

June 2024

NEWSLETTER

British Society for Medical Dermatology



BSMD Update

DR ADAM FITYAN, BSMD PRESIDENT



Given the increasing complexity of patients with inflammatory skin disease and the expanding list of medications available to treat them, the role of the medical dermatologist has never been more important. Unsurprisingly, the appetite for medical dermatology education remains high, with BSMD membership numbers recently exceeding the five hundred mark for the first time.

The BSMD has continued to evolve in order to support its members and provide relevant education, building on our now well-established educational courses and conferences to provide more regular and accessible education. As part of this, our weekly online SPR training and the monthly evening lecture series remain highly popular and continue to draw in large numbers.

The Essential Medical Dermatology session has established itself as a 'must attend' course for all trainees and an important refresher for consultants of all levels. This year in a change to the usual schedule, it was run in Leeds in order to help improve access to dermatologists in the north of the UK. Given the success of the course, we hope to rotate the location between London and different locations in future years.

I am pleased to report that the extremely popular Advanced Medical Dermatology Therapeutics conference run at the Royal College of Physicians (RCP) is set to return this Autumn, with a fantastic line-up of speakers covering a range of conditions. The conference is suitable for senior SPRs but is primarily targeted at consultants with an interest in medical dermatology. Following on from this, the next medical dermatology day usually held in January at the RCP will be taking place on 6th February 2025. Given that this is the 20th anniversary of the meeting, the conference will have invited leaders from a variety of specialist medical dermatology clinics across the UK including Drug Allergy, Pyoderma, Haematology, Mastocytosis to name a few; presenting their most interesting and informative cases, and providing their essential clinical pearls.

COURSES:

BAD Annual Meeting

1st-4th July 2024

Manchester

Registration now open!

Join us for the BSMD curry night on Wednesday 3rd July!

Advanced Medical Dermatology Therapeutics Meeting

10-11th October 2024

London

Registration now open!

Dermdoc

October. Date TBC

RCP Medical Dermatology Day

6th February 2025

Our next sessions are in July at the B.A.D annual meeting in the Medical Dermatology session on the Wednesday morning and in the Grey Cases clinical session on Thursday afternoon. Please do join us for these.

In addition to our conferences and educational sessions, the BSMD is also proud to have supported the British Skin Foundation with several small grants, to offer funding for medical dermatology fellowships, and now to offer grants to support honoraria for speakers or venue hire for educational sessions on Medical Dermatology for your regions/hospitals. I would strongly encourage you to consider applying for these (see below for further information).

Finally, I would like to thank all of the BSMD committee for their ongoing hard work, their dedication and support, which continues to make the society such a success.

Adam Fityan, BSMD President.

My BSMD Fellowship Experience

DR JULIAN PEARCE

Locum Consultant Dermatologist, St George's Hospital



I was delighted to have been awarded a BSMD trainee award. As a final year trainee, I took the opportunity to reflect upon areas of the curriculum where my clinical experience had been limited during training. Hair disorders stood out as one such domain; an area in which I had started to develop a subspecialist interest. The fellowship facilitated attendance at specialist consultant-led adult and paediatric hair clinics in Brighton, Gloucester, Manchester, Glasgow and Fife. I gained knowledge in clinical assessment, histopathological correlation, medical management and practical procedures such as scalp biopsy, intralesional steroid injections and diphencyprone application.

I particularly enjoyed discussions about the evidence base for treatments in different hair disorders, as well as the current research into JAK-inhibitors for alopecia areata. I was able to attend the European Hair Research Society (EHRS) meeting which provided excellent opportunities to hear about the current landscape of research into hair biology, as well as an informative paediatric hair course. The fellowship provided an invaluable opportunity to network with clinicians and allied healthcare professionals with an interest in hair disorders, which has helped foster good future working relationships.

I would like to thank the BSMD for granting me this fellowship and the excellent opportunities it has provided. I would encourage trainees and junior consultants interested in developing their knowledge in a medical dermatology-related area to apply for subsequent awards.

BSMD Fellowship Awards:

FELLOWSHIP AWARDS:

2023/2024 Winners:

Dr Hazel Rooney (Glasgow)
Dr Florence Garty (Bristol)
Dr Abitha Illango (Leeds)
Dr Christina Stavrou
(Newcastle)

2022/2023 Winners:

Dr Patrick Byran (Wales)
Dr Nicola Watson (Newcastle)
Dr Julian Pearce (London)

Congratulations to the successful applicants!

The BSMD Fellowships are an excellent opportunity to fund individualised programmes in Medical Dermatology training. Fellowships will be awarded in open competition to UK and Eire dermatology trainees (including post CCT fellows). Each award will be funded up to a maximum value of £2500.

Look out for the 2025 application cycle on the society website:

<https://www.bsmd.org.uk/trainee-awards> !

BSMD Small Grants Award

A Project Summary

SARAH THORNE. BSc, MSc.

