



Indian Association of Dermatologists, Venereologists & Leprologists West Bengal State Branch

SKINTELLECT

The Official Newsletter of the IADVL West Bengal State Branch



Issue Spotlight

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"Skintellect," is the online monthly newsletter of the IADVL WB, dedicated to the dynamic world of dermatology. This publication is a testament to the commitment of our members towards advancing the ever stretching horizon of the discipline, sharing knowledge, creating bonhomie and archiving our IADVL WB activities.

Volume 2, Issue 2, June 2024



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Volume 2 Number 2
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Precisely Presidential

Dear Reader,

It is a matter of great pleasure to write in the Newsletter of IADVL West Bengal Branch. I am very much happy that IADVL West Bengal Branch is regularly publishing a Newsletter (Skinintellect). I want to convey my sincere gratitude to Dr. Koushik Lahiri, our dynamic Past President for conceptualizing this and his continued inspiration and patronage in publishing the newsletter regularly and punctually.

This newsletter will help our members to know the activities of both IADVL West Bengal Branch and National IADVL.

Best wishes to the erudite & dynamic team of 'Skinintellect' led by the Editor Dr. Shreya Poddar.

Long live IADVL, WB!



*Dr. Sandipan Dhar
President
IADVL WB*



Secretary's Scribes

Dear Members,

On behalf of IADVL West Bengal, I am extremely delighted to welcome you all to the second issue of our monthly newsletter 'SKINTELLECT'.

A month full of activities indeed! In the very beginning, I like to thank all our members for actively participating in IADVL GWR PLEDGE, a Presidential Project. A whopping 9419 pledges had been recorded, 54% of our state members express their pledge. One of the most remarkable conference, that we have organised in this month is IJD PLATINUMCON. "THE OLDEST LIVING AND FIRST INDEXED DERMATOLOGY JOURNAL FROM ASIA CELEBRATED ITS 70TH YEAR OF EDUCATIVE AND ENERGISING EXISTENCE" - in its own style. Eminent faculties across India and as well as our local erudite members has brightened the conference. The 4th Episode, Session 1 of DERMAADDHAYANA, a flagship academic endeavour from IADVL WB state Branch. This episode was organised by our WOMEN DERMATOLOGISTS WING, with a remarkable success. It covered the UPDATES ON ACNE. Our regular CLINICAL MEETING for this month was organised at Kolkata Medical College and Hospital. Many rare, difficult to diagnose cases were presented and discussed in depth by our erudite senior members.

At the end, we are going to organize our MID CUTICON WB 2024, by our Burdwan and Birbhum Chapter, at city of Burdwan. Your presence and active participation will make this conference a remarkable success.

I will be my failure of duties if I don't mention Dr. Shreya Poddar and her team of young Derma guns as well as Mr. Khageswar Das, our beloved office assistant for their tireless efforts to bring out the wonderful issues of Skintellect on time!

Thank You all,

Happy Reading



*Dr. Suchibrata Das
Honorary Secretary
IADVL WB*



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Editors Desk

Dear Members,

It is with immense enthusiasm that the Editorial team presents the Second issue (Volume 2) of Skintellect.

This month witnessed the celebration of IJD PlatinumCon, a journal which completed 70 years of its glorious existence. In this issue, we have Dr. Koushik Lahiri Sir's writeup reminiscing his fond memories and his journey with IJD.

In Dermatologist Spotlight, we have Dr. Sujit Ranjan Sengupta Sir sharing his valuable insights in his long journey in Dermatology. Under DermBuzz we have a writeup on Skin microbiome and its real world implications. With intense heat raging across the country, the resident corner bears tips on Skin, swim and summer season. Exciting crossword puzzle is open for all members.

We are also thrilled to announce a writeup competition for all post graduates in honor of World Vitiligo Day celebrated globally on June 25th. Writeups sharing patient stories, experiences or insights related to vitiligo, highlighting the challenges faced, triumphs achieved or lessons learnt are invited. The word limit is 1000. Submissions must be original and unpublished. Entries to be sent to iadvlwb@gmail.com with the subject line 'Skintellect - World Vitiligo Day writeup'. Submission Deadline - 15th June. We look forward to your inspiring entries. All the entries will be subjected to evaluation by a panel of esteemed judges. Best entry gets published in the next issue.

We wish you all a very happy reading.

Warm Regards,



Dr. Shreya Poddar

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CONDOLENCE MESSAGE

Indian Association of Dermatologists, Venereologists & Leprologists West Bengal State Branch

Reg. No. S/98227 of 2000-2001
(W. B. Societies Registration Act XXVI of 1961)

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With a heavy heart we, on behalf of IADVL West Bengal State Branch, express our profound grief and sorrow at the untimely demise of our senior life member [LM/WB/2401], **Dr. Pradip Kumar Guha** on 18th April 2024.

On this sad occasion, we would like to convey our deepest and heartfelt condolence to his bereaved family and we pray to the Almighty that his departed soul may rest in eternal peace.

Dr. Sandipan Dhar
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DERMATOLOGIST SPOTLIGHT: Dr. Sujit Ranjan Sengupta

Our Editorial Team had a hearty conversation with Dr. Sujit Ranjan Sengupta, Professor, Department of Dermatology, IPGMER & SSKM Hospital to get insights on his long journey in academics and leadership roles in IADVL WB.

Q1. Sir it is an honour to have you on our page. Can you tell us about your journey from an under graduate student to a Dermatologist? Also, about your leadership roles in one of the eminent associations of medical fraternity?

Ans.: It's a great feeling for me to be with you in this page to give glimpses of my journey from an undergraduate medical student to a dermatologist more precisely a Professor & HOD, Department of Dermatology, IPGMER & SSKM Hospital, Kolkata.

After passing SF (School Final) from a remote village school, I got admitted in Presidency College in Science Stream of PU and passed the same in the year 1964 with flying colour. I took admission in Chemistry (Hons) in the same institution, but ultimately discontinued the course and got selected and admitted in MBBS, Calcutta Medical College in the year 1964, almost 60 years back. In the year 1969, I passed MBBS exam and after completion of Internship joined as house physician in the Department of Medicine, IPGMER & SSKM Hospital, Kolkata.

After 1½ year of house job of medicine I joined Department of Dermatology in the year 1973 and passed both DDV (1974) and MD (DVL) in 1976 under the guidance of our respected teacher Late Prof. (Dr) S.K. Panja, a doyen of Dermatology. I worked under the guidance of our Prof. Panja for a period of 5 years till I joined as a basic teacher in Dermatology, NBMC&H in the year 1976. Unfortunately, I was stranded there for a period of 18 years. But I was not deprived of my academic promotion and became a professor in the year 1994. I was transferred to IPGME & R and SSKM Hospital, Kolkata and joined there as a professor in the same year and worked till my super annuation in the year 2006. I also worked as Professor and HOD, Department of Dermatology MGM Medical College, Kishangunge, Bihar (2011-2016). Wherever I was posted, I had to bear a lot of academic and administrative responsibility. I hope that I did that successfully.

