President’s Message

Submitted by Martin Zaiac, MD

The Council held a very successful annual meeting with record-breaking attendance in San Francisco (March 2009). Given the world economic situation, I credit the well planned program by Dr. C. Ralph Daniel III for attracting a standing room only audience. The program itself was a virtual International Who’s Who of nail experts speaking on a wide variety of topics. Warning: Register early for the 2010 Annual Meeting in Miami and avoid standing. Dr. Daniel is finalizing plans for the 2010 meeting and it promises to be another winning program!

Council News

I want to thank the Research Committee members, Drs. Phil Fleckman (chair) and his co-committee members, Antonella Tosti and Richard Scher, for their continued efforts to evaluate our research grant applications. It requires a lot of time to read through the grant requests and always difficult to pick the recipients.

Dr. Fleckman also chairs the Mentoring Committee along with Drs. Antonella Tosti, Beth Ruben, Aditya Gupta and Ralph Daniels. The second Mentoring Grant was awarded to Dr. Adam Rubin who will mentor with Dr. Nat Jellinek. This new program provides mentorship experiences for residents and young faculty looking for nail experience especially if their program lacks faculty with nail expertise.

These 2 programs are really the core of the CND and we continue to seek sponsorship for these programs.

Dr. Aditya Gupta continues to serve as Editor of the bi-annual newsletter and I would like to thank him for the completeness and quality of material in each issue. I would like to encourage our members to submit short reports, interesting clinical cases or Clinical Nail Pearls. It would make the newsletter a way to share information amongst ourselves.

Our web site, [www.nailcouncil.org](http://www.nailcouncil.org), continues to be a work in progress under the direction of Dr. Monica Lowry. Dr. Lowry welcomes suggestions for the site and volunteers to help develop content.

I would like to first thank outgoing Board member, Dr. Miguel Allevato (Argentina) for his service to CND and welcome Dr. Nilton di Chiacchio (Brazil) and Dr. Bertrand Richert (Belgium) as new members of the CND Board of Trustees. Their experience and perspectives will be invaluable to the Council members.

And Congratulations to Dr. Richard Scher, one of CND’s founding members and currently serving on the Board of Trustees. Dr. Scher was honored earlier this year with the Dermatology Foundation’s Lifetime Career Educator Award. (Details on page 4).
14th Annual Meeting of the CND—March 4, 2010

Submitted by C. Ralph Daniel III MD, Annual Meeting Chair

The 14th Annual Meeting of the Council for Nail Disorders is scheduled for Thursday, March 4, 2010 in Miami, Florida. The program is chaired by myself, Dr. Phoebe Rich and Dr. Dimitris Rigopoulos.

Keynote Speaker

Each year, a leader in the field of nail disease is selected for the keynote speaker.

The 2010 Keynote Speaker is dermatologist, Dr. Eckart Haneke (Freiburg, Germany) whose pioneering advances in nail surgery are world renown. He will speak on “Surgical Management of Nail Tumors” at the CND Annual Meeting.

Dr. Haneke is a past president of the European Nail Society and has written over 300 journal articles, 190 book chapters, authored 1 book and co-authored 5 others. Over his distinguished career he has given over 1,200 lectures.

His special interests include dermatopathology, dermatological surgery, nail diseases, diseases of the oral mucosa and aesthetic dermatology.

Reviews, Updates and News

Reviews of recent literature will be presented by Dr. Antonella Tosti on non-surgical nail treatment and by Dr. Richard Scher on surgical nail procedures. Updates will include nail research (Phil Fleckman, MD), Podiatry (Bryan Markinson, DPM), and international updates from presentations from the Melanonychia Society (Nilton di Chiacchio) and the Surgical Clinico Pathological Conference (Josette Andre, MD and Beth Ruben, MD).

In addition to the keynote presentation, other surgical topics include Advanced Surgery of the Nail (Judith Dominguez, MD) and Surgical Treatment of Claw Nails (Christian Dumontier, MD).

The program is rounded out with talks on Nail Photography (Nathaniel Jellinek, MD), Chemical Ablation for Onychomycosis (Avner Shemer, MD) and finally “Great Cases from Mt. Sinai (Martin Zaiac, MD).

