



Message from the Chairman

Greetings!

American Skin Association celebrates its achievements as 2008 draws to a close. Much progress has been made this year, including research support of \$700,000; education of over 3 million children; re-design of the website; and 225 attendees at the 10th Annual Gala. Although the future is clouded at the moment by economic challenges and unprecedented issues confronting our nation, solutions are forthcoming. I know that American Skin Association can count on a bright and productive future.

There is still much to do to continue to strengthen and expand our efforts to reduce the growing incidence of serious skin disorders. Despite the challenges, with your support and continued generosity, I anticipate that we will continue upward and onward on the path to help save lives and to alleviate suffering caused by skin diseases and cancer.

I extend sincere appreciation to our volunteers and supporters who make a tremendous difference. I thank the Board of Directors, the Medical Advisory Committee, and the staff for their tireless efforts.

A healthy, happy holiday season to all!

Howard P. Milstein

Chairman

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American Skin Association presents the first Abby S. and Howard P. Milstein Innovation Award



(Left to right) **James G. Krueger, M.D., Howard P. Milstein (ASA Chairman) and Abby S. Milstein** present the Innovation Award to **Boris C. Bastian, M.D.** The award was presented at the ASA Gala on October 30, 2008.

American Skin Association is proud to announce the recipient of the 2008 **Abby S. and Howard P. Milstein Innovation Award for Melanoma/Non-Melanoma Skin Cancer Research.** Boris C. Bastian, M.D, will receive \$750,000 over three years for his research on α KIT signaling pathways as a therapeutic target in melanoma.

Thanks to the philanthropy of Abby S. and Howard P. Milstein, ASA initiated the award in 2008 to foster the development of innovative original research on melanoma and skin cancer and to sup-

port established leaders in the fields of dermatology, oncology and cutaneous biology. Two additional awards of \$750,000 will be given in 2009 and 2010 totalling \$2,250,000.

Boris C. Bastian, M.D. is Associate Professor of Dermatology and Pathology at the University of California, San Francisco. Dr. Bastian's research on the therapeutic targets of melanoma will help to further characterize causes and treatments and will open doors to new approaches.

Founded in 1987, the American Skin Association is a volunteer-led health organization dedicated to saving lives and to alleviating the profound human suffering caused by the full spectrum of skin disease and cancer through cutting-edge research and education.

Vitamin D Deficiency and Sun Exposure

Recent media coverage of Vitamin D deficiency related to sun exposure has left many individuals confused about their sun care choices. A medical controversy has been reported regarding the conflicting goals of obtaining adequate levels of Vitamin D while preventing skin cancer through the use of sun protection products and reduced sun exposure. Dermatologist-recommended sun care

guidelines have been called into question, and some have linked Vitamin D deficiency to sun protection.

There are numerous health benefits of Vitamin D, and it is believed to have a protective effect against many serious conditions, including heart disease, cancer, diabetes, high blood pressure and multiple sclerosis. Unlike most other vitamins that are derived mainly from food sources, the majority

of the body's Vitamin D is produced in the skin when exposed to the sun's ultraviolet light. Some have suggested that the use of sun protection and reduced sun exposure have contributed to Vitamin D deficiency, thereby contributing to increased disease risks.

Because of recent reports of these issues, some individuals have started to question decisions to avoid sun exposure. Much of the information re-

Question and Answer: Laser Resurfacing

Q. What type of skin damage does laser resurfacing treat? Is it safe and effective?

A. Laser resurfacing of the skin is a procedure with many cosmetic, medical, and surgical uses in dermatology. Resurfacing is achieved with a variety of lasers including CO₂, Erbium; YAG, and glass-doped Erbium, among others. When laser energy strikes the skin it is converted to heat. This rapid heating of the skin causes vaporization or coagulation of various layers of the skin. This superficial destruction and subsequent repair of the skin has many therapeutic applications.