Q2. Sir, you have multiple distinguished honours as a clinician as well as an academician. Some of your achievements you appreciate the most? Please throw some light on how academics shapes up a clinician's career?

Ans.: In the year 1994, I came back from North Bengal Medical College & Hospital and joined as professor & HOD, in the Department of Dermatology IPGMER of SSKM Hospital, Kolkata. Since then, I was entrusted with all kinds academic responsibility of University College of Medicine in our speciality. I was selected as a member of board of studies, member of academic curriculum UCM. I, along with my colleagues of different medical colleges, started regularising our academic curriculum. We started monthly clinical meeting, seminars, CPC, journal club, short talk, etc., to fulfil academic needs. Our teachers encouraged our PGTs to participate in different conferences. Really a new era of vibrant academic started. I sincerely took participation and often took leading role in it.

All I achieved in my life is probably a recognition of my sincerity, love and dedication for the subject and profession. I believed in close bondage with patients, closeness with students, fruitful discussions with colleagues, respect to my teachers and seniors. I learned many things of my life from them. They contributed a lot to develop me as a clinician as well as a teacher. Above all, I personally studied a lot to become a competent post graduate teacher. I realised the difference between under graduate and post graduate teaching.





A brief milestone of my career for you to know:

- I became Professor, DVL since 1994-2016.
- Member of IADVL
- President IADVL (West Bengal)
- Regional Advisor on Arsenicosis WHO
- Member of Surveillance Committee on Arsenicosis West Bengal Government.
- Editor, Indian Journal of Dermatology (honorary)
- Legendary teacher of Dermatology, IADVL
- Life Time achievement Award, IADVL(WB)

Apart from that, I attended large number of conferences as speaker, chairperson, moderator and panellist. I was also associated with number of associations like life member IADVL, life member IMA, life member IAL, life member of STI AIDS, life member of association of Cutaneous Surgeons.

Amongst all sorts of achievements, when I was conferred Legendary Teacher of Dermatology, I felt really proud. That was a glorious moment in my life. I still want to share this occasion with my students, teachers, colleagues, friends and my family.

Q3. The world of Dermatology is evolving constantly with latest procedures and investigation, how an astute dermatologist like you keeps up with the latest trends as well as keep conventional medicine alive?

Ans.: I showed keen interest in learning dermatology from very beginning of my under graduate days. I was interested in all kinds of newer developments concerning dermatology and its sub speciality like dermatosurgery, aesthetic surgery and cosmetic surgery. I always used to give priority to clinical dermatology above others. Truth is that, to be an expert in surgery or any sub speciality domain you need to be a good clinician. So, one has to develop his clinical skill, theoretical knowledge and communication with patients. Discussion with friends, colleagues and teachers makes a student perfect in all sense. There is really no contradiction between clinics and surgery rather they are complimentary to each other. To achieve success or to give relief and comfort to the patient it is better to combine clinics with other modalities of treatment like surgery because a doctor always wants patient's recovery, rehabilitation and complete normalcy in life.

Q4. Any particular areas of interest beyond dermatology both medical and non-medical? Also your favourite pass time hobby in between your hectic schedule?

Ans.: Really, I could not indulge in any kind of extra-curricular activities when I was in charge of professor & HOD of department of Dermatology in all the institutions I worked. I had to discharge my duties both as an administrator and as a faculty. There was tight and hectic schedule. I could not extract any extra time for enjoyment. Publishing a journal (IJD) was a hectic job. There was no computer that time. It used to drain away a lot of valuable time and energy. Administrative jobs, teaching, attending different meetings concerning PG education, publication of journal writing thesis for PG students, etc. used to exhaust my energy.

Still in my leisure time I used to read non-medical books, newspapers, enjoy TV specially watching football and cricket and all kinds of other games too. Listening to music was one of my passion and enjoyment. Despite of hectic schedule and working pressure I was always happy with my job. I used to bear it, that's my nature.



Q5. Sir, you have nurtured many young minds and have had medical discussions with a lot of colleagues! What piece of advice an experienced Dermatologist like you would give to both your juniors as well as colleagues?

Ans.: I always put faith, trust and confidence in the ability of the younger generation. They have lot of potentials to do something havoc when they are bestowed upon any kind of academic and social responsibilities. But they should have a mentor or guide who will streamline them and show them the right path to follow.

Since 1994, I desired to see our younger generation of dermatologists to excel in our national scenario. It was a pathetic show before. Today, I feel proud and happy to see our younger generation of doctors to perform brilliantly in national and international scenario.

Whenever I got the opportunity to meet them singly or in a group I tried to read their capabilities and competence. I suggested them to acquire a firm grip on theoretical knowledge as well as clinical skill. I asked them to go from desk to bedside, the best way to learn medicine. I used to suggest them to study in groups, read books, use library as well as the internet. One may commit mistake in diagnosing a disease but one has to keep cool to apply clinical judgement and rectify mistakes. I advise them to have a positive frame of mind to put their dedicated efforts to get an ultimate success.

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DERMIBUZZ : A SNEAK PEAK INTO THE RECENT ARTICLES ON CUTANEOUS MICROBIOME AND REAL WORLD IMPLICATIONS

Dr Anupam Das, MBBS (Hons.), MD Dermatology (Gold Medalist), FACDI

Assistant Professor, KPC Medical College and Hospital, Kolkata

Sinha S, Lin G, Ferenczi K. The skin microbiome and the gut-skin axis. Clin Dermatol. 2021 Sep-Oct;39(5):829-839



- The microbiome is critical for immune system development and homeostasis whereas dysbiosis can contribute to disrupted communication between the microbiome and the host, leading to imbalance of the immune system. While there is increasing evidence that the highly diverse gut microbiome may also have an impact on the cutaneous flora, the exact mechanism underlying this relationship is not entirely clear.
- The Gut-Skin-Axis (GSA) describes the relationship where the gut can influence skin health due to its immunological and metabolic properties.
- Recent mouse models suggest that the skin microbiome may also have an impact on the severity of IBD as *Malassezia restricta*, was found to be associated with Crohn's disease and correlated with increased disease severity and exacerbation of colitis.
- Whereas most of the information in the literature points to the gut microbiome having an impact on the skin, the reverse may also be true. In the case of type I food-specific IgE-mediated responses, allergic reactions can be detected in the first months of life, suggesting that sensitization occurs prior to food ingestion, via exposure through inflamed skin, as opposed to the GI tract.
- Role of probiotics and prebiotics in the management of atopic dermatitis, psoriasis, acne vulgaris, rosacea, seborrheic dermatitis and many other conditions, are being extensively investigated.

