anonymous  
Craig Austin Dermatology, PC  
Eric Z. Berkowitz, MD  
Gary J. Brauner, MD  
Brownstone Family Foundation  
Karen E. Burke, MD, PhD  
David L. Cohen, MD  
The David Foundation, Inc.  
Kenneth L. Edelson, MD  
Sylvie M. Epelbaum, MD  
Robert and Bobbie Falk Philanthropic Fund  
Mrs. Rita R. Fleischmajer  
Mr. and Mrs. Nelson Fleishman  
Ms. Peggy Fogelman  
Abraham Freilich, MD  
Francesca J. Fusco, MD  
Fredda Ginsberg-Fellner, MD and  
Michael J. Fellner, MD  
Mr. and Mrs. John A. Golden  
Norman Goldstein, MD  
Herbert P. Goodheart, MD  
Marsha L. Gordon, MD  
Jeannette Graf, MD  
Helene E. Price, MD and  
Charles A. Gropper, MD  
Judith Hellman, MD  
Dr. Cindy Hoffman and  
Dr. Mitchell Fischer  
Esther Ho-Kung, MD  
Hudson-Richmond Dermatology, PA  
Dr. and Mrs. Peter Ilowite  
H. Debra Jaliman, MD  
K & E Jones Family Trust  
Kahn Dermatology, PLLC  
Mr. and Mrs. Earle W. Kazis  
Mr. Joseph Kramer

David A. Kriegel, MD  
Mr. Jerome Lauren  
Mark G. Lebowohl, MD and  
Mrs. Madeline Lebowohl  
Dr. Ilyse Lefkowitz  
Long Island Medical and  
Cosmetic Dermatology, PC  
Mitchell J. Mandel, MD and Mrs. Gabi Mandell  
Medimetriks Pharmaceuticals, Inc.  
Mr. and Mrs. Robert C. Milton, Jr.  
Mr. Ihsan Mustafa  
Mr. and Mrs. Melvin J. Nelson  
The New York Aesthetic Consultants, LLP  
Nelson Lee Novick, MD  
Mrs. Lee S. Pearlstein  
Frederick A. Pereira, MD  
Jeffrey Roth, MD  
Donald Rudikoff, MD  
Dr. and Mrs. Allen N. Sapadin  
Lisa M. Silbret, MD and  
Alan L. Schechter, MD, PhD  
Harry L. and Eleanor A. Schick  
Philanthropic Fund  
Schweiger Dermatology, PLLC  
Lynn Silverstein, MD  
James M. Spencer, MD and  
Mrs. Glicia V. Spencer  
Mr. and Mrs. Matthew M. Steinfeld  
Mark F. Tesser, MD  
Dr. W. P. Unger Medicine Prof Corp  
W & W Millennium Dermatology, PC  
Mr. and Mrs. Stanford S. Warshawsky  
Mrs. Susan G. Weil  
Wexler Dermatology, PC

## \$500 - \$999

Jules S. Abadi, MD  
Alvin L. Adler, MD  
Lisa E. Airan, MD  
Ms. Margaret A. Bancroft  
Leslie Blacksbury, MD  
Robin R. Blum, MD  
Robert Buka, MD  
Catskill Dermatology PC  
Stephen L. Comite, MD  
Paul C. Contard, MD

*continued on page 5*

Please consider a tax-deductible contribution to dermatology research and education.

\$5,000  
  \$2,500  
  \$1,000  
  \$500  
  \$250  
  \$100  
 Other: \$

- My gift is in honor of \_\_\_\_\_  
 I have enclosed my check payable to  
 The Mount Sinai Dermatology Fund.



Please charge my gift to:

- Visa  
  American Express  
  MasterCard

CARD NUMBER \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**GIVE ONLINE** To make your gift online, please visit us at  
<https://philanthropy.mountsinai.org/dermatology>

PLEASE FILL OUT BOTH SIDES

13PUB/13DERMNEWS3



THE MOUNT SINAI MEDICAL CENTER  
 ONE GUSTAVE L. LEVY PLACE, BOX 1047  
 NEW YORK, NY 10029-6574



**Skin Health**  
 SPRING/SUMMER 2013

**SKINCARE HELP  
 FOR DISASTER VICTIMS**

*By Nicole Fabiilli Kowalski*



*Nicole Fabiilli Kowalski (left) and Trina Maddox are medical assistants in the Mount Sinai Doctors Dermatology Faculty Practice.*

The aftermath of November’s Hurricane Sandy is still being felt by many, including those living in the Rockaways. Trina Maddox and I are natives of Queens, where volunteer efforts have been greatly needed. Trina has played a leading role in her community center’s donation site. In addition to collecting supplies like food, water, clothing, and medical supplies, we’ve shared our professional knowledge and distributed samples of dermatologist-recommended skincare products. Packages of soaps, cleansers, lotions, creams, anti-fungal powders and sun protection were assembled in the Faculty Practice and donated to families struggling to recover from the storm’s devastating effects. Mount Sinai is proud of its many employees who reached out to help.

**F.Y.I.**  
 (FOR YOU INSIDE)

- **ECZEMA CENTER OF EXCELLENCE**
- **UNDERSTANDING DERMATOPATHOLOGY**
- **THE BEST TREATMENTS FOR MOLLUSCUM**
- **RECOGNITION OF OUR 2012 DONORS**

*To book a dermatology appointment at Mount Sinai Doctors Faculty Practice, please call (212) 241-9728 or book online at [www.MountSinaiDermatology.com](http://www.MountSinaiDermatology.com)*