Registration Opens in October

On-line registration will open in October for the meeting. In the meantime, you can see updates at www.nailcouncil.org.

Miami, Florida

Sponsors

Finally, I want to thank the generous corporate support from industry which allows the Council to provide education and grant programs. We especially are thankful for their support in these difficult economic times.

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Nail Research Update and CND Research Awards

Submitted by Phil Fleckman, MD

Report on recent Research in Nails (as reported at the 13th Annual Meeting).

• Distal interphalangeal joint psoriatic arthritis is associated with psoriatic nail disease. The authors demonstrate that the enthesis of the extensor tendon of the distal interphalangeal joint surrounds and “forms an integral supporting structure” for the nail unit. Enthesitis seen in DIP psoriatic arthritis occurs directly adjacent to the nail unit and may explain some of the nail changes seen in psoriatic nail disease. Tan AL, et al. The relationship between the extensor tendon enthesis and the nail in distal interphalangeal joint disease in psoriatic arthritis—a high-resolution MRI and histological study. Rheumatolog (Oxford) 46:253-256, 2007.

• Superficial acral fibromyxoma is a soft tissue tumor of the hands and feet often seen involving or adjacent to the nail unit. They are found as a solitary acral nodule as large as 2cm, more commonly on fingers than toes, and about twice as often in men. Spindled and stellate cells are seen in a myxoid and collagenous matrix in association with mast cells. The cells stain with markers for CD34, and variably CD99 and EMA, but not for S-100, actin, keratin or HMB-45. Overlying epidermal changes suggest wart, and a superficial (shave) biopsy may miss the diagnosis. The diagnosis is not often considered, but could be aided by appropriate marker staining. Al Daraji WI, Miettinen M. Superficial acral fibromyxoma: a clinicopathological analysis of 32 tumors including 4 in the heel. J.Cutan.Pathol. 35:1020-1026, 2008.


Council for Nail Disorders Programs

While the Council for Nail Disorders (CND) was founded in 1995, the first CND Research Grants were not awarded until 1997 at the first CND Annual Meeting. The purpose of the grants is to encourage research in the field of nail disorders. Nearly ten years later in 2008, CND introduced a Mentoring Grant program with the goal of encouraging young practitioners and researchers to develop long-term professional relationships and increased knowledge about nail disorders.

Since the beginning of both programs, 18 of 35 research grant applications and 2 of 4 mentorship grants have been funded with a total of $146,338. These have resulted in at least 8 publications, other funding sources for 4 of the research proposals, and training of 2 individuals with an interest in nail disorders. Grants have been funded from generous donations of CND members and a number of pharmaceutical companies.

The first Mentoring Grant was awarded in 2008 to Dr. Felisa Lewis, whose report on her mentorship with Dr. Phoebe Rich was included in the 2008 Winter issue of the CND newsletter. She reported that her time with Dr. Rich provided her with tips in uses of medication, patient management and organization, and running a busy clinic. She also appreciated that as a mentor, Dr. Rich is someone she can turn to for future advice and perspective.

The 2009 recipient is Dr. Adam Rubin from the Department of Dermatology at the University of Pennsylvania where he is an Assistant Professor of Dermatology and of Dermatology in Pediatrics. He will be working under the direction of Dr. Nat Jellinek at the Rhode Island Hospital. Dr. Rubin’s focus will be on advanced nail unit surgery techniques and nail unit clinicopathologic correlations.

2010 Award Announcements

Grant applications for the Research and Mentoring Grants are now available online at www.nailcouncil.org. The Deadline for the awards is December 1, 2009.
Nail Riddle

Submitted by Antonella Tosti, MD

A six month old boy presented with mild subungual hyperkeratosis and distal onycholysis of the fingernails and toenails since birth. His 35 year old mother and his 78 year old grandmother had onycholysis and splinter haemorrhages of the fingernails.

What is your diagnosis?