Mustari AP, Agarwal I, Das A, Vinay K. Role of Cutaneous Microbiome in Dermatology. Indian J Dermatol. 2023 May-Jun;68(3):303-312.

- **Acne:** It is associated with a change in the strain of resident *Cutibacterium acne*. Type IA1 and IC are associated with an increased risk of acne, while type IA2, IB, II, and III are protective in nature. Type IA1 and IC strains of *Cutibacterium acne* in acne patients produces more proinflammatory mediators such as free fatty acids, porphyrin, interferon- γ , IL-1, and IL-17 compared to normal commensal strains. These mediators activate neutrophils and complement pathways leading to follicular inflammation and rupture. Apart from the above mechanisms, *Cutibacterium acne* also forms biofilm which leads to increased adhesive properties of corneocytes leading to the development of micro comedones.
- **Atopic dermatitis :** AD is associated with the abundance of *Staphylococcus aureus*, *Staphylococcus epidermidis*, *Staphylococcus hominins*, and *Staphylococcus capitis*, but only *Staphylococcus aureus* and *Staphylococcus epidermidis* abundance are associated with disease flare in AD patients. *Staphylococcus epidermidis* predominant AD is associated with less severe disease as compared to *Staphylococcus aureus* predominant AD.
- **Psoriasis :** In contrast to normal microflora that is actinobacteria predominant, firmicutes are most abundant and actinobacteria are reduced in the lesional skin. Dysbiosis activates conventional dendritic cells to secrete IL-23 which subsequently activates the Th17 pathway. In addition, *Malassezia sympodialis* produces pro-inflammatory cytokines such as TNF- α , IL-1, IL-6, and IL-8 which activate keratinocyte proliferation. The presence of dysbiosis is associated with an increased risk of developing psoriatic arthritis and correcting the imbalance could have a therapeutic role.

- **Seborrhoeic dermatitis** : Malassezia globosa, Malassezia restricta, and staphylococcus are the predominant microflora and Cutibacterium are underrepresented.
- **Rosacea** : The abundance of Demodex mites (Demodex folliculorum and Demodex brevis) is significantly increased in all subsets of rosacea. Apart from Demodex, Cutibacterium acne abundance is decreased and Staphylococcus epidermidis is increased significantly in erythematotelangiectatic and papulopustular rosacea as compared to healthy skin.
- **Leprosy** : In leprosy lesions, there is a higher expression of Proteobacteria and Bacteroidetes and an underrepresentation of Firmicutes and Actinobacteria. Lesional leprosy skin is rich in Micrococcus and Acinetobacter with a decrease in Streptococcus, Corynebacterium, and Cutibacterium indicating the protective role of the latter three genera.
- **Dermatophytosis** : Tinea cruris is associated with the abundance of Firmicutes (Staphylococcus) and Actinobacteria (Corynebacterium). Proteobacteria is predominant microflora in tinea pedis, tinea corporis, and tinea capitis. Compared to other sites with dermatomycoses, the bacterial diversity in tinea cruris patients is comparatively low. Interestingly, Propionibacterium is the predominant microflora in patients with tinea pedis and psoriasis, and the same is not seen in patients with tinea pedis alone.

Gowda V, Sarkar R, Verma D, Das A. Probiotics in Dermatology: An Evidence-based Approach. Indian Dermatology Online Journal. Ahead of print

- **Atopic dermatitis** : Lactobacillus rhamnosus GG is the most widely studied and effective probiotic.
- **Acne** : Small intestinal bacterial overgrowth (SIBO) is about 10 times more extensive in those with acne compared to healthy controls; the rectification of which leads to an evident clinical improvement. Twice-daily administration of a combination containing Lactobacillus acidophilus(L. acidophilus) 5 billion cfu/capsule, Lactobacillus delbrueckii 5 billion cfu/capsule, and Bifidobacterium bifidum) 20 billion cfu/capsule, with minocycline over 12 weeks, is time tested intervention.
- **Rosacea** : Therapy with Bifidobacterium breve (B. breve) and Lactobacillus salivarius (1 × 10⁹ CFU/dose) twice daily along with low-dose antibiotics have been shown to improve papulopustular rosacea as well as ocular symptoms.
- **Psoriasis, seborrhoeic dermatitis, wound healing** : There is a dearth of good quality RCTs which support the use of probiotics in the management.
- **Bacterial vaginosis** : It is characterized by a reduction of Lactobacilli and immoderate growth of Gardnerella vaginalis, Prevotella species, Mycoplasma hominis, and other anaerobic bacteria. Probiotics elevate Lactobacilli thereby conferring protective effects.
- **Vulvovaginal candidiasis** : Probiotics (Lactobacillus fermentum (L. fermentum), L. rhamnosus, and L. acidophilus), administered through various routes – oral, intravaginal, or both, are quite effective and safe in urogenital infections.

Summary : Role of cutaneous microbiome and dysbiosis, are being implicated in the pathomechanism of a wide gamut of dermatological conditions. However, there is lack of data supporting the use of probiotics and prebiotics in most of the conditions, except atopic dermatitis. We need to wait for high quality evidence, till we support or refute these newer therapeutic options (read pro- and pre-biotics) .

RESIDENT'S CORNER: SWIM, SKIN & SUMMER: A SKINTELLECT GUIDE TO THE SEASON

Dr. Meenakshi Khemka
1st year PGT, IPGMER



Swimming season and summers are a scintillating concoction for aquatic enthusiasts of all ages. This sport is an escape from our stressful lives and also a therapeutic modality in many ailments. A working knowledge of skin care for the swim season is essential to beat the heat.

'Aquatic Sports Dermatoses' encompasses a wide range of skin conditions that occur largely due to participation in water sports mainly caused by the chemicals and microbes in water bodies. We can divide this disease spectrum into:

1. Infectious and organism related dermatoses

- a) Molluscum contagiosum/Warts or Verrucae/Athlete's foot or Tinea pedis: these are all commonly acquired infections seen with an increased incidence in swimmers due to communal showers and bathhouses.
- b) Swimming pool granuloma: caused by atypical mycobacteria and has a predilection for trauma prone areas. These are serious infections often requiring a skin biopsy for confirmation of diagnosis.
- c) Swimmer's Ear or Otitis externa: occurs primarily due to epithelial maceration and dissolution of sebum in the ear canal due to prolonged water exposure leading to Pseudomonas or Staphylococcal infections causing pain, fever and malaise. Gentle irrigation of the ear canal post swimming might prevent such episodes.
- d) Hot tub folliculitis: caused by Pseudomonas, it appears as follicular papulopustules over submerged surfaces. On Wood's lamp examination, a pale green fluorescence is seen earlier in the course of the disease. Spontaneous resolution might occur within 2 weeks in immunocompetent patients.
- e) Bikini bottom/Diving suit dermatitis: Bikini bottom is often caused due to tight fitting damp swimwear and manifests as a deep bacterial folliculitis in the inferior gluteal region. Whereas, diving suit dermatitis is more commonly caused by Pseudomonas and is seen in scuba divers because of superhydration of the epidermis owing to the occlusive nature of the suit.

