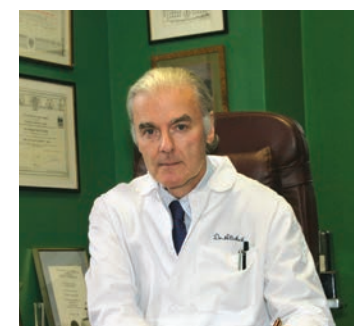


A page from history
MOUNT SINAI'S FIRST DERMATOLOGIST

By Douglas D. Altchek, MD

In 1891, Dr. Sigmund Lustgarten was appointed consulting dermatologist at Mount Sinai, thus establishing our hospital as one of the first in the nation to offer dermatology services. He was born and educated in Vienna, Austria, and trained under the great European dermatologist Ferdinand Ritter von Hebra.

An interesting fact is that Lustgarten and two of his now-famous classmates who were fellow Jews, the psychiatrist Sigmund Freud and the ophthalmologist Carl Koller, developed the first local anesthetic, cocaine. Unfortunately, the brilliant trio suffered as a result of blatant professional anti-Semitism in late 19th-century Vienna, perhaps explaining why Lustgarten departed suddenly from the General Hospital of the University of Vienna in the 1880s.



Dr. Douglas Altchek is a Clinical Professor, Voluntary Attending, and Archivist of the Department of Dermatology (www.mssm.edu/altchek).

Dr. Lustgarten was trained not only in dermatology, but also in general medicine, chemistry and pathology. In 1888, he was offered prestigious positions in Constantinople and Switzerland. He elected instead to travel with his friend Carl Koller to New York, where together they joined the Mount Sinai staff. Both men became legends in their fields. As a testament to his leadership in dermatology, Dr. Lustgarten was elected to the American Dermatological Association, a national organization that did not welcome Jewish physicians during his era.



DR. SIGMUND LUSTGARTEN
1857-1911

Until his death at age 53, Dr. Lustgarten served as Mount Sinai's Chief of Dermatology. Soft spoken and dignified, he was known as a man of great intellectual stature who commanded universal respect. He was a brilliant diagnostician, a man of culture and erudition, a lover of music, and a connoisseur of art. In his will, he left an endowment for the purpose of training dermatologists at the University of Vienna and at Mount Sinai Hospital.



THE MOUNT SINAI MEDICAL CENTER
 DEPARTMENT OF DERMATOLOGY
 ONE GUSTAVE L. LEVY PLACE
 NEW YORK, NY 10029-6574



Skin Health
 WINTER 2012

ABOUT OUR DEPARTMENT

Mount Sinai's Department of Dermatology is one of the largest in the world, with over 170 faculty and resident physicians to serve all your skin care needs. More than a dozen Clinical Faculty members currently accept private patients of all ages in the Dermatology Faculty Practice Associates (FPA), which is open daily, including Saturdays and Sundays, at 5 East 98th Street, 5th Floor, New York, NY 10029. For appointments, please call (212) 241-9728, or book online at www.MountSinaiDermatology.com.

In addition, we have an outstanding group of over 140 Voluntary Faculty members with offices located throughout New York City, the tri-state region, and other areas of the country. Learn more about our entire faculty at www.mssm.edu/dermdocs.

Our Dermatology Residency and Fellowship Programs, with dermatologists-in-training supervised by experienced physicians, provide a wide range of services at outpatient clinics that include General Dermatology, Pediatric Dermatology, Skin Surgery, and Cosmetic Procedures. Clinics operate on most weekdays at the Center for Advanced Medicine (CAM) at 17 East 102nd Street, and on Mondays and Fridays at the Cosmetic Clinic located at 5 East 98th Street.

The Dermatology Research Group conducts clinical studies that are individually approved by Mount Sinai's Program for the Protection of Human Subjects. Most treatments are free of charge to volunteer patients, whose participation helps advance medical knowledge of skin diseases such as psoriasis, acne, eczema, aging, and skin cancer. Please call (212) 241-3288 for more information about being a study volunteer.