Pachyonychia congenita type I: mutation analysis

Dermatology Foundation Honors CND’s Dr. Richard Scher

The Dermatology Foundation recognized the tremendous contribution Dr. Richard K. Scher has made to the specialty of dermatology by honoring him with the Lifetime Career Educator Award at its annual meeting in San Francisco. Dr. Scher is one of the founding members of the Council for Nail Disorders and serves on the CND Board of Trustees.

“He is an outstanding teacher whom his students revered”, noted John R. Stanley, M.D. who presented the award to Dr. Scher at the DF Annual Meeting in March. Dr. Stanley also quoted longtime colleague Dr. C. Ralph Daniel III, “He brought nail disease to the practicing dermatologist and made it simple, easy, and approachable.’ ”

Dr. Scher brought the treatment of nail disorders into the modern age. He established the first nail clinic in the United States at New York University and was instrumental in advancing the diagnosis and treatment of nail disorders. He wrote many of the seminal textbooks, was a consistent AAD nail educator for decades, and has taught over 200 residents. He was primarily responsible for populating the specialty with a growing cadre of dermatologists who have special expertise in treating and teaching about nail problems.

Dr. Scher’s choice of specialty came about through lucky circumstances. During his internship at SUNY Brooklyn/Maimonides Hospital, he caught sight of a notice from the dermatology department at NYU. They needed a researcher in skin chemistry and would provide a dermatology residency plus a generous stipend. He applied, was accepted, and found dermatology a perfect fit.

Afterward, Dr. Scher entered private practice and taught part-time with the department at NYU. One day, the Vice Chairman approached him: “We don’t have a nail clinic. We need one—and we’d like you to do it.” Dr. Scher knew little about nails, but was assured that once he started the clinic he would see many of them, and soon would know more about nails than most dermatologists. At the time there were only two people in the U.S. with an interest in nails. Dr. Scher spent time with each one and then started the clinic.

Dr. Scher’s next step took him to Brown University and then to Columbia University, where he established his second and third nail clinics. Now, Professor of Dermatology at the University of North Carolina in Chapel Hill, he is consolidating the state’s first center for nail disease. His more than 200 publications include the comprehensive text—Nails: Diagnosis, Therapy, Surgery, written with colleague C. Ralph Daniel III, MD, and is now in its third edition. Add to that his countless lectures and visiting professorships, presidency of the AAD, and major editorial roles in a wide number of journals.

“What makes me most proud,” Dr. Scher says, “is that most nail specialists in the U.S. today spent some time with me. The opportunity to work with young dermatology residents is my main reason for remaining in academic medicine. Helping to train them is my way of giving back.”
**Announcements**

**14th Annual Meeting of the Council for Nail Disorders**

**Date:** March 4, 2010  
**Place:** Miami, Florida (US)

**Program Chair:** C. Ralph Daniel, MD  
**Co-chairs:** Phoebe Rich, MD and Dimitris Rigopoulos, MD

**Preliminary Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>11:30 AM</td>
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| 12:00 PM | Welcome and Introductions  
C. Ralph Daniel, III MD (US) |
| 12:05 PM | CND Overview and Announcements  
Martin Zaia, MD (US) |
| 12:15 PM | Keynote: Surgical Management of Nail Tumors  
Eckart Haneke, MD (Germany) |
| 1:00 PM  | Nail Research Update  
Phil Fleckman, MD (US) |
| 1:15 PM  | Non-Surgical Nail Literature Review  
Antonella Tosti, MD (Italy) |
| 1:30 PM  | Surgical Nail Literature Review  
Richard Scher, MD (US) |
| 1:45 PM  | Podiatric Update  
Bryan Markinson, DPM (US) |
| 2:00 PM  | Update on the International Nail Summit, Athens, July, 2010  
Dimitris Rigopoulos, MD (Greece) |
| 2:05 PM  | Update from the Melanonychia Society  
Nilton Di Chiacchio, MD (Brazil) |
| 2:20 PM  | Surgical Treatment of Claw Nails  
Christian DuMontier, MD (France) |
| 2:35 PM  | Nail Photography  
Nathaniel Jellinek, MD (US) |
| 2:50 PM  | Advanced Surgery of the Nail  
Judith Dominguez, MD |
| 3:20 PM  | Chemical Ablation for Onychomycosis  
Avner Shemer, MD |
| 3:35 PM  | Great Cases from Mount Sinai  
Martin Zaia, MD (US) |
| 3:50 PM  | Surgical Clinico Pathological Conference  
Josette Andre, MD (Belgium)/Beth Ruben, MD (US) |
| 4:10 PM  | Ask the Experts Panel |
| 5:00 PM  | Closing Remarks |

For more information go to [www.nailcouncil.org](http://www.nailcouncil.org) or email us at info@nailcouncil.org.