Alongside knowledge comes fear; yet knowledge of these acquired infections empowers us to prevent them as well:

- a) Showers with room temperature or luke warm water post swimming is imperative.
- b) Use of emollients liberally helps restore the protective barrier of our skin.
- c) Completely drying the toe web spaces and wearing flip flops while in common showers can prevent fungal infections and warts.
- d) Any cuts on the skin surface should be adequately protected with waterproof band aids.
- e) Most of these infections are treatable with appropriate antibiotic/antifungal medications and minor surgical or topical therapy (in case of warts/molluscum).

2. Contact dermatoses

- a) Goggles: exposure to various types of chemicals used in manufacturing goggles (eg. dibutylthiourea, phenolformaldehyde resin) can cause periorbital erythema/vesicles and itching in some people. Periocular purpura may develop due to negative suction pressure trauma or tightly fastened poorly fitting goggles.
- b) Swimsuit: wet suit dermatitis can often occur in divers sensitised to dibutylthiourea/diethylthiourea/para-tertiary-butyl-phenol. These allergens are used as glue that attach nylon linings or as



rubber accelerators.

- c) Pool water: chlorine and bromine can often cause allergic contact dermatitis. Prolonged exposure to water can also cause Swimmer's Xerosis due to dissolution of the natural protective skin sebum. There have been studies demonstrating increased sebum production 3-4 hours after hyper hydration of the skin leading to Aquagenic Acne. Furthermore, chlorine might irritate follicular orifices leading to acne flares.

To ensure a relaxing and skin friendly swim season, here are a few recommendations:

- a) In case of sensitisation to thiourea, divers are advised to use wet suits without thiourea accelerators.
- b) Contact dermatitis can safely be treated with topical corticosteroids in mild cases or topical immunomodulators in case of more severe disease. In extensive cases, oral steroids might be recommended as well.
- c) In circumstances where one is sensitised to chlorine or bromine in pool water it is always advisable to avoid halogenated waters.
- d) Swimmers are advised to avoid harsh soaps or cleansers as they further dry out the skin by dissolving sebum.
- e) It is imperative to wash all swim gear daily after use and wear them again only when completely dry. Hydration and moisturising the skin and using a waterproof sunscreen goes a long way and prevents excessive xerosis alongside tanning.

Practising any sport whether professionally or for leisure is a blessing in our mundane chaotic lives. Swimming in particular is beautiful because the water lifts weight off our minds and shoulders for the moments we are in it. Swimming eliminates gravity while teaching us tenacity and courage. Wishing you a relaxing summer season with our Skintellect guide to 'Swim, Skin and Summer'.

References:

1. Gupta SK, Deepika, Gupta V, Monika (2016) Department of Dermatology, Venereology, Leprology Dayanand Medical College & Hospital, Ludhiana, Punjab, India. Air Water Borne Diseases 5: 125. doi: 10.4172/2167-7719.1000125
2. Freiman A, Barankin B, Elpern DJ. Sports dermatology part 2: swimming and other aquatic sports. CMAJ. 2004 Nov 23;171(11):1339-41. doi: 10.1503/cmaj.1040892. PMID: 15557582; PMCID: PMC527331.

Proceedings of the 2nd meeting of the Executive Committee of IADVL W. B. State Branch held on 30th May 2024 at the Association office, for the year 2024-25

Members Present: Dr. Sandipan Dhar, Dr. Suchibrata Das, Dr. Indrashis Podder, Dr. Sudip Das, Dr. Kingshuk Chatterjee, Dr. Aniruddha Ghosh, Dr. Saumya Panda, Dr. Arun Achar, Dr. Sujata Sengupta, Dr. Anupam Das, Dr. Dipayan Sengupta, Dr. Koushik Lahiri, Dr. Shreya Poddar, Dr. Rathindra Nath Dutta, Dr. Kaushik Shome, Dr. Manas Chatterjee, Dr. Animesh Biswas.

Dr. Sandipan Dhar, President took the chair and called the meeting to order.

The meeting started with one minute silence condoling the death of our senior member Prof Pradip Kumar Guha.



Agenda-1: Confirmation of the proceedings of the last executive committee meeting held on 4/4/2024, emergency executive committee meeting and Special General Body meeting held on 25/4/2024.

The proceedings of the last executive committee meeting held on 4/4/2024, emergency executive committee meeting and Special General Body meeting held on 25/4/2024 were read and confirmed unanimously.

Agenda-2: Report on -

- **Outstanding Dues of conferences/CMEs & CUTICON WB 2023**

Dr. Suchibrata Das, Hony. Secretary informed that till date the association owes some due amounts from few pharmaceutical companies for conferences & CMEs. After discussion the members decided that we need to collect the dues from those companies at the earliest.

- **Statements of Nodal Executives**

Nothing discussed.

- **Activities of Sub Branch/Combined District Chapter**

Dr. Sandipan Dhar, President gave thanks to Dr. Arup De Sarkar and his team of North Bengal Chapter for organizing a CME on Novel therapeutic options for the treatment of Melasma held on 22nd May 2024.

- **To place statement of account for the month of March.**

The Accounts of IADVL WB State Branch for the month of March & April 2024 was inspected and unanimously accepted by the members.

- **Derma Adhyayan Webinar**

Dr. Suchibrata Das, Hony. Secretary gave thanks to Dr. Sujata Sengupta, Local Co Ordinator, Women Dermatologist Wing for organizing last DermaAdhyayan, the flagship monthly Webinar of IADVLWB on 26th of June 2024. The next DermaAdhyayan Webinar will be organized on 07th July, 2024 and the topic will be "Cutaneous Adverse Drug Reaction".

- **Status of E-voter**

Dr. Suchibrata Das, Hony. Secretary placed the status of Evoter. We have 331 members enrolled as Evoter till now from our State Branch. The members decided that Dr. Aniruddha Ghosh will look after this matter in association with M/s Palsons Derma for conversion of rest of the members as Evoter under guidance of Dr. Kingshuk



Chatterjee. Dr. Sudip Das propose that we will reward a Amazon gift voucher of Rs. 500/- for newly registered evoters, who will convert to E voter from 4th June 2024 to 30th June 2024 on submission of the Evoter receipt, as a one-time opportunity only. The members accepted it.