F.Y.I.
 (FOR YOU INSIDE)

- 1 DERMATOLOGY ON THE WEB
- 2 HOW TO LOOK AT MOLES
- 3 WINTER DRY SKIN CARE
- 4 DONORS OF 2011
- 5 OUR FIRST DERMATOLOGIST



Skin Health

A PUBLICATION OF THE MOUNT SINAI DEPARTMENT OF DERMATOLOGY WINTER 2012



ON THE INTERNET: sharecare.com

MOUNT SINAI DOCTORS ANSWER YOUR QUESTIONS

by Leonard Achan, RN, MA, ANP

To enhance the well being of our patients and the general public, Mount Sinai is partnering with sharecare.com, a free interactive question-and-answer platform that simplifies and personalizes the search for reliable health information.

Jeff Arnold, creator of WebMD, and Dr. Mehmet Oz, in partnership with Oprah Winfrey/Harpo Productions, Sony Productions, and Discovery Communications, launched the sharecare.com website to pool information on the causes, diagnosis, and treatment of diseases in every medical specialty, creating an expert body of knowledge that addresses questions

from online users. Sharecare.com is accessible from smartphones, tablets, and computers. Its visitors arrive through search engines, links on partner sites, or as a result of hearing about sharecare.com on the THE DR. OZ SHOW.

Currently, seven of Mount Sinai's 160 participating physicians are from the Department of Dermatology: Drs. Mark Lebwohl, Ellen Marmur, Susan Bershad, Heidi Waldorf, Joshua Zeichner, Gary Goldenberg and David Kriegel. In addition, Drs. Marmur and Waldorf have appeared on television with Dr. Oz to help educate the studio audience and viewers about skin disorders.



Dr. Heidi Waldorf discussed cosmetic procedures on THE DR. OZ SHOW.

continued on page 3

sharecare.com **Questions & Answers**



Ellen S. Marmur, MD

Q. What are the three main kinds of skin cancer?

A. Basal Cell Carcinoma (BCC) is the most common form of skin cancer, accounting for about 90% of cases. Although BCC is unlikely to spread, it may do so and needs to be treated quickly, because it's 95-100% curable when caught early. Squamous Cell Carcinoma (SCC) is the second most common and has a slightly higher risk of spreading. Men are twice as prone to BCC and SCC as women, although BCC is increasing in women under age 40. Malignant melanoma accounts for 4% of skin cancer and is the deadliest. To reduce your risk of melanoma, BCC, and SCC, it's best to avoid sun exposure and indoor tanning. *(Excerpted from Dr. Marmur's full answer.)*

Dr. Ellen Marmur is an Associate Professor of Dermatology; Vice Chair, Cosmetic & Dermatologic Surgery; Program Director, Procedural Dermatology; Co-Director, Cosmetic Dermatology Fellowship; and a member of the Faculty Practice Associates, Mount Sinai School of Medicine (www.mssm.edu/marmur).

Q. What are the medical procedures for treating acne?

A. There are many different ways to treat acne. Prescription oral medications, such as antibiotics and isotretinoin, a vitamin-A derivative (retinoid), can help some people. Topical creams containing benzoyl peroxide, antibiotics, or retinoids are also effective. Hormonal-type treatments are appropriate for some women with acne. There are several in-office procedures that can help: chemical peels, microdermabrasion, photodynamic therapy, and a new photopneumatic technology. Acne scarring is best treated with lasers, such as fractionated resurfacing. Visit your dermatologist to find out what can work best for you.



Joshua Zeichner, MD

Dr. Joshua Zeichner is an Assistant Professor of Dermatology; Director, Cosmetic and Clinical Research; and a member of the Faculty Practice Associates, Mount Sinai School of Medicine (www.mssm.edu/zeichner).

continued on page 3

THANK YOU TO OUR SUPPORTERS OF 2011 (continued from page 4)

\$100 - \$499

- | | | | |
|------------------------------------|-----------------------------------|-----------------------------|--|
| Drs. Gary I. and Ellen Wolf Slater | Mr. and Mrs. Ronald S. Tauber | Mr. Lee J. Thomas | Mr. and Mrs. Raymond J. Vogt |
| Elizabeth C. Smith, MD | Mr. and Mrs. Joseph J. Tafuri | Ms. Karen Torres | Vornado Realty Trust, Inc. |
| Aryeh L. Stollman, MD | Mr. Laurence Tarica | Mr. and Mrs. Melvin Twersky | Mark B. Weinstein, MD |
| Mr. David E. Sutton | Mr. and Mrs. Vladimir Tartakovsky | Annemarie Uliasz, MD | Ms. Beth A. Willensky and Mr. Herbert Feuerstein |