Research Officer, British Skin Foundation

We are delighted to include a summary of research undertaken by the British Skin Foundation, who received the British Society for Medical Dermatology Small Grant Award in 2022:



Project Title: Characterising the diet of people living with psoriasis and determining diet-related risk of comorbidities using the UK Biobank: The Diet Study in Psoriasis UK (DiSP-UK) Study

Postdoctoral research associate: Dr Yifan Xu

Principal Investigator: Dr Wendy Hall, Reader of Nutritional Sciences, KCL

Co-Investigators: Dr Rachel Gibson, Dr Thivi Maruthappu, Prof Chris Griffiths

The Nutritional Dermatology team at King's College London were delighted to receive this award to determine dietary characteristics of people living with psoriasis and associations with co-morbidities and psoriasis severity using the UK Biobank database. The UK Biobank is a large repository of information about the health of hundreds of thousands of volunteers throughout the UK, including information about their diet and lifestyle, medications and health conditions, and biological markers of future risk of disease. Of approximately 500,000 volunteer records, nearly 11,000 of them are individuals living with some form of psoriasis (2.2%).

Of participants living with psoriasis, roughly equal numbers of men and women, and 97% identify as being of White ethnicity. Markers of cardiometabolic disease risk, including blood pressure, body mass index, waist circumference, blood glucose, blood triglycerides (but not low density lipoprotein (LDL) cholesterol), C-reactive protein (a marker of inflammation), and arterial stiffness were all greater in the subpopulation with psoriasis compared with the remainder of the UK Biobank population.

So far we have completed analysis of demographic characteristics and dietary intakes. Of those who completed at least one 24 h dietary recall, we found that a slightly greater proportion met the 5-a-day dietary guidelines for fruit and vegetables intake (51%) compared to an age, sex and socioeconomic status matched UK Biobank population that do not have psoriasis (46%). However, a slightly smaller proportion met dietary guidelines for oily fish intake (at least one portion per week): psoriasis 17.6%, no psoriasis 19.1%. Adherence to a Mediterranean dietary pattern was surprisingly higher in the sub-population with psoriasis. There were no differences in intakes of total fish, meat, fibre, salt, sugar, fat nor saturated fat. Nearly half of this sample report taking supplements of fish oil and/or vitamins and minerals.

Further work is ongoing as part of this project to explore relationships between diet and the severity of psoriasis according to the level of treatment (none, topical, or systemic), and the presence of comorbidities. Psoriasis-specific dietary guidelines based on clinical evidence do not currently exist, yet this is a priority for people living with psoriasis. Ultimately, this research will generate hypotheses for dietary intervention studies that will support the development of evidence-based dietary guidance that can be used by dietitians and doctors as part of their treatment plan for managing psoriasis symptoms.

The BSMD Lecture Series

DR RUI BAPTISTA GONÇALVES

Trainee Representative



The BSMD have organized a lecture series for the last 4 years, fuelled by the COVID pandemic, but proven to be a success and continued thereafter. These are one-hour, live, virtual lectures that take place monthly on a Thursday evening, available for BSMD members only. They feature eminent physicians and allied health professionals who have presented on a range of topics related to medical dermatology. Every session is also recorded and then made available on a dedicated youtube page. Our Spring 2024 series has covered a range of topics,

from photobiology, DNA repair defects, to dermoscopy of inflammatory dermatoses, and will continue with two sessions booked for May and June on cutaneous lupus and melanoma.

The sessions have attracted a large number of members, who have kindly provided very good feedback. An RCP CPD certificate is issued after attendance of each session, too. We look forward to welcoming any new or existing members to our evening lectures, and we welcome any feedback on topics or themes to cover in future sessions.

An updated calendar of evening lectures is available on our website <https://www.bsmd.org.uk/evening-lecture-series> as well as on our Instagram page [@official_bsmd](#). If you have only recently joined BSMD and have not received the Evening Lecture emails, please contact rui.baptistagoncalves@nhs.net to be added to the mailing list.

BSMD funding to set up a regional medical dermatology educational day at your centre

The BSMD are pleased to announce a new bursary scheme for centres that require funding between £500-£2000 to set up a local educational meeting with a focus on medical dermatology.

If you would like to apply for support to run a medical dermatology educational day at your centre, please refer to the regional medical dermatology educational day proposal guidelines before completing the application form (scan QR code or visit <https://www.bsmd.org.uk/funding-awards>) where these documents can be accessed). Completed applications need to be emailed by **31st July 2024**



BSMD COMMITTEE 2024

NAME	POSITION	NAME	POSITION
Adam Fityan	President	Giles Dunnill	Past President
Ruth Lamb	Secretary	Ian Coulson	Zoom series
Jenny Hughes	Treasurer/Curriculum	Fiona Tasker	Audit / Meeting IT
Laura Savage	Fellowships / EMD	Phil Hampton	AMD
Marianne de Brito	DermDoc and Social Media	Rui Baptista Gonçalves	Trainee Representative
Julian Pearce	Newsletter	Ying Teo	Member
Hannah Wainman	Service Improvement and Website	Philip Laws	Member
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