● **IJD PlatinumCon 2024-25**

Dr. Suchibrata Das, Hony. Secretary informed the members that IJD PlatinumCon 2024 was a grand success and 170 Delegates and 16 Pharmaceutical Companies had participated. Dr. Swetalina Pradhan, Dr. D M Thappa, Dr. Vikram Mahajan, Dr. K A Seetharam, Dr. Divya Gupta, Dr. Rashmi Sarkar were invited faculties from all over India. We have received Rs. 1400000/- (Rupees Fourteen lacs) approx. from pharma companies but still we have an outstanding amount from some pharma companies - approx Rs.2600000/- (Rupees Twenty six lac) only. The members appreciated it.

Agenda-3: Discussion regarding

● **MID CUTICON WB 2024**

Dr. Animesh Biswas, the Organizing Secretary informed that we booked all the accommodation and we requested to Hotel for late check out but they considered only 6 rooms for early check in/ Late Check out. He also informed that 20 Pharma Companies have confirmed their participation in the MID CUTICON WB 2024 and the income is Rs 19 lacs approximately. The members requested him to increase the number of sponsors and also the income. After discussion, the members decided that we will be given a Santiniketan folder to all the delegates as delegate kit instead of Bag.

● **CUTICON WB 2024**

Nothing discussed.

● **Indian Journal of Dermatology**

Dr. Manas Chatterjee, Editor, IJD informed the members that still we have some outstanding payment of Rs. 2700000/- approximately to Medknow. He requested to pay some amount to medknow at the earliest. The members said that we already paid Rs. 4 lac to medknow in the year of 2023 and now we have some outstanding payment of Rs. 2300000/- approximately to Medknow, So we will pay Rs. 2 lac to Medknow now.

● **Website and Digital Platform**

We done a physical meeting with Mr. Surender Parasuraman, Director of Mediknit, for detailed discussion to create digital Platform for Biswaderma Conference, updating our website with Conference page and online payment gateway for IADVL WB, IJD and CUTICON WB with the international payment facilities. The vendor noted all the points and he will assured that he will solve all the problems and send a quotation about Biswaderma Conference platform.

● **Biswa Derma (An International Webinar)**

Hony Secretary informed the members that the date of BiswaDerma has been rescheduled from 07th & 08th September, 2024 to 21st & 22nd September, 2024 through online virtual platform.

● **SIGs (Aesthetics) and PGPDT of 2024**

Hony Secretary informed the members that we have been facing a lot of problems to organize SIG, CME with collaboration of pharma companies. The members decided that if Central SIG & Central Academy will not designate pharma companies for sponsoring these SIG, CME then we shall convey our inability to organise this SIG, CME.

● **DERMACON International 2027**

President informed the members that we create videos and PPT every month for campaigning the DERMACON 2027 Bids and let it be only focused on West Bengal Culture but also we need to specify all over India. Dr Sudip Das proposed that, if require, professional tech-person, competent to make better videos and ppt may engage for the purpose. He also proposed that members may dedicate the last slide of presentation in every IADVL programmes. The members accepted the proposal.

● **Vitiligo Day**

Hony Secretary informed the members that VITILIGO Day will be observed on 25th June (Sunday). In the day time Vitiligo day will be observed in all medical colleges and other set-up in the form of sensitizing patients and dedicated camps. At evening, there will be a webinar on Vitiligo, the programme schedule was also presented and accepted by all members. As like previous years, M/s Palson Derma will provide their assistance.

● **SIG Dermatopathology**

Hony Secretary informed the members that the date of SIG Dermatopathology has been fixed on 4th November, 2024. The Members accepted it.

Agenda-4: Miscellaneous.

- Dr. Koushik Lahiri requested to Hony Secretary to restart the health camp at correction home visit, school and orphanage home visit. After discussion, it was decided that the Correction Home visit Programme will restart shortly. We will start School, orphanage visit. "CHALO PATSHALA", a central IADVL Presidential Programme, will be organized in the state, It is a programme, to make aware the school students about skin health. It will be in the form of Camp, Role play, Q&A, Central IADVL will provide their assistance. Dr. Shreya Poddar is the State Co-Ordinator for this program.
- Dr. Koushik Lahiri requested to Hony Secretary to fix a date for cultural program. After a long discussion the members decided that we will be organizing our cultural program on the 1st day of CUTICON WB 2023 after scientific program.

As there was no other agenda, meeting ended with vote of thanks to the chair.



Monthly Clinical Meeting of IADVL WB on 23/05/2024 at Medical College & Hospital, Kolkata

It was wonderfully conducted, spearheaded by Prof Dr. Ramesh Chandra Gharami, HOD and Prof Dr. Sukumar Jana. Different types of cases were presented and discussed by Drs Shatanik, Soumyabrata, Souvik, Abhishek, Brijesh, Sriyaj, Swarnali, Mayukh and R. Hari

Following cases were discussed:

- Intraepidermal eccrine poroma- hidroacanthoma simplex
- Chromoblastomycosis
- Eosinophilic annular erythema.
- Poorly differentiated cutaneous angiosarcoma
- Metastatic adenocarcinoma of pulmonary origin
- Primary cutaneous follicle centre lymphoma
- Capillary hemangioma
- Angiolymphoid hyperplasia with eosinophilia
- Localized essential telangiectasia
- Confluent acute and subacute lichen planus
- IFAP syndrome
- Congenital erythropoietic porphyria
- Dermatitis artefacta
- Pilomatricoma
- Jessner's lymphocytic infiltrate
- Norwegian scabies

The meeting was well attended by faculties like Dr Kishalay Ghosh, Dr Suchibrata Das, Dr Sudip Ghosh and PGTs from different medical colleges.





District Chapter of IADVL WB

CMEs organised by North Bengal Chapter

The CME was sponsored by Eris Oaknet life sciences. Speaker was Dr Siddhartha Das, Chairperson, Dr Arup De Sarkar and moderator was Dr Sanjay Rathi. The topic of CME was Novel therapeutic options for the treatment of Melasma. It was attended by 10 dermatologists of Siliguri. Different treatment options and new innovations in the treatment of Melasma, like Tranexemic acid, Cysteamine, etc was discussed. Pathogenesis of melasma and how the molecules work, was the focus of discussion. After the speech, all members shared their views and experiences, and it was a very interesting and interactive session. The meeting ended with a vote of thanks from the sponsor.