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**2nd Edition Course on Onychology**

**Place:** Brussels, Belgium  
**Dates:** September 24-25, 2009

**Contact:** Nadine_lateur@stpierre-bru.be

**Friday Sessions: BASIC SCIENCE**  
Macroscopic Anatomy—Nadine Lateur  
Microscopic Anatomy—Josette André  
Elementary Lesions and Terminology—Bertrand Richert  
Onychomycosis: Diagnosis & shampooing Techniques—Nadine Lateur  
Anesthetic Procedures—Bertrand Richert  
Basic Surgery—Bertrand Richert  
Friday session: SURGERY ALL LEVELS  
Live Surgery Session—Bertrand Richert  
Saturday sessions: MEETING THE EXPERTS  
Benign Nail Tumors—Bertrand Richert  
Lichen Planus—Antonella Tosti  
Allergic Hazards from Nail Cosmetics—Nadine Lateur  
Nail Disorders in Children—Josette André  
Clinical cases & Discussion—Antonella Tosti  
Nail Dermoscopy—Antonella Tosti  
Carrousel of Clinical cases

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**EUROPEAN NAIL SOCIETY MEETING**

**Date:** October 7, 2009  
**Time:** 14:00-18:00  
**Place:** International Congress Centrum Berlin

**Program:**

**Top 3 science stories on nails 2008 – 2009**  
M. Pasch, the Netherlands

**3 top tips to treat nail disorders**

Simple onycholysis and chronic paronychia—M. Daniel & R. Daniel, III USA

Nail fragility—M. Iorizzo, Switzerland

One digit onychomycosis—N. Lateur, Belgium

Nail lichen planus—B.M. Piraccini, Italy

Nail psoriasis—A. Tosti, Italy

Mild lateral nail ingrowing (stage I)—E. Haneke, Germany/Switzerland

**Update from Melanonychia Study Group**

N. Di Chiacchio, Brazil

**Dermatopathology Potpourri From Around the Globe**—B. Ruben, USA & J. Andre’, Belgium

**Clinical cases**—D. de Berker, UK

**Surgical cases**—B. Richert, Belgium

For more information: [www.euronailsociety.org](http://www.euronailsociety.org)
Photos from the 13th Annual Meeting

New Members

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Podiatry Fellow

Raymond G. Stolarski, DPM
Clarksville, OH
Podiatry Fellow (PE)
# Patient Pamphlets Available for Purchase

The Council for Nail Disorders (CND) is the first organized group of healthcare professionals formed to advance education for physicians and the general public regarding the diagnosis and management of nail disorders. CND has been chartered to assist healthcare professionals in proper diagnosis and treatment in an effort to reduce the incidence and persistence of nail disorders.

The following CND patient education pamphlets are available for purchase to both members and nonmembers of the Society. Members receive the discounted rate. Details on the pamphlets and membership information is available at www.nailcouncil.org.

## CND PATIENT EDUCATION PAMPHLET ORDER FORM

There are seven patient information pamphlets available:

- Common Warts Affecting the Nails
- Nail Psoriasis: Recognition and Control
- Onycholysis: A Common Nail Disorder
- Onychomycosis: Nail Fungal Infection
- Paronychia: A Common Fingernail Condition
- Safe Use of Nail Cosmetics
- Tips on Ingrown Toenails

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<th>CND Member Price: $20.00 per package</th>
<th>Non-Member Price: $40.00 per package</th>
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<td>Total _____________________________(# of packages) at $ __________ each =* $ __________</td>
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