

Lessons From My Life (So Far)

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Plan

- Asked to speak about my career
- Caused me to reflect so thank you
- Decided to relate my life through stories from each phase
- By deriving general lessons from them I hope to reveal important concepts that may help you in your life
- Concentration is on professional life lessons

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Mother and Father



Two teachers from small Kansas town,
importance of education, life-long learning is
fun, **respect for others**, honesty

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Be Respectful

He who feels the respect which is due to others cannot fail to inspire in them respect for himself. While he who feels, and hence manifests, disrespect towards others, especially those being led, cannot fail to inspire hatred against himself.

John M. Schofield

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Undergraduate

Why West Point in 1968?

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Set Goals

Think **BIG**



That some achieve great success, is proof to all that others can achieve it as well.

quotespedia.info

Abraham Lincoln

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Pay Attention



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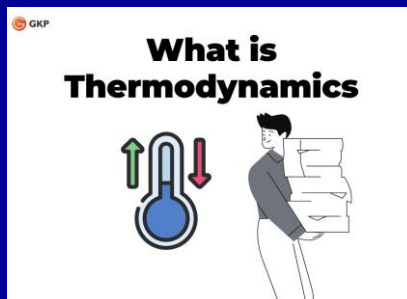
Pay Attention



Might learn something
or
More than one thing

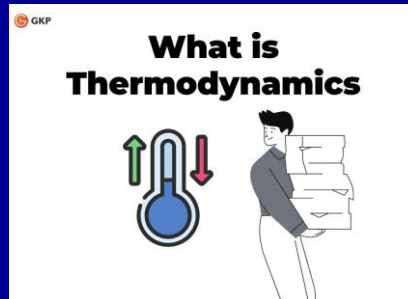
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Pay Attention Might Learn Something!



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Pay Attention
Might Learn Something!



Might change your life!!

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Medical School

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Arrival Bloomington, Indiana May 1973

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Arrival Bloomington, Indiana May 1973



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Arrival Bloomington, Indiana May 1973



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You never know what others are dealing with


Be kind, understanding and empathetic

Especially when seeing patients

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Perfect Antidote

**Slow moving, slow talking
now patient Dr James**

The complex block features a cartoon illustration of a doctor on the left. The doctor is a portly man with glasses, wearing a white lab coat over a blue shirt and a yellow tie. He is holding a test tube in his right hand, from which small black dots are rising. The background of the illustration is white. To the right of the illustration, the text "Perfect Antidote" is written in bold yellow font, and "Slow moving, slow talking now patient Dr James" is written in bold white font.

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Diagnosis

- 24-hour urine cortisol 560 micrograms/dl (N<110)
- Elevated ACTH
- MRI pituitary adenoma **Cushing Disease**

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Diagnosis

- Biopsy-Superficial and deep granulomas rimmed by small lymphocytes
- Culture-**Sporothrix schenckii**

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Follow up

- Treatment with itraconazole 400mg daily
- Resection of the pituitary tumor
- Cure of Cushing and infection

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Skin Signs of Cushing

- Central obesity
- Buffalo hump
- Moon facies
- Hypertrichosis
- Acne
- Hyperpigmentation
- Widespread striae
- Poor wound healing
- Skin fragility
- Easy bruising
- Acanthosis nigricans

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Neuropsychiatric disorders in Cushing disease



www.irtces.com



www.medexpressrx.com

**Mood lability, anxiety, irritable
impatience, depression, flight of ideas**



evolvingyogi.com



www.inotel.org

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Marion Sulzberger MD

“You must be kind and patient even with those who are over demanding, unreasonable, even antagonistic. Remember that those attitudes are signs of illness and often the result of fear, anxiety, or ignorance. It is part of a doctor’s job to handle and assuage these too.”

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Marion Sulzberger MD

“Every patient who comes to us is in trouble. Whether the complaint seems serious or trivial to you, it is serious to the patient and deserves your full attention and your best efforts. You may have just seen ten patients with more grave or more interesting skin diseases, but to the patient you are now examining his trouble is the most important in the world at that moment.”