In Association With



North Bengal Chapter

Dear Doctors, You are cordially invited to attend the scientific discussion on

Novel Therapeutic Option for the Management of Melasma



Dr. Sanjay Rathi
(Moderator)

Consultant Dermatologist
and Cosmetologist



Dr. Siddhartha Das
(Speaker)

Consultant Dermatologist
Vitiligo Surgeon and
Cosmetologist



Dr. Arup Dey Sarkar
(Chairperson)

Consultant Dermatologist
and Cosmetologist



7PM Onwards
22nd May, 2024



Sinclairs Hotels.
Pradhan Nagar, Siliguri 734003



IJD PlatinumCon 2024

ইন্ডিয়ান জার্নাল অফ ডার্মাটোলজি: ইতিহাস ও উত্তরণ

ডাঃ কৌশিক লাহিড়ী

১৯৫৫ সালের এপ্রিল মাসে ইম্পিরিয়াল ব্যাঙ্ক অফ ইন্ডিয়া র (যেটা আদতে ছিল বেঙ্গল ব্যাঙ্ক) র নতুন নাম হয় “স্টেট ব্যাঙ্ক অফ ইন্ডিয়া।”

সেই বছরেই অগাস্ট মাসে মুক্তি প্রাপ্ত একটি বাংলা ছবি পাকাপাকি ভাবে ভারতীয় সিনেমার ইতিহাস বদলে দেয়, তার নাম “পথের পাঁচালি”।

আর তার কয়েক মাস পর ওই ১৯৫৫ সালেই মধ্য কলকাতার অধুনালুপ্ত ডরচেস্টার প্রিন্টিং ওয়ার্কস থেকে একটি ডাক্তারি পত্রিকার প্রথম সংখ্যা প্রকাশ পায়, তার নাম “ইন্ডিয়ান জার্নাল অফ ডার্মাটোলজি।”

১৯৬২ সালে পত্রিকাটি ভারতের প্রথম স্বকবিত্ত্বন পত্রিকা হিসেবে ইনডেক্সড হয়। পৃথিবীবিখ্যাত বহু স্বকবিত্ত্বনীর গবেষণাপত্র তখন স্থান করে নিত এই পত্রিকার পাতায়।

১৯৬৫ সালে এই পত্রিকাটি ডার্মাটোলজিকাল সোসাইটি অফ ইন্ডিয়া র সর্বভারতীয় মুখপত্র হয়ে ওঠে।

১৯৭৩ সালে ইন্ডিয়ান এসোসিয়েশন অফ ডার্মাটোলজিস্টস, ভেনেরিয়লজিস্টস এন্ড লেপ্রলজিস্টস (আই এ ডি ভি এল) বা ভারতীয় স্বক, যৌন ও কুষ্ঠ বিশেষজ্ঞ সমিতি গড়ে ওঠার পর পত্রিকাটি সমিতি র পশ্চিম বঙ্গ রাজ্য শাখা র তত্ত্বাবধানে প্রকাশিত হতে থাকে।

তারপর বহু ইতিহাস, বহু উত্থান-পতন, বহু ঝড়-ঝঞ্ঝা।

২০০০ সালে প্রথম ভারতীয় স্বক বিজ্ঞান পত্রিকা হিসেবে আন্তর্জালে আন্তঃপ্রকাশ পত্রিকাটির www.e-ijd.org

২০০৯ সালে এলো বহু প্রতীক্ষিত পাবমেড ইন্ডেক্সিং।

আবার আসতে থাকলো পৃথিবীবিখ্যাত বহু স্বকবিত্ত্বনীর গবেষণাপত্র সেই গত শতাব্দীর ষাটের দশকের মতো।

২০১২ সালে ঐতিহ্যশালী এই পত্রিকার কপালে লেগে গেল আর এক আন্তর্জাতিক জয়টীকা। এশিয়ান একাডেমি অফ ডার্মাটোলজি র মতো সংস্থা এগিয়ে এলেন।

এশিয়ার প্রাচীনতম স্বক বিজ্ঞান পত্রিকাটি কে সাদরে বরণ করে নিলেন তাঁদের সরকারী মুখপত্র হিসেবে।

Growing up with IJD

Dr. Koushik Lahiri

Professor & Senior Consultant Dermatologist
Apollo Gleneagles Hospital
Hony. Medical Director
WIZDERM

Some old issues of the Indian Journal of Dermatology (IJD) of the mid and late sixties of the last century kept in our house bear some illegible pencil scribbling of a toddler. Those are from my father's collection.

Even before I was introduced to the English alphabet I became familiar with the decorative moss green famous mast head of this journal.

The pungent smell of the letter press printing ink on the glossy art plates of that journal is still very fresh in my olfactory hard disk.

The gradual changes in the journal's get up were not missed by the schoolboy. The cover changed, the size became thinner, the paper quality worsened.

Much later did I come to know of the harrowing time the journal faced during those demanding decades.

I now realize with respectful reverence that even during those trying times the journal kept ticking, without missing a single issue, and without compromising on the quality of the articles published in it. I pay my homage to the editors and guardians of the journal, whose untiring efforts during that difficult period made this possible during those difficult days.

I still remember the day when my first article was published in this journal, while I was still a postgraduate student. I could not sleep that night. When

I was inducted into the editorial board in 1997, my only job was to manually prepare the author index and subject index. I tried to do that with the utmost care, while sitting in my still-to-get-busy clinics. Those were the days of hard copy preparation and submission of manuscript in triplicate, distributing and sending the copy to the reviewers for manual proof correction, physically going to the printing press, and sundry other jobs. The

pungent smell of the letter press printing ink managed to refresh and excite some memory cells in my olfactory hard disk. I consider myself extremely fortunate and



এশিয়ার প্রথম এবং প্রাচীনতম স্বক বিজ্ঞান পত্রিকা হিসেবে প্লাটিনাম জয়ন্তী পালন করছে ইন্ডিয়ান জার্নাল অফ ডার্মাটোলজি। সত্তর বছরে পদার্পণ করছে এই পত্রিকা।

এই অবিশ্বাস্য ইতিহাস টি ভারতের তো বটেই আমাদের এই শহর কলকাতার কাছেও বিশেষ করে গর্বের, কারণ সেই ১৯৫৫ থেকে গত সত্তর বছর ধরে অনেক ঝড় ঝাপ্টা সয়ে ইন্ডিয়ান জার্নাল অফ ডার্মাটোলজি আজ ও প্রকাশিত হয়ে চলেছে এই শহর থেকেই।

একটা চোয়াল চাপা জেদ, কিছু মানুষের নিঃস্বার্থ এবং নিঃশব্দ লড়াই, রাত জাগা, আর হেরে না যাবার একটা শপথ বাঁচিয়ে রেখেছে পত্রিকাটি কে এতগুলো বছর পেরিয়েও। স্বক বিজ্ঞান কেন চিকিৎসা বিজ্ঞানের ইতিহাসেই বোধ হয় এর জুড়ি মেলা ভার।

আন্তর্জাতিক খ্যাতি সম্পন্ন অনন্য এই পত্রিকা টি প্রতি সংখ্যায় সৃষ্টি করে চলেছে এক উজ্জ্বল ইতিহাস।

পত্রিকার প্রতিটি সংখ্যায় আজও সেই অবিশ্বাস্য জয়যাত্রা, ইতিহাস আর উত্তরণের নিখুঁত প্রতিফলন।

privileged to have had the opportunity to be intimately associated, in various capacities, with the Indian Journal of Dermatology, for a decade and half that followed, and be a witness to the outstanding and mind-blowing metamorphosis of the journal. Between 2012-2017 I could serve the journal as the Editor. And since 2018 I am continuing as the Editor emeritus of this heritage journal.

