Conflicts of Interest
NONE
Hot Topics 2011

- Hemangiomas
- Eczema
- Allergic Contact Dermatitis
- Acne
- Skin Cancer
Hemangioma Update

- Propranolol as 1st line treatment of choice
  - Ulcerated Hemangiomas (JAAD 5/11)
  - Complicated Hemangiomas
    - Exceptions
  - Expanded Use
    - Cosmetically Sensitive Lesions
Hemangioma Update

- Propranolol
  - Use
    - Dosing/Freq
    - Monitoring
  - Side Effects
    - BP/HR
    - Hypoglycemia
    - Bronchospasm
    - Electrolyte Abnormalities
Hemangioma Update

- Topical Timolol Gel
    - Superficial Periorbital Hemangiomas
  - Uncomplicated Superficial Hemangiomas of infancy
  - Possible benefit for ulcerated lesions
    - Current CHOP study ongoing
Eczema Update
Eczema Update

- What is Eczema?
  - Inflammatory disease of the skin associated with a disruption of the skin barrier
  - Dry, Red, Itchy, Scaly skin

- Do we know what causes it?
  - Theories: Primary Immunologic (inside to outside) vs Primary Barrier Dysfunction (outside to inside)

- Buzz Words: Filaggrin, Ceramides
Eczema Update

- Filaggrin
- Role of Filaggrin Mutations
  - Ceramides
  - MRSA
  - Eczema Herpeticum
- Increased Contact Allergy
Eczema Update

- Treatments Update
  - Emollients - Ceramides
  - Topical Calcineurin Inhibitors (TCI)
  - Topical Corticosteroid Safety
Eczema Update

- Emollients
  - The best emollient is the one the family is willing to use!
  - Standard Emollients
    - Vaseline
    - Cetaphil
    - Vanicream
  - Ceramide-Dominant
    - EpiCeram ($75/90gm)
    - CeraVe ($19/16oz)
    - Cetaphil Restoraderm ($15/10oz)
  - Other
    - Atopiclair ($120/100gm)
    - Mimyx ($125/140gm)
Eczema Update

- What are Ceramides?
  - One of three major lipid components of the stratum corneum/skin barrier
  - Cholesterol and FFA represent the other main lipids
  - Ceramides decreased in AD
  - Single study showing that barrier reconstitution with a ceramide-dominant emollient may be as effective as topical steroids (mid potency)

- Bottom-line:
  - Very Expensive Alternatives
  - Poor Cost/Benefit as compared to standard emollients
  - May be an option for the “Steroid Phobic” parent
Eczema Update

- Topical Calcineurin Inhibitors
  - Tacrolimus (Protopic) and Pimecrolimus (Elidel)
  - Steroid Alternatives
  - Excellent studies that show the effectiveness and safety of these medications in the treatment of AD
  - Recent Studies show that high potency steroids may still provide better efficacy acutely, but...
  - Long-term maintenance with TCI may be superior to TCS and are likely safer
Eczema Update

* TCI BLACK BOX WARNING
  * Issued by FDA in 2005
  * Based on following:
    * Anecdotal reports of associated cutaneous lymphomas
    * Animal Studies of associated systemic lymphoma (oral Pimecrolimus)
    * Theoretical potential for increased skin cancers
  * 2006 AAD concludes no causal relationship of TCI to lymphoma or skin cancers, but warrants cautious use given lack of good long term studies
Eczema Update

- TCI BLACK BOX WARNING
  - Safety 5 yrs later – Recent Literature Review
    - ~20,000 clinical trial participants to date show no increase in lymphomas of skin cancers
    - New current long-term observational studies confirm the same findings
    - Studies in infants (3-24 months) show no adverse effects over and minimal absorption
Eczema Update

* **TCI Bottom-line**
  * TCI should be considered a safe alternative to TCS
    * Especially useful in sensitive skin areas
    * Use in infants is likely safe
    * Long term studies will likely prove Black Box warning unwarranted
  * Prior Authorization and Cost will continue to limit their use
* **Remember:**
  * Protopic 0.03% mod to severe AD, age > 2
  * Protopic 0.1% mod to severe, age > 16
  * Elidel 1% mild to mod, age > 2
Eczema Update