Chronically sun damaged skin can be effectively treated with laser resurfacing. The top layers of this skin often contain many cancerous and precancerous cells. If left unchecked, these cells can develop into growths such as actinic keratoses, basal cell carcinomas and squamous cell carcinomas (forms of skin cancer). Since laser resurfacing removes the top layers of the skin, this can not only treat some existing lesions but also reduce the likelihood of developing these lesions in the future. The same principle makes resurfacing an effective treatment for noncancerous superficial growths such as warts and benign keratoses (age spots).

Many purely cosmetic applications exist, as well. The rapid heating of the skin, particularly with the CO₂ laser, causes tightening of the skin that can help to reduce the appearance of sagging and wrinkles. This coupled with the removal of the top layers of rough, dull or uneven skin can offer a significant cosmetic improvement. Acne scars and surgical scars also respond well to this combination of tightening and smoothing of the skin.

Recovery time after laser resurfacing depends on the type of laser used and the depth of the resurfacing. Very superficial resurfacing may result in several days of redness and dryness. A deep CO₂ resurfacing may require weeks of recovery time and wound care. As you would expect, the degree of improvement whether medical or cosmetic, correlates with the depth of the resurfacing and the length of the recovery period. If done incorrectly laser resurfacing carries many risks including burns, scars, infections, and color change of the skin. However, in the hands of a skilled surgeon, laser resurfacing is an important tool in dermatology.

Contributed by David F. Horne, M.D.

Vitamin D Deficiency

garding Vitamin D deficiency suggests some level of unprotected sun exposure as a means of ensuring adequate protective levels of Vitamin D. Many question whether intentional sun exposure should be used to increase Vitamin D levels in an effort to reduce the risk of serious health issues. Others suggest a balance in order to receive enough UV exposure for Vitamin D production, while avoiding the increased risk of skin cancer.

A safe amount of sun is difficult to recommend as risk varies greatly among individuals. Any risk is unnecessary and irrelevant related to Vitamin D concerns. The benefits and necessity of adequate Vitamin D are well-established, but much of the controversy is based on the assumption that it is best to obtain adequate Vitamin D levels from increased sun exposure. Most studies on Vitamin D deficiency have utilized vitamin supplements rather than UV exposure, and studies suggest both the safety and effectiveness of long-term use of Vitamin D supplements. Proper levels of Vitamin D can be achieved through supplements, diet, and incidental sun exposure. Sunscreens do not block all UV rays, and protection varies based on the frequency and thoroughness of application. Vitamin D may take somewhat longer to synthesize when practicing sun safety, but it is not blocked completely.

The importance of Vitamin D does not conflict with the proven and well-documented benefits of proper sun protection. There is little or no evidence to support the link between Vitamin D deficiency and the use of sunscreen. It remains a given that ultraviolet radiation is an important factor in the development of skin damage and skin cancer. Solid evidence also supports the benefits of lifelong sun protection. Plan to get Vitamin D safely through diet and vitamin supplements, rather than increased exposure to damaging radiation.

Abstracted from Barbara A. Gilchrest, MD, "The A-B-C-Ds of Sensible Sun Protection," *Skin Therapy Letter*.

Year-Round Skin Care

Winter Sun Care Tips

MYTH:

Sun protection is only necessary in the summer months and does not need to be a concern during the winter season. – **FALSE**

Many people mistakenly believe that sun protection is only needed during the summer months, but proper sun protection is **necessary year-round**. Although the *intensity* of the sun's rays can change based on the time of year, the skin is exposed to harmful UV rays during **any** exposure to the sun, regardless of the outside temperature. This is also true when it is overcast or cloudy. Sun protection should be used at **ALL** times of the year.

Extra sun care precautions should also be taken during winter sports and outside activities. Snow reflects UV rays and increases the chance of sunburn in the same way that water does at the beach and swimming pool. Skiing in the mountains in winter also requires the same sun care precautions as a day at the beach in summer. The air is thinner in the mountains and harmful rays are more intense because they can pass through the atmosphere more easily.