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Walter Reed

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Listen and Learn



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Listen and Learn



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Ann



As Teacher- Advocate for the student, one mind at a time, standards with understanding, novel methods

As a Partner - Enthusiastic, fun, common sense, inclusive, all about others

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Marry Up

Pay Attention

Listen

Become a better person

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Listener

- **Be an active listener**
 - **To understand them, not to reply**
- **Let people know you understand them**

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Patience

- **Listening involves meeting with others**
- **Not efficient**

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Patience

- Listening involves meeting with others
- Not efficient

If you want to go fast, go alone
If you want to go far, go together

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Lesson

- Listen , reflect and learn from your team members
- Respect everyone on the team, all of us are all better than one of us

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None of us is smarter than all of us
Japanese proverb



Value Diversity



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Residency in Dermatology

A collage of three images on a black background. The top left image shows the Golden Gate Bridge in San Francisco. The top right image is a portrait of an older man with glasses wearing a white lab coat. The bottom image is a group photo of a residency class, with a "MERRY CHRISTMAS" banner in the background.

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Tell What You Want



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Tell What You Want

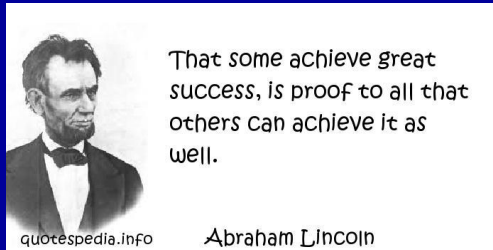


Chair at Walter Reed

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Set Goals

Think **BIG**



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**The problem is not that we
aim too high and fail, but that
we aim too low and succeed**

Michelangelo

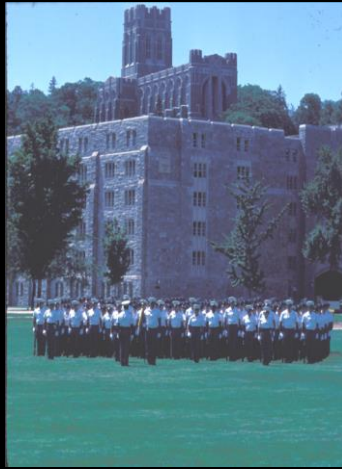
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If not you, then who?

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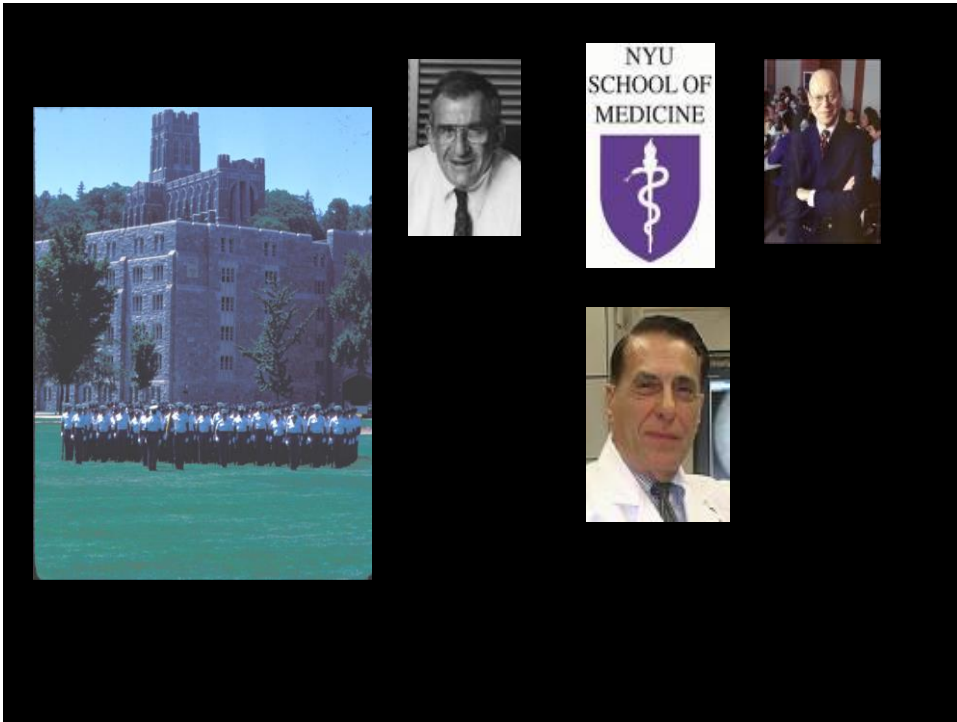
West Point, New York