The oldest living and first indexed Dermatology journal from Asia is celebrating its 70th year of educative and energising existence.

The uniqueness of IJD among the biomedical journals in the world may be summed up as being a journal published by a State Branch of an Association that is not only being published regularly for a long time, but also, sometimes, managing to stay ahead of the curve, thus setting an example to journals published by peer societies, and continuing to be a voice that is heard with respect around the world.



Vitiligo Day

VITILIGO DAY

25th June 2024



WEBINAR

Time	Topic	Faculty
08.00-08.03 pm	Welcome Address	Dr. Sandipan Dhar <i>President, IADVL WB</i>
08.03-08.05 pm	Explaining Vitiligo Day and its importance	Dr. Dinesh Kr Hawelia <i>President Elect, IADVL WB</i>
08.05-08.20 pm	Vitiligo Surgery – Learning pearls	Dr. Somesh Gupta
08.20-08.35 pm	Recent updates in Vitiligo Management	Dr. Anupam Das
08.35-08.50 pm	Paediatric Vitiligo and How Management differ from adult counterpart	Dr. Raghubir Banerjee
08.50-09.05 pm	How I manage unstable Vitiligo	Dr. Sudip Das
09.05-09.55 pm	Panel Discussion: Difficult to manage Vitiligo	Moderator Dr. Shreya Poddar Panelists Dr. Aditi Chakraborty Dr. Bikas Kar Dr. Indrashis Podder Dr. Saumya Panda Dr. Suchibrata Das
09.55-10.00 pm	Vote of Thanks	Dr. Suchibrata Das <i>Hony. Secretary, IADVL WB</i>



Webinar on DERMA Adhyayan

IADVL WB ACADEMY is back again with the 4th episode of Derma Adhyayan on Acne. This episode organized by the Women Dermatology Wing aired on 26th May 2024 and started off with a warm welcome by Dr. Sudip Das who introduced the esteemed faculties of the evening. This was followed by three highly informative and engaging lectures on Pathogenesis of Acne: Recent Insights, Medical Management of Acne: What's New and Management of Acne Scars. The evening ended with a wonderful panel discussion on difficult to treat cases moderated by Dr. Maitrayee Panda, where the erudite panelists Dr. Nina Madnani, Dr. Somodyuti Chandra, Dr. Aparajita Ghosh, Dr. Shreya Poddar and Dr. Abhineetha Hosthota shared their valuable insights. The episode is now available on Youtube: <https://www.youtube.com/watch?v=dcDWmmsSIBMQ>

Stay tuned for the next episode of Derma Adhyayan on Cutaneous adverse drug reactions to be held on 7th July 2024

IADVL WB ACADEMY PRESENTS Derma Adhyayan

Learn. Unlearn. Relearn.



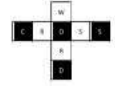


SKINTELLECT

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Quiz Zone

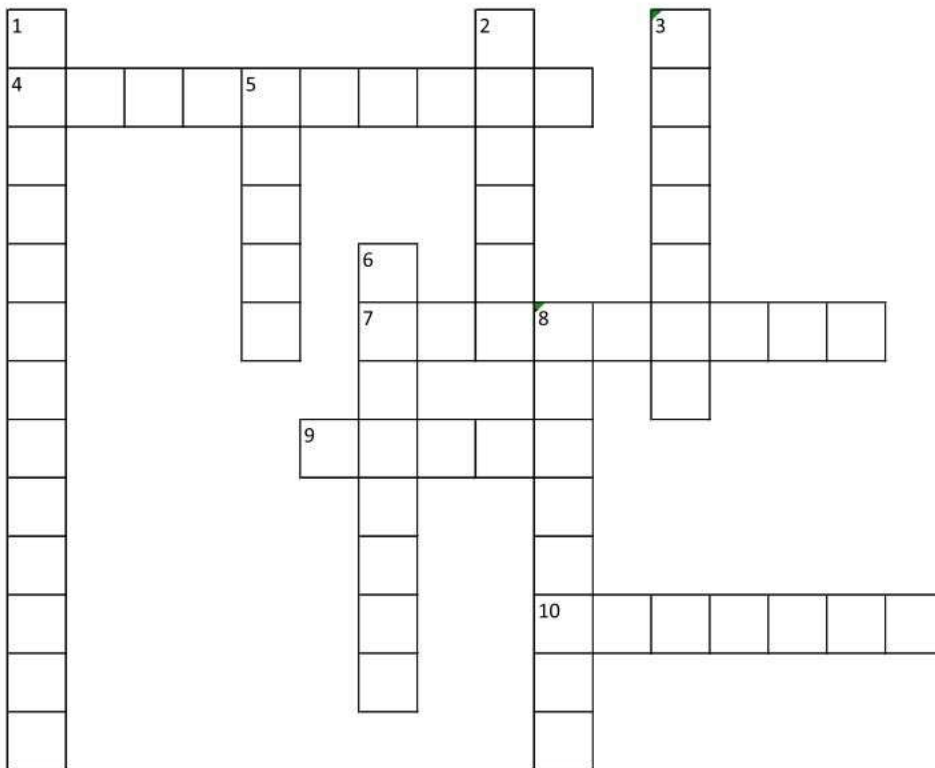


ACROSS

4. post attachment inhibitor of HIV
7. ____ jeanselmei- eumycetoma
9. organism causing thrush
10. shell like scales in psoriasis, syphilis

DOWN

1. p19 subunit of IL-23 target
2. histopathology body in Spitz nevus
3. beta pleated, stain with crystal violet
5. acronym for verrucous blaschko linear lesion
6. aka lichen ruber pilaris
8. hyper reactivity to minor trauma in ski



Kindly send your entry to iadvlwb@gmail.com with 'Skintellect Quiz' as subject.

The correct response of each month gets acknowledged in the next issue.

Send your entries now!

Good luck from Team Skintellect.