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 1049
 New York, NY 10029-6574

TITLE/NAME _____
 ADDRESS _____
 CITY / STATE / ZIP _____
 E-MAIL ADDRESS _____
 () _____
 PHONE _____

In This Issue

Orit Markowitz, MD
PIGMENTED MOLES
 Page 2

Albert M. Lefkovits, MD
WINTER DRY SKIN
 Page 3

Heidi Waldorf, MD
WRINKLE FILLERS
 Page 3

SUPPORTERS OF 2011
 Page 4

Douglas D. Altchek, MD
HONORING OUR PAST
 Page 5

Look for Skin Health at

www.MountSinaiDermatology.com



Special Article: EARLY SKIN CANCER DETECTION

HOW THE EXPERTS LOOK AT PIGMENTED MOLES

by Orit Markowitz, MD

In the year ahead, approximately 70,000 Americans will be diagnosed with malignant melanoma, and almost 9,000 people will die of the disease.

Dermatologists recommend that all adults have full body skin exams every year to detect potentially dangerous skin growths during their early stages. What we look for are the ABCDE danger signs (see box) that help us to identify moles that need to be watched or removed.

Certain individuals should have skin exams every 6 months: those with lots of large moles; those who have a close relative with melanoma; and anyone with a personal history of skin cancer.

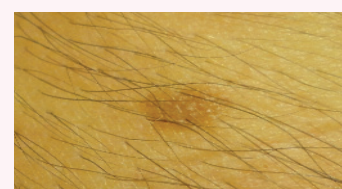
Today your dermatologist is able to catch malignant melanoma early, before the ABCDE danger signs start to appear,

by using special tools. One of these is a painless hand-held device called a dermatoscope, which enables us to see the mole at greater magnification and clarity. Another is total body photography that captures pictures of a patient's skin and creates a road map of their moles.

At Mount Sinai, we also offer advances in computer technology – a device called MoleMax®, and soon, the brand-new MelaFind®, using digital databases to help detect cancerous and precancerous moles.

The good news is that precancerous moles are cured by removal, and malignant melanoma usually has a favorable outcome when caught early.

YOUR DERMATOLOGIST IS ABLE TO CATCH MALIGNANT MELANOMA EARLY ... BY USING SPECIAL TOOLS.



Harmless moles are usually round or oval with uniform color and smooth borders.



Dangerous moles may be irregular in shape or color and have jagged borders.



Dr. Markowitz uses a dermatoscope to examine a patient's mole.

Dr. Orit Markowitz is an Assistant Professor of Dermatology; Director, Pigmented Lesions and Skin Cancer; and a member of the Faculty Practice Associates, Mount Sinai School of Medicine (www.mssm.edu/markowitz).

KNOW YOUR ABCDE'S

Danger signs in a mole:

Asymmetry – the shape, color, or pattern of one half of a mole doesn't match the other half.

Border irregularity – the edges of a mole are uneven, notched, or blurred, instead of well defined.

Color variation – the mole has more than one color, for example: tan, brown, black, white, red, purple, or blue.

Diameter or largest dimension – the size is greater than 6 millimeters (about the diameter of a pencil eraser).

Evolution of a mole – it changes in size, shape, color, or elevation; or the mole becomes crusted or bleeds.

Skin Health

A PUBLICATION OF THE MOUNT SINAI DEPARTMENT OF DERMATOLOGY

SUSAN V. BERSHAD, MD
Editor

YVONNE B. MEYERS
Managing Editor

VICTORIA F. WHITE
Associate Editor

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

Editorial Board

DOUGLAS D. ALTCHER, MD
JANET NEZHAD BAND
DAVID COLON
AARON E. FUCHS, MD
JOSÉ GONZALEZ
ANN MARIE GOTHARD
GERVAISE L. GERSTNER, MD
GARY GOLDENBERG, MD
NORMAN GOLDSTEIN, MD
BRUCE E. KATZ, MD
ORIT MARKOWITZ, MD
STEPHEN VANCE WALL

WINTER WEATHER ALERT

The Causes and Treatment of Dry Skin

by Albert M. Lefkovits, MD

It can be challenging to keep your skin at its best and most beautiful during the winter. Strong cold winds, indoor heating, and lower humidity act to decrease the skin's moisture. Young children and older individuals may be even more susceptible to dry skin, due to a deficiency of essential skin oils that act as natural lubricants.



