

ISDI Information

a ray of hope through patient awareness and education

Newsletter of the Inflammatory Skin Disease Institute

Volume 5 Number 1

Inflammatory Skin Disease Inflammatory Skin Disease affects men, women, and children of all ages

Inflammatory skin disease, by definition, covers a broad category of diagnoses that includes many conditions which are not caused by infectious agents and which are not cancerous. According to Mark V. Dahl, MD, Professor and Chairman, Department of Dermatology, Mayo Clinic at Scottsdale, inflammatory skin disease is “a noninfectious skin disorder or disease marked by inflammation including signs such as redness, heat, swelling, pain, and/or itch.” These diseases can range in severity from mild itching to serious medical health complications. “Inflammatory skin diseases are characterized by the development of various types of skin lesions or ‘rashes’ depending on the cause,” states David Pariser, MD, Secretary/ Treasurer of the American Academy of Dermatology (AAD).

These conditions may include, but are not limited to:

- **Acne** – inflammatory skin disease associated

with increased activity of sebaceous (oil secreting) glands;

- **Contact Dermatitis** – localized reaction with redness, itching, and burning where skin has come in contact with irritant or allergen, for example, Poison Ivy dermatitis or Poison Oak;
- **Eczema/(dermatitis)** – inflammatory skin disorder characterized by poorly marginated, rough, scaling, dry, or weepy itchy, inflamed areas. There are about 20 different types, including atopic dermatitis;
- **Psoriasis** – inflammatory skin disease characterized by sharply margined, thick scaling, round patches;
- **Rosacea** – inflammatory skin disease characterized by flushing and redness and acne-like bumps on the face; and
- **Urticaria/hives** – inflammatory skin reaction characterized by transient smooth, raised wheals and often itching.

Some of these conditions may be considered minor/temporary ailments while others tend to be chronic conditions. They can all seem very serious to those affected, causing great discomfort and emotional stress.

The National Institute of Arthritis and Musculoskeletal (NIAMS) held a workshop on the “Burden of Skin Disease” in 2002 that addressed the needs of those with skin disease. This workshop provided information that would allow policy makers to be aware of the scope of the problems caused by these

diseases. Quality of life, cost, days missed from school and/ or work, and emotional stress are all very important issues that inflammatory skin disease can raise.

Having an inflammatory skin disease certainly does not mean you can not lead a happy, healthy, and productive life. Your physician can provide you with, or direct you to, effective treatments. The Inflammatory Skin Disease Institute provides information and support through education and programs. For more information contact ISDI at (757) 223-0795. ☀

ISDI offers scholarships to college students with inflammatory skin disease.

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For applications and details contact ISDI at 757-223-0795.



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Comments and topic requests may be sent to the editor, c/o ISDI, PO Box 1074, Newport News, VA 23601.

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If you would like to be added to our mailing list please contact the ISDI office at the address above.

Mission

The goal of the Inflammatory Skin Disease Institute (ISDI) is to promote public awareness and enhanced treatment of inflammatory skin diseases through education, research, and patient advocacy.

Education, Awareness, and Support For Patients, Families, and Physicians

ISDI's 2nd Annual Eczema Conference Was a Great Success!

Attendees from all over the country learned and shared information about eczema and atopic disorders at ISDI's 2nd Annual Conference – "Eczema the *Triad*: Asthma? Allergies?" Patients, parents, physicians, and others in the medical field gathered in Norfolk, Virginia for the 2-day event. Starting with a "meet and greet and eat" reception, out-of-town-ers were able to relax and get acquainted.

The morning Plenary Session started with LaDonna Williams, Executive Director of the ISDI, introducing Dr. Antoinette Hood, Chairperson of the Dermatology Department at Eastern Virginia Medical School, who defined the true mean-

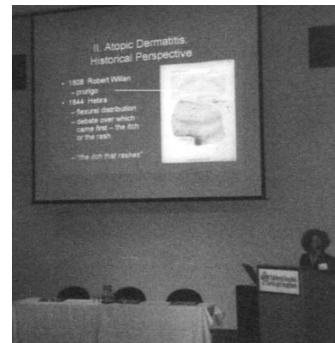


Hugh Sampson, MD, keynote speaker, discusses "Trigger Flares."

ing of eczema and the atopic condition. Dr. Hugh Sampson, Professor of Pediatrics and Immunobiology at Mt. Sinai School of Medicine in New York, the keynote speaker, discussed the relationship between atopic dermatitis and food hypersensitivity. Many who have eczema also have allergies related to food.