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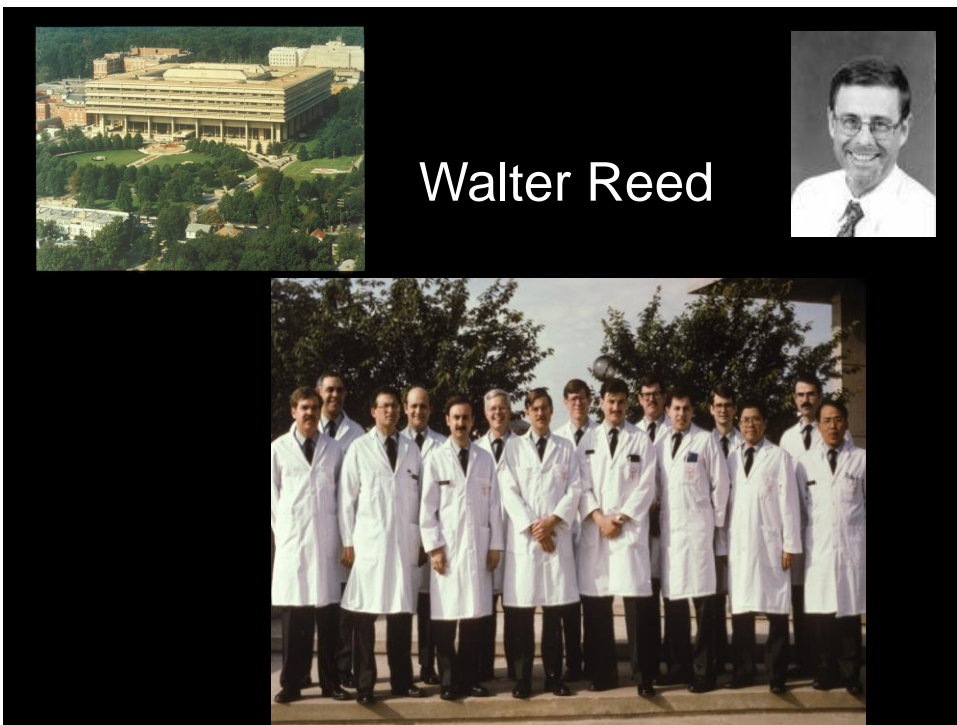
Tell What You Want



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Tell What You Want



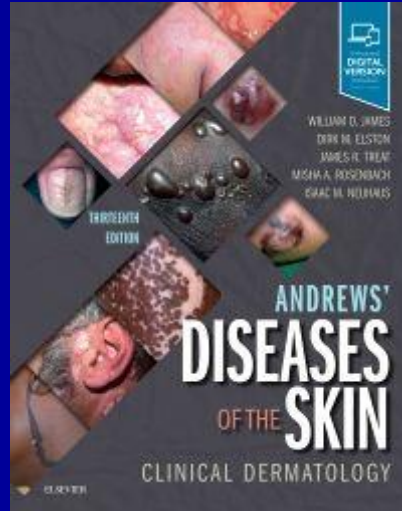
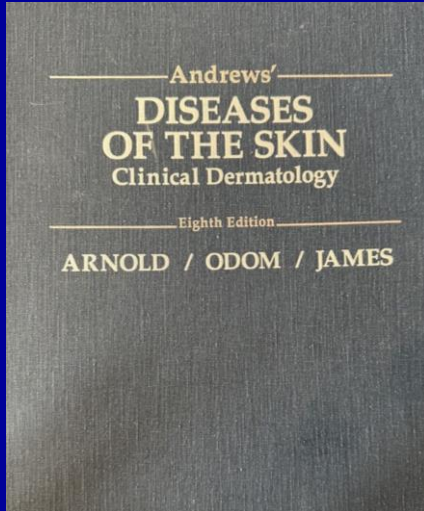
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Tell What You Want



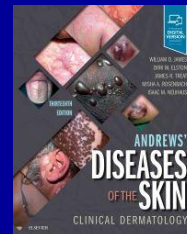
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Tell What You Want



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Tell What You Want



You Might Get It!!