All of these factors can lead to the condition known as "winter itch." Some of the most vulnerable skin sites are the cheeks, lips, hands, feet, elbows, and knees. Fingertips may develop deep cracks or fissures that are worsened by frequent handwashing and household chores, and therefore it's best to limit these activities and wear protective gloves.

Participating in outdoor sports exaggerates the effects of wind, sun, and dry air. While protection from the elements is important in any terrain, high-altitude sports such as skiing require moisturizing sunscreens (SPF 30+) to prevent sun damage from reduced atmospheric filtration of ultraviolet rays and enhanced reflection from snow.



Keep in mind there are many ways to prevent and treat dry skin (see box).

Advice from Dr. Lefkovits



- Take short baths or showers with warm, not hot, water.
- Use a gentle, unscented moisturizing soap or body wash.
- Apply moisturizing cream or lotion all over after bathing.
- Use a non-pore-clogging facial moisturizer with sunscreen.
- Coat your lips with balm containing petrolatum or beeswax.
- Apply hand cream or ointment after each hand washing.
- Limit handwashing by using portable hand sanitizer.
- Try products with ammonium lactate to reduce roughness.
- Wear protective clothing, hats, and gloves when outdoors.
- Use a vaporizer or humidifier throughout the season.

Dr. Albert Lefkovits is an Associate Clinical Professor of Dermatology and a member of the Voluntary Faculty of the Department of Dermatology, Mount Sinai School of Medicine (www.mssm.edu/lefkovits).

ON THE INTERNET: sharecare.com (continued from page 1)

So far, Mount Sinai dermatologists have posted over 500 answers on sharecare.com, addressing questions about acne, eczema, psoriasis, cosmetic procedures, skin cancer, and many other topics in dermatology. One of our most important goals is to help individuals protect themselves and their families from skin cancer by providing advice on risk reduction, early detection, and successful treatment.

Our answers are reaching a huge audience. In December of 2011, over 170,000 people visited Mount Sinai's sharecare.com pages – 8.4% of them from the New York metropolitan area. All of our patients, friends, and members of the public are invited to visit sharecare.com and send in their skin-care questions.

Leonard Achan is the Chief Communications Officer & Vice President of Marketing, Communications and Digital Media, The Mount Sinai Medical Center.

sharecare.com Questions & Answers (continued from page 1)

Q. What are the benefits of using wrinkle fillers?

A. Today's wrinkle fillers allow us to soften the appearance of the aging face naturally with limited downtime and relatively long-lasting results. We can lift and reshape facial contours to fight gravity and help compensate for the loss of supporting tissue that comes with age. The most commonly used fillers contain hyaluronic acid, a sugar that our bodies recognize as similar to our own. Products in this category such as Restylane®, Perlane®, Belotero® and Juvéderm® can be used everywhere on the face to replace volume. Another fast-acting biodegradable product is Radiesse®, or calcium hydroxylapatite, which acts like scaffolding to support areas like the temples, jawline, and cheeks. Sculptra®, or poly-L-lactic acid, works gradually by stimulating the skin to create collagen, providing soft areas of volume. (Adapted from Dr. Waldorf's video answer.)



Heidi Waldorf, MD

Dr. Heidi Waldorf is an Associate Clinical Professor of Dermatology; Director, Laser and Cosmetic Dermatology; and a member of the Faculty Practice Associates, Mount Sinai School of Medicine (www.mssm.edu/waldorf).

THANK YOU TO OUR SUPPORTERS OF 2011

\$50,000 +
Clifford and Katherine Goldsmith Philanthropic Fund
J & AR Foundation
The Derald H. Rutterberg Foundation
Schlein Foundation, Inc.

\$25,000 - \$49,000
John Deuss Foundation
Eric P. Sheinberg Foundation

\$10,000 - \$24,999
Seymour Feldman Foundation, Inc.
Mr. and Mrs. Kevin M. Luzak
Susan and Morris Mark Family Foundation
The Paestum Foundation, Inc.
W. & W. Charitable Foundation
The Svetlana and Herbert M. Wachtell Foundation

\$5,000 - \$9,999
Harriet Ames Charitable Trust
Susan V. Bershah Charitable Fund
Myron and Nancy Cohn Philanthropic Fund
Leon Kirck, MD
Kling Family Fund
Levitt Research Foundation, Inc.
Rita C. O'Connor and Theodore H. Schell
The Orentreich Family Foundation
Nina W. Werblow Charitable Trust
Angela Willis and Douglas D. Altchek, MD

\$1,000 - \$4,999
Jules S. Abadi, MD
Academic Dermatology, Inc.
Alvin L. Adler, MD
Lisa E. Airan, MD
Craig Austin, MD
Robert Bard, MD, PC
Gary J. Brauner, MD
Dr. and Mrs. Stephen L. Comite
Paul Contard, MD
The David Foundation, Inc.
Dermatology West 57th Services, PC

Mrs. Rita R. Fleischmajer
Mr. and Mrs. Nelson Fleishman
Abraham Freilich, MD
Herbert P. Goodheart, MD
Marsha L. Gordon, MD
Robert M. Greenfield, PhD
Charles A. Gropper, MD
Suhail Muhsin Hadi, MD
Bruce Heller, MD, PC
Judith Hellman, MD
Esther Ho-Kung, MD
Ms. Jane C. Hughes
Mark Kaufman, MD
Earle W. and Judy Kazis
Dr. and Mrs. Ezra Kest
Dr. Dmitry Khasak
Charles C. Kleinberg, MD
Konstadt and Russo Dermatology
Ms. Elizabeth Koppelman
Karen W. Landau, MD
Mr. Jerome Lauren
Albert M. Lefkovits, MD
Mr. and Mrs. Ari N. Lefkovits
Emmanuel R. Loucas, MD
Mark Marinovich Investments, LLC
Orit Markowitz, MD
Mr. and Mrs. Giuseppe Oppo
Melvin J. and Paula Nelson
Mrs. Lee S. Pearlstein
Marina I. Peredo, MD
Frederick A. Pereira, MD
Laura and John J. Pomerantz
Mr. Barry N. Rosen
Brett Rosen and Debra J. Wattenberg, MD
Donald Rudikoff, MD
Dr. and Mrs. Allen N. Sapadin
Alan L. Schechter, MD, PhD
Harry L. and Eleanor A. Schick Philanthropic Fund
Neal B. Schultz
Hara Schwartz, MD
Wendy Simon Schwartz and Richard M. Schwartz
Ronald M. Shelton, MD
Sherry Shieh, MD

\$500 - \$999
Mr. and Mrs. William H. Abrams
Arash Akhavan, MD
Ms. Margaret A. Bancroft
Dr. Robin R. Bloom
Robert Buka, MD
Karen E. Burke, MD, PhD
Catskill Dermatology PC
David L. Cohen, MD
Kathleen E. Davis, MD
Joyce C. Davis, MD
Ms. Nancy S. Dunetz
Eastern Consolidated
Kenneth L. Edelson, MD
Mr. and Mrs. Peter G. Elmer
Mr. and Mrs. Robert Fabrikant
Michael J. Fellner, MD
Cybele Fishman, MD
Cynthia M. Gahan, MD
Gary Goldenberg, MD
Mr. Eric Goldman
Mr. Eric W. Goldman
Jeannette Graf, MD
Eric Gribetz and Carin Gribetz, MD
Marie V. Hayag, MD
Dr. Kenneth Howe
Dr. and Mrs. Peter Ilowite
George R. Jordan, MD
Sylvie D. Khorenian, MD
Mr. Laurence J. Kirshbaum
Gervaise Lawhorne Gerstner, MD
Mr. and Mrs. Hirschell E. Levine
Jody Levine, MD and Elie Levine, MD
The Litwin Foundation, Inc.
Diane C. Madfes, MD