- Topical Steroid Safety – Risk of Glaucoma and Cataracts
  - Eyelid/Periorbital use of topical corticosteroids not associated with glaucoma and cataracts
Ecema Update

- On the Horizon... PPAR activators

- Peroxisome proliferator-activated receptor (PPAR)
  - Fatty acid activated transcription factor nuclear hormone receptor family
  - Decreased expression in AD
  - Regulate epidermal differentiation/proliferation/apoptosis/inflammation
  - Influence skin lipid metabolism – key in re-establishing the epidermal barrier

- Sunflower Oleodistillate
Allergic Contact Dermatitis (ACD) Update
ACD Update

- What is Allergic Contact Dermatitis?
- Dermatologist vs. Allergist
  - Type IV Delayed Type Hypersensitivity
  - Prototype – Poison Ivy
    - Clinical Pearls
    - Treatment
      - Avoidance
      - Steroids (topical vs. systemic)
ACD Update

- ACD in children is an emerging problem
- Key allergens in children include:
  - Metals
    - NICKEL, Cobalt, Chromates
  - Cocamidopropyl Betaine
  - Neomycin
  - Methylchloroisothiazolinone/Methylisothiazolino
    ne (MCI/MI, Kathon CG)
  - Fragrance Mix
  - Lanolin
ACD Update

- Unique Exposures – 2011
  - Cell Phone Dermatitis (Nickel)
  - Baby Wipes (MCI/MI)
  - Car Seat Dermatitis (?)
  - Henna tattoos (PPD)
ACD Update

- Contact Allergy as Treatment
- WARTS
  - Squaric Acid Dibutyl Ester (SADBE)
    - Treatment Protocol
      - Sensitization
      - Titrate
      - Treatment
Acne Update
Acne Update

- Acne Treatments and IBD?
  - Isotretinoin
  - Tetracyclines

- June 2009 Roche pulls Accutane from US market
  - Competition from Generics
  - Lawsuits associated with claimed IBD association
  - Several Generics remain available
Acne Update

- Isotretinoin and IBD?
  - Numerous Lawsuits for Isotretinoin causing IBD
  - Based on 85 case reports linking a possible association
  - Bernstein 2009 - single case control study that showed NO association
  - Recently, (Crockett 2010) showed strong association with UC but not CD
  - Bottom-Line: Not enough data... a true causal relationship will remain difficult to establish... absolute risk remains very small
Acne Update

- Tetracyclines and IBD?
  - Aug 2010 *Am J Gastroenterol*
  - Doxycycline and tetracycline use may be associated with new-onset IBD
  - Doxycycline may be more significantly associated with CD
  - Because oral antibiotics are used before isotretinoin exposure, future evaluations of associations between isotretinoin and IBD must also evaluate tetracycline exposure

- Like Accutane, prospective patients should be aware of possible association
Acne Update

- New Topicals vs. Old Topicals
- Pro-active
  - Hydroxy acids and Benzoyl Peroxide
- Photodynamic Therapy
  - No advantage over topicals
  - Cosmetic Treatment
Skin Cancer Update
Melanoma, Tanning Beds and Sunscreen
Skin Cancer Update

- Melanoma rare in children under 10
- Increasing incidence of melanoma in all other age groups
- UV exposure remains the only modifiable risk factor for melanoma...
Skin Cancer Update

- Role of Tanning Beds
  - 2.5 million TEENS tan indoors each year
  - Increase risk of melanoma by 75% (SCC 2.5x and BCC 1.5x)

- AAP supports public policy legislation banning youth tanning
Skin Cancer Update

- Skin Cancer/Melanoma Prevention
  - Avoidance
    - Infants < 6 mos.
  - Clothing
  - Sunscreen
Skin Cancer Update

- FDA Sunscreen Labeling Changes
  - UVB (new min/max labels)
  - UVA (broad spectrum)
  - Water-proof/Water-resistant
- Sunscreen and Vit D
- Sunscreens and Cancer?
  - Retinyl Palmitate
  - Wang et al (Sloan Kettering Study)
- Practical Approach to sunscreen use