A talk on new Biologic agents in the treatment of skin disorders was presented by Dr. Robert Pariser from the Pariser Dermatology Clinic in Norfolk, Virginia. Dr. Judith Williams, a pediatric dermatologist from Children's Hospital of the King's Daughters (CHKD), Norfolk, Virginia, spoke on basic skin care for children. The auditorium was filled with physicians, nurses, medical students, patients, and families who were hungry for information on "Eczema... the *Triad*." Dr. Cynthia Kelly and Dr. Angela Hogan of CHKD also discussed various topics including asthma and allergies.

The plenary session continued with LaDonna Williams



Antoinette Hood, MD, presented background & history during plenary session.

moderating a question and answer segment between the audience and our panel of speakers.

One family member stated, "The speakers were phenomenal! I need to learn as much as possible and all the presenters were very receptive to questions."

The afternoon was broken down into focus sessions. Dr. Gil Yosipovitch, Associate Professor of Dermatology from Wake Forest University, led a focus session on "Itch" while Sally Noone, RN, MSN from Mt. Sinai School of Medicine, and Mary Swenson, a school psychologist, discussed social issues with input on teen issues from two Old Dominion University students. Dr. Judith Williams led the last focus session of the day on home remedies and over-the-counter products. One parent said, "I liked being able to sample different

"I'm very thankful that a conference of this sort is offered. It has given me good information and lets me know that the treatments my son is receiving are right where they should be. I hadn't seen all the connections to the 'Triad'. I found out about this through the newspaper. Next year get this on the front page of the paper so all parents can catch on to such a helpful opportunity!"

Continued on page 3



Executive Director's Message

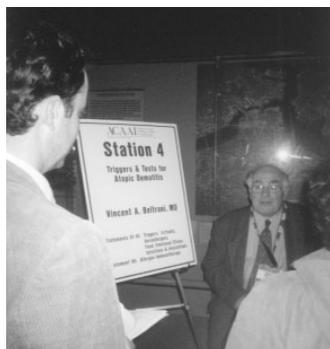


What a busy year 2004 has been! As Executive Director of ISDI, I am proud we met and passed our 2004 goals. Our **1st Fundraising Gala** raised dollars for scholarships and allows ISDI to continue to provide public education and support research. Thank you to all those who participated in its planning and who attended.

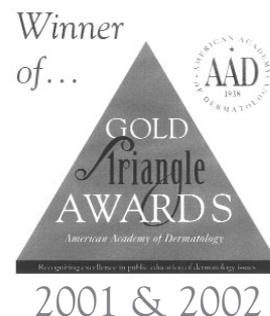
The **2nd Annual Conference** provided information to physicians, nurses, medical students, and to patients from all

over the country. Physicians received CME credit for their attendance and nurses received CE credits. New relationships were developed with others that are involved with inflammatory disorders. The conference was a huge success and we look forward to planning next year's.

ISDI has grown this year and our education continues through programs, meetings, support groups, conferences, brochures, and the *ISDInformation*. I look forward to meeting the new goals set for the New Year, as we remain dedicated to *improving the lives of people with inflammatory skin disorders*.



Vincent Beltrani, ISDI Scientific Board Member, president at Derm Fest.



ISDI provides education at ACAAI Derm Fest

Education, Awareness

Continued from page 2

products – they can be so expensive – then you buy them and find out they irritate your skin even more! Hearing what others used on their skin was also helpful.”

While parents and family attended the meetings, children attended the camp with activities designed for all levels and ages. Children with and without atopic conditions met new friends from all over the country. Attendees were able to end the day with some refreshments while sharing information with others. “Thanks for making this a family event,” stated a parents; “our children loved being a part of this event.” ☀



Childrens Camp — fun, educational, fun, supportive, fun!



One afternoon focus discusses cost of treatments, OTCs, & home remedies.

THIS CONFERENCE BROUGHT TOGETHER PROFESSIONALS AND PATIENTS

CME credit was offered to physicians and CE credit was offered for nurses, a great combination for ATOPIC information.