Protect your skin 365 days a year!

Plan to get Vitamin D safely through diet and vitamin supplements, rather than increased exposure to damaging ultraviolet radiation.

**ASA presents David Martin Carter Mentor Awards at
International Investigative Dermatology Meeting
Kyoto, Japan**



Left to Right, **Kunihiko Tamaki, MD, PhD, Toyko, Japan**; **Barbara A. Gilchrest, MD, ASA Medical Advisory Committee Chairman**; **Enno Christophers, MD, Kiel, Germany**

The International Investigative Dermatology Meeting took place in Kyoto, Japan on May 15th, 2008. Barbara A. Gilchrest, MD, Chairman of the ASA Medical Advisory Committee, presented ASA's **David Martin Carter Mentor Awards** to two recipients: Kunihiko Tamaki, MD, PhD, of Tokyo, Japan and Enno Christophers, MD of Kiel, Germany. Dr. Tamaki received the award for his dedicated mentoring and scientific leadership in the fields of immunology, cell biology, and clinical medicine. Dr. Christophers' award was for his dedicated and scientific leadership in the fields of psoriasis, genetics and clinical therapeutics. The award honors the memory of David Martin Carter, M.D., Ph.D., Rockefeller University, who died in 1993. Dr. Carter was a world-renowned leader in dermatology and a founder of ASA.

The Importance of Early Detection of Melanoma

The best treatment for melanoma is early surgical removal. Recognizing the signs listed below is **essential** to early detection and treatment.

ABCDE's of Melanoma	
<p>A Asymmetry One half of a mole is unlike the other half.</p>	<p>D Diameter The area is greater than a pencil eraser head (6 mm as a rule) or is growing larger.</p>
<p>B Border The edges are irregular, jagged, or blurred.</p>	
<p>C Color The color is not the same all over. It may have differing shades of tan, brown, or black, sometimes with patches of white, red or blue.</p>	<p>E Evolving Changes in appearance over time in size (growing larger,) shape (expanding,) or symptoms such as irritation, itching and/or bleeding.</p>

AMERICAN SKIN ASSOCIATION
Peter Bentley/National Institutes of Health
NATIONAL RESEARCH SERVICE AWARDS

honoring

Peter Bentley IV, J.D. (1915-2008)

Founder and First Chairman of American Skin Association (1987-1999)

RAHAT S. AZFAR, MD

University of Pennsylvania, Philadelphia, PA

Risk of Diabetes and Poor Diabetic Control in Psoriasis

LISA H. WILLIAMS, MD

University of Washington, Seattle, WA

Depression, Foot Ulcer and Incident Amputation in Veterans with Diabetes

National Research Service Awards provide two years of advanced postdoctoral education in Epidemiology, Clinical Trials and Outcomes Research in Skin Diseases, leading to a Masters or Doctorate degree. Physician/Scientists in their third-year of residency or higher are eligible and receive \$90,000 a year for two years.

American Skin Association
10th Annual Gala – October 30, 2008

AWARDS

**LIFETIME LEADERSHIP AWARD
IN OUTDOOR SPORTS**

JACK NICKLAUS

Golf Legend

**LIFETIME SCIENTIFIC
ACHIEVEMENT AWARD**

SHINYA YAMANAKA, M.D., Ph.D.

University of Kyoto

CORPORATE LEADERSHIP AWARD

GAVIN S. HERBERT

Allergan, Inc.

**ABBY S. & HOWARD P. MILSTEIN
INNOVATION AWARD
FOR MELANOMA/NON-MELANOMA
SKIN CANCER RESEARCH**

BORIS C. BASTIAN, M.D.

University of California, San Francisco

HUMANITARIAN AWARD

HARRY C. "HAL" DIETZ, M.D.

Johns Hopkins University

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