What Works For Me

Rob Baer, MD

High Cotton
Circa 1789

Pharma Disclosures

- Novartis
- AbbVie
- Amgen
- Warner Chilcott
- Celgene
- Regeneron-Sanofi
- UCB
- Genetech
- Biogen Idec
We are family practitioners of the skin

• Any age or sex
• We follow patients and families for years
• You get to know them

We are good at physical exams

• Our responsibility is the outside of the patient
• We know when to worry about the inside
• We understand all skin types
• We learn the idiosyncrasies of races and nationalities
We know about trends and needs

• Tattoos, piercings, scarification, and multiplicity of hair care and styles
• We understand body types - skinny, fat, young, and old
• Some of us reconfigure/restore the skin.
• Experts in cosmetics

We are good at differential diagnosis

• Our understanding of pathology helps us conceive the cause
• We look at a problem and think about what could cause it
• Is it Physical, Allergic, Infectious, Metabolic, Malignant…
75 W Female w 1 month Hx worsening L leg lesions. Hx of T cell lymphoma since 2014- believed to be in remission. Diabetic. On Coumadin. Renal ok. Ultrasound ok. Perfusion to foot ok.

Dx: CD 30 + T-Cell Lymphoma with vascular occlusion
You're not going to retire?
What a time to practice!

- Severe Acne
- Severe Eczema
- Severe Psoriasis
- Severe Urticaria
- Severe Hidradenitis Suppurativa

Biologics

No cumulative toxicity

Upstream metabolic precursors are not toxic

Patients do not connect complaints to injectables

Haddad, C. 2017 Reporting of harm and safety results in randomized controlled trials published in 5 dermatology journals. JAAAD, Vol 77
Hire a scribe

- Allows continuous contact with your patient
- Potentially more accurate record
- Typically these are bright medically inclined people
- Can learn immense amounts
- Act as a chaperone in the room

Roboznieks, A. 2018 The overlooked benefits of medical scribes

I learned to sit

- We all have our style about interviewing and examining our patients
- Learn to sit at some point or throughout.
- It settles you down and perception is much longer and positive.
- Decreased litigation and improved clinical outcome.

“Effect of sitting vs standing on perception of provider time at bedside: A pilot study”, K Swaden et al. 2012
Small molecules

Fexofenadine

Doxycycline

\[ C_{32}H_{39}NO_4 \]

Fexofenadine
Fexofenadine safety

Fexofenadine is an 
H₁ antihistamine that is devoid of sedative and anticho

It has no cardiotoxicity: heart rate and QT normal

No drug interactions

OK with hepatic and renal dysfunction

ncbi.nlm.nih.gov

How and what for

Urticaria, bites, itching, dermatographism

Clinical testing 4x 180mg dose afforded best response, any higher no in

180mg BID is a very easy “normal” dose to work with.

Clin Exp Allergy
Doxycycline

No significant metabolism

No metabolites

Eliminated via bile and renal

Molvig, J.E., 1984: PK and tolerability of single oral dose 600mg of Doxycycline
Doxycycline

Bacteriostatic for pyogenes, Bacillus anthracis, Yersinia Pestis, Chlamydia, T. pyogenes. Fully absorbed in duodenum with 80% bioavailability.

Approaches same levels in CNS as iv.

Any food decreases only by 20%.

Welling PG 1980 Bioavailability of tetracycline and doxycycline

Doxycycline immune effects

Cell activation and cytokine production from neutrophils and macrophages (e.g. Staph induced toxins).

Decreases TNF, IFN, IL1, IL6 and chemokine MCP, MIP.

Not directly cytotoxic to mononuclear cells.

All immune effects are dose dependent.

ncbi.nlm.nih.gov
More unique non-antibiotic effects

- Collagenases, gelatinases, metalloproteinases, and prostas
- Scavenges reactive oxygen species
- Decreases tumor growth in B cell lymphoma

D. DiCaprio. R. Mediators of Inflamm Vol 2015, ID 329418

Doxycycline Uses

- Acne
- Rosacea
- Perioral Dermatitis
- Hidradenitis Supporativa
- Dyshyrotic Eczema
- Nummular Eczema
- Seborrheic Dermatitis
- Bullous Pemphigoid
Doxycycline for BP

Consider first line with potent topical steroid

Williams et al: Blister Study Group 2017, randomized controlled
Goal- 3 blisters or less. At 6 wks,
  54% in Doxycycline group vs
85% in Prednisolone group .5mg/Kg
At 1 year,41% Doxy, 51% Pred
Much less toxicity with Doxycycline