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Act to Achieve Goals

"A person who never made a mistake never tried anything new."

— Albert Einstein

Mistakes will happen
Admit it
LEARN FROM THEM
Move on

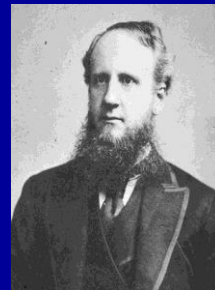
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University of Pennsylvania



First hospital
First graduate medical education
First department of dermatology

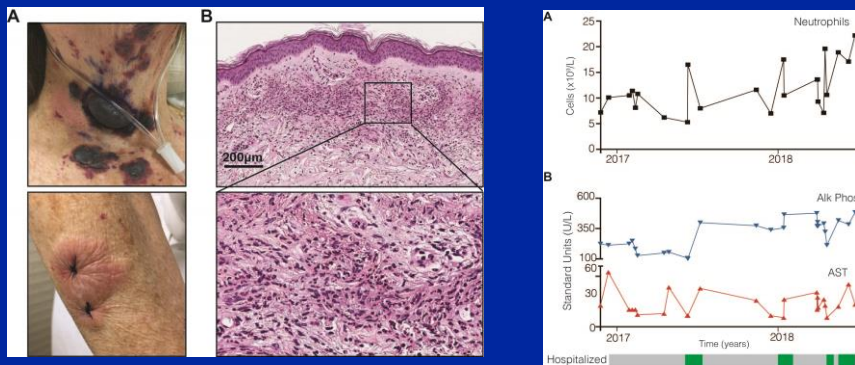


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Refractory Sweet Syndrome Patient



J Clin Invest 2023; 133: e162137

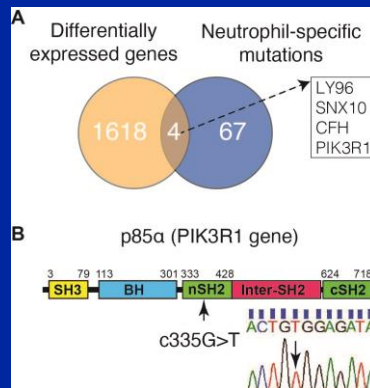
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Neutrophilic Dermatoses Team Leaders



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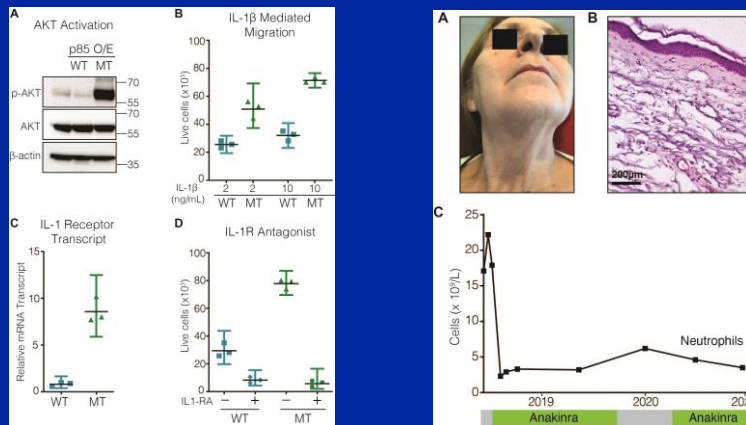
Refractory Sweet Syndrome Patient



Whole genome sequencing of the patient's neutrophils revealed a PIK3R1 mutation

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PIK3R1 mutation is a gain-of-function mutation that increases neutrophil migration towards IL-1 β



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Lessons

1. Counters current dogma that Sweet syndrome is a reactive process.
2. Neutrophilic dermatoses may result from inherited or acquired mutations affected signaