

Dermatology AMJ Editorial Board Roundtable



Neal Bhatia
Director of Clinical Dermatology,
Therapeutics Clinical Research, San Diego,
California, USA



Brian Hibler
Dermatologist,
Schweiger Dermatology Group,
New York, USA



Jacqueline Watchmaker
Dermatologist, U.S. Dermatology Partners,
Scottsdale, Arizona, USA

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Q1 How would you describe to our readers what you do?

NB: I am Director of Clinical Dermatology at Therapeutics Clinical Research in San Diego, California, USA, where my practice is 70% research and 30% clinic. I have been involved in the American Academy of Dermatology (AAD) as a board member and officer, and I am currently serving as chair of several committees. I also serve on multiple editorial boards. My background is in immunology, and I have interests primarily in medical dermatology and clinical research.

BH: I practice medical and cosmetic dermatology, meaning I treat various conditions which affect the skin, hair, and nails. My specialization is in lasers and cosmetic surgery. I combine various injectables, lasers, energy-based devices, and other cosmetic treatments to address common aesthetic concerns, including lines and wrinkles, sun damage, broken blood vessels, uneven skin tone and texture, scars, skin laxity, excessive fat, laser tattoo removal, and hair removal, among many other conditions.

JW: I am a board-certified, fellowship-trained dermatologist, who practices medical and aesthetic dermatology. My fellowship was in laser medicine, so I enjoy treating both cosmetic and medical conditions with lasers.

Q2 Why do you do what you do?

NB: I enjoy my work in advocacy, leadership, and as a teacher, but my job as a clinical trial investigator keeps me motivated and passionate to create new technologies and treatments. My passion is to translate the mechanism of action of diseases, and match them to the mechanism of action of therapies, to keep our specialty both relevant and vibrant.

BH: Medicine is the perfect mix of teaching, research, and patient care, all of which I enjoy. Dermatology is a very academic field, with a lot of advancements being made in both medical and cosmetic dermatology. The best part about dermatology is being able to take care of patients of all ages, helping them to feel more confident and comfortable in their skin.

JW: I find the field of dermatology very rewarding. The most rewarding part of my job is sharing knowledge with my patients, so that as a team, we can partner in how to best treat their medical or aesthetic concern. I also love being involved in clinical research, and staying up to date on the newest technologies and treatments, so I can provide the best possible care for my patients.

Q3 What are the unique challenges associated with providing care in your field?

NB: Between dwindling reimbursements, endless bureaucratic obstacles, the creeping scope of practice into our specialty, and the endless struggle to play defense against our patients' internet searches, the challenges to stay sane and motivated are enough to make anyone burn out.

BH: Many dermatologic conditions are considered 'cosmetic', because they will not cause the patient physical harm; however, they can result in significant psychosocial distress, and affect their self-confidence. I enjoy being able to combine topical treatments, lasers, injectables, chemical peels, and energy-based devices to address my patients' concerns.

JW: Dermatology is a very visual field, so patients can see when their skin condition improves, but also when it worsens. Skin conditions often take weeks, if not months, to improve, which can leave some patients frustrated. Also, many conditions in the field of dermatology are chronic conditions, that can be managed, but not cured.

"Skin conditions often take weeks, if not months, to improve, which can leave some patients frustrated."

Q4 Considering your impressive career, which achievement are you most proud of?

NB: Despite being elected Vice President of the AAD, and Secretary-Treasurer of the Noah Worcester Dermatological Society, Indiana, Indianapolis, USA, my best achievement was finally becoming a father to my two wonderful sons, and enjoying the first 10 years of marriage, with hopefully many more.

JW: I am most proud of my 'Intern of the Year Award', as well as being selected as chief resident during my final year of dermatology residency. I'm also always honored to be invited to speak at conferences, both nationally and internationally.

Q5 What is one way your practice changed someone's life that you didn't expect?

NB: We have enrolled many unique patients into clinical trials, but there have been some amazing outcomes with some individuals who would not have received care without having found us.

BH: I have had patients come back and tell me that I have inspired them to pursue a career in a medical field, an impact I did not expect to have on others so early in my career. I always admired my pediatrician and other doctors growing up, so it feels extra special to be in this privileged position: to take care of patients, and be able to affect their future career path.

JW: I treated a patient who was severely scarred by a medical spa. After multiple laser treatments, she finally feels confident enough to return to work, and see her family. Which session(s) did you most enjoy at AAD 2024?

Q6 Which session(s) did you most enjoy at AAD 2024?

NB: Our session on 'Managing Office Politics' was a lot of fun.

BH: I enjoyed the hands-on laser session, where over 20 key opinion leaders and fellowship-trained cosmetic dermatologists taught the latest in lasers and energy-based devices.

JW: The hands-on laser course, and the 'Complications' session.

Q7 As an editorial board member, how are you hoping to shape the journal over the coming years?

NB: I hope to bring my experience as an editor to make the journal easy to read, compelling to follow, and attractive to sponsor.

BH: I hope to bring together high impact articles, which are meaningful and clinically relevant for the readership. Together, we will improve patient care by sharing sound scientific articles and late-breaking updates, that are important for dermatologists worldwide.

JW: The field of cosmetic dermatology continues to grow, and it is important that dermatologists stay abreast of the field, and of the latest technology. I hope to help incorporate well-done aesthetic studies and aesthetic commentaries. ●