James M. Spencer, MD
Mr. and Mrs. Michael R. Stein
Jack P. Tom, MD
Susan L. Ungar, MD
Robert L. Warner, MD
Stanford and Sandra Warshawsky
Huachen Wei, MD
Patricia Wexler, MD
Shira Maryles, MD and Mr. David B. Maryles
Adarsh V. Mudgil, MD
Nelson Lee Novick, MD
Ms. Ruth Porat and Mr. Anthony Paduano
Mr. Benjamin M. Stacks
Mr. and Mrs. Matthew M. Steinfeld
Dana K. Stern, MD
Mr. and Mrs. John H. Szalkay
Trokhan Dermatology, LLC
Urban Dermatology, PLLC
Ms. Carol V. Wall
Aaron Warshawsky, MD
Mr. Herbert Wachtell
Mr. Norman Wolf
Mr. and Mrs. Stephen R. Auerbach
Mrs. Rae Beispel
Mr. Steven Beispel
Ms. Michelle Belfer
Eric Z. Berkowitz, MD
Whitney P. Bowe, MD
Mr. Eric Brenner
Mr. and Mrs. Dan Carlinsky
The Charatan/Holm Family Foundation
David H. Ciocon, MD
Mr. Dennis M. Dalrymple
Ms. Maureen M. Egen
Mr. and Mrs. W. Mitchell Elliott
Mr. and Mrs. David S. Federman
Mr. and Mrs. Eric A. Federman
Mrs. Marian L. Feniger
Alan and Laraine Fischer Foundation
Mr. Andrew Franco
Mr. and Mrs. Jimmy Franco
Ms. Marguerite D. Franco
Ms. Deborah G. Futter and Mr. William D. Cohan
Ms. Rosalie Y. Goldberg
Deedy and David Goldstick Foundation
Michele S. Green, MD
Mr. Mark A. Grossbard
Ms. Veronica W. Hackett
Mr. George W. Hambrick and Ms. Anna B. Columbus
Ms. Lizbeth Hopfan
Mr. and Mrs. Robert S. Jaffe
Mr. and Mrs. Robert Kleiman
Ms. Elinor Kliegerman-Franco
Carroll and Percy Klingenstein Foundation
Mr. Ronald L. Kurtz
Ms. Patricia J. Laufer
Dr. Michael E. Margolies
Ms. Carolann F. Marshall
Ms. Yvonne B. Meyers
Mr. and Mrs. Robert C. Milton, Jr.
Ms. Judith Moses
Mr. Mark A. Neuman and Ms. Beth R. Kallet-Neuman
Harry Neumark, Inc.
Ms. Shirley Ann Onacilla
Sapna R. Palep, MD
Mr. and Mrs. Bruce J. Paonessa
Mr. Irving W. Perline
Mr. and Mrs. Marco A. Pirone
Mr. and Mrs. Robert Prizer
Ms. Joan M. Rackmil
Mr. and Mrs. Peter T. Rado
Dr. Helen Radoszycki
Ms. Susan Richman
Mr. and Mrs. Charles S. Ross
Dr. Yulianna Russak
Ms. Linda Salamon
Mr. William T. Salerno
The Eli Salig Charitable Trust
Mr. David Saltonstall
Mr. Gilbert W. Sanborn
Ms. Nora M. Sanborn
Mr. Robert H. Schlosser
Mr. H. Richard Schumacher
Muriel B. Schwartz Revocable Trust
Mr. and Mrs. Benjamin E. Segal
The David and Shirley Seiler Foundation
Adrienne and William Silver

continued on page 5

Please consider a tax-deductible contribution to dermatology research and education. Help us celebrate Dr. Mark Lebwohl's 30th year in the Department of Dermatology with a gift today!

■ \$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 Research and Education Fund.

GIVE ONLINE To make your gift online, please visit us at philanthropy.mountsinai.org/dermatology

PLEASE FILL OUT BOTH SIDES

Please charge my gift of _____ to my:

Visa American Express MasterCard

CARD NUMBER _____ EXPIRATION DATE _____

NAME ON CARD _____

SIGNATURE _____ 12NDDM12DERMNEWS10244-5090