ANNOUNCING

Preguntas más frecuentes acerca del eczema



Respuestas a las preguntas más frecuentes acerca del eczema

Presentada por el INFLAMMATORY SKIN DISEASE INSTITUTE

“FAQs About Eczema”

Now in Spanish



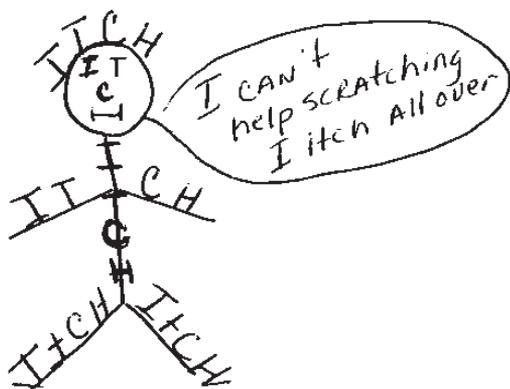


Tasteless Comments

If you are a person with a skin disease, or the parent of a child with a skin disease, you have undoubtedly been faced with those rude, crude, and even well meaning people asking “those questions.”

Do you have any snappy comebacks that you want so much to say, or actually have said? Send us your responses and we may print some in future issues.

Editor’s Note: The purpose of this section is three-fold: 1) it is an opportunity to educate and make the public aware of the disorder, 2) it lets society know it is not appropriate to stare and ask hurtful questions, and 3) it is an opportunity to let off steam with a touch of humor, allowing us to laugh.



“ITCH BOY”

“I remember when I was young, I had eczema and it itched so bad. I scratched all the time.

My classmates teased me and called me “Itch Boy.” Now I am an adult and only have occasional flares but I still remember the unbearable itch from the eczema and the emotional upset it caused.”

PENPALS

Reach out to others and share challenges and triumphs in dealing with your disease. Patients often look to others in similar situations to discuss treatments, feelings, etc. The following readers have asked for their names to be presented as possible pen pals. If you are looking for support from someone who has the same disease as you, contact any of the readers listed below. Also, to be added to the list, send your name, address, phone, and/or e-mail to ISDI, PO Box 1074, Newport News, VA 23601 or ExDirISDI@aol.com.

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**ISDI thanks
our volunteers
for over 700 hours
of hard work and
dedication in 2004!**



ISDI Puts the FUN in Fundraising

“The **Glitz and Glamour October Masquerade**” was the first ISDI fundraiser event ever held.

What an event.... a little Glitz...a little Glamour...a whole lot of fun, and all for a good cause.

An evening with dinner and dancing raised donations to fund two scholarships offered to upcoming college students who have skin disease. Thanks to our very generous sponsors and donors. Because of you, we can continue our ISDI mission – support research and improve the lives of people with skin disease. ☀

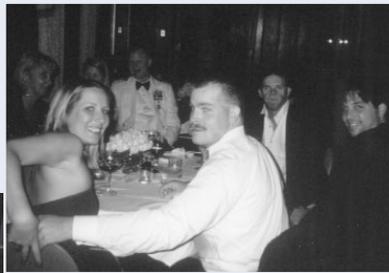


LaDonna Williams, Executive Director, and Chele' Williams, board member, start the evening presenting an award to Hector Ramos with Ferguson Enterprises for their dedication to employee health & skin disease awareness.



Guests of all ages attend the Glitz & Glamour fundraising event.

Food



Fellowship



Fun



how can I **HELP?**

Yes! I would like to help support the Inflammatory Skin Disease Institute (ISDI).

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ E-mail _____

By donating to **ISDI** you will help us provide a ray of hope to people with inflammatory skin disease. An *ISDInformation* subscription is given to all donors.

\$25 \$50 \$100 Other \$ _____

Completed form and payment may be sent to: **Inflammatory Skin Disease Institute (ISDI)** P.O. Box 1074, Newport News, VA 23601

ISDI does not in any way endorse any of the drugs, products, or treatments reported in this newsletter. **ISDI** is not a medical authority and is reporting information with the sole purpose of keeping patients informed. No drugs, products, or treatments should be used without discussion with a physician.

thank YOU!

ISDI is supported by corporate and private donations. We would like to thank the following donors (in alphabetical order):

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Blake Williams
Zach Williams

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