Volume 2, Issue 1 Answer:

1. Schopf-schulz-Passarge Syndrome (Ectodermal Dysplasia)
2. Erlotinib
3. Poppy seeds on muffin is a ultrasound finding in Leprosy
4. Papillon Lefevre syndrome

and the correct response given by
Dr. Sumayya, Dubai

Thank You for your answer and happy reading



SKINTELLECT

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12th Mid Term Conference of IADVL WB State Branch

29th & 30th June 2024



Venue: Sinclairs Burdwan

Greetings from Team Burdwan

Programme Highlights

29th June 2024

- Inauguration
- Few scientific sessions
- Faculty Dinner

30th June 2024

- **Dr. B C Lahiri Memorial Oration**
- Short talks:
 - ★ Dermatology history and beyond
 - ★ Drug reactions
 - ★ Leprosy- present scenario
 - ★ Newer Molecules in Dermatology
- Pediatric Dermatology- case based discussion
- Clinical Dermatology- interactive session
- Clinical Dermatology- interactive session
- STI- Panel Discussion
- Dermatosurgery
- PG Forum
- PG QUIZ
- Breakfast
- Lunch
- Gala Dinner

MID CUTICON WB 2024

REGISTRATION FEES

Category	1/4/2024 30/4/2024	1/5/2024 10/6/2024	11/6/2024 On Spot
Life Member	₹ 1500/-	₹ 2000/-	₹ 2500/-
Accom Person	₹ 1200/-	₹ 1500/-	₹ 1800/-
PG Student	₹ 1000/-	₹ 1500/-	₹ 2000/-
Cancellation/Refund	50%	25%	NIL

SCAN to PAY from any UPI app



A D V L WEST BENGAL STATE BRANCH
UPI ID: ADVLWESTBENGAL@iob



Dr. Sandipan Dhar
President, IADVL, WB
Organising Chairperson
MID CUTICON WB 2024



Dr. Kaushik Shome
Scientific, Chairperson
MID CUTICON WB 2024



Dr. Animesh Biswas
Organising Secretary
MID CUTICON WB 2024



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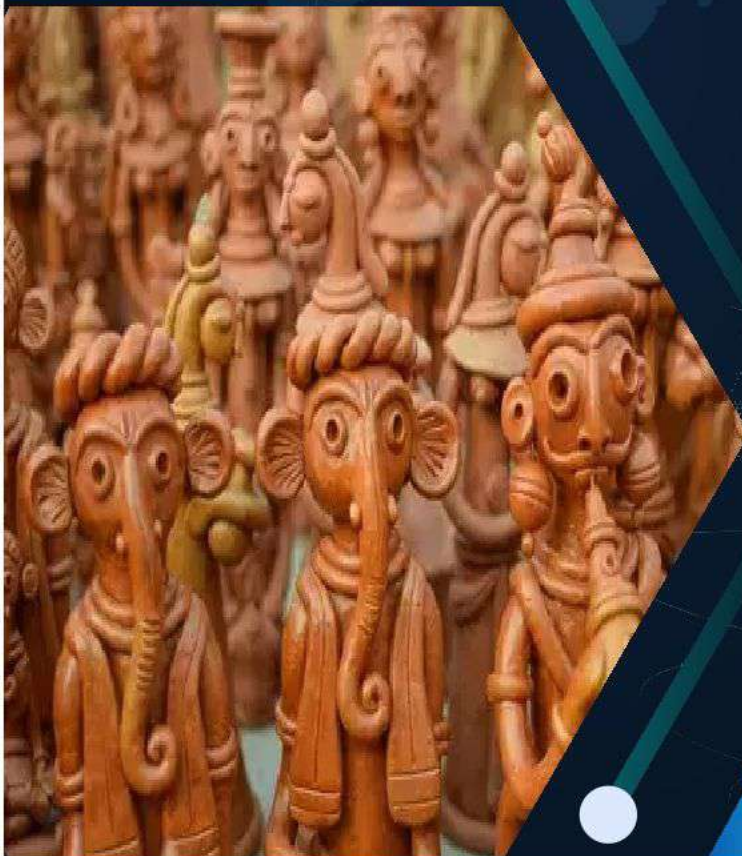
Indian Association of Dermatologists, Venereologists & Leprologists
West Bengal State Branch



বিশ্বা বেরলা

An International Webinar
Bengal Dermatology Beckons the World

21st & 22nd September 2024



For Registration Visit
<https://iadvlwb.org>



IJD PLATINUMCON 2024-25 was brilliantly conducted under the mentorship of Dr. Sandipan Dhar (Organising chairperson) and Brig. Dr. Manas Chatterjee (Scientific chairperson) on 19th May, 2024 at Hotel The Park, Kolkata on the occasion of completing 70 years of glorious existence of the first indexed dermatological journal in Asia, "Indian Journal of Dermatology" (IJD).

After a warm welcome and introduction about the theme of the event "Practice Changing Updates in Dermatology" by Brig. Dr. Manas Chatterjee, the programme kicked off with an interactive reviewers' workshop. It was conducted by Dr. Saumya Panda, Dr. Anupam Das and Dr. Indrashis Podder, enriching the aspiring peer reviewers.

It was carried forward by Dr. Koushik Lahiri through his enlightening lecture on "The journey of Indian Journal of Dermatology" and set a positive tone for the conference.

Then lectures on various interesting topics were delivered by respected faculties with quality academics receiving high praise for their engaging and expertise presentations. Vis-a-vis:

- Zinc responsive acral hyperkeratotic dermatosis.
- Hand foot mouth disease : An interesting report.
- Screening of latent tuberculosis in psoriasis patients for biologics.
- Topical antibacterials in Dermatology.
- Unusual and interesting nail disorders.
- Newborn skin care
- PKDL: current unmet needs
- Dermatoses due to indian cultural practices
- Childhood cutaneous mastocytosis
- Purpura fulminans and its spectrum disorders
- Mudi Chood
- Foot dermatitis : an update
- DeASI score in dermatophytosis
- Pediatric psoriasis.
- Clinico-epidemiologic attributes of PLHA patients

There was an interactive panel discussion on "How can editorial team improve standard of dermatologic publishing in India", which was moderated by Brig. Dr. Manas Chatterjee while Dr. Saumya Panda, Dr. K A Seetharam, Dr. Brijesh Nair and Dr. Arijit Coondoo were esteemed panelists.

Some old issues of the Indian Journal of Dermatology (IJD) of the mid and late sixties of the last century were kept reminiscing the past. Some landmark articles were illustrated inside the hall as memorabilia.

The conference was well attended by eminent faculties from outside states like Dr. D M Thappa, Dr. Vikram Mahajan, Dr. K A Seetharam, Dr. Divya Gupta, Dr. Rashmi Sarkar and also faculties and delegates of different medical colleges and practitioners. The programme concluded with an open house discussion and the faculties were felicitated with a plant as a gesture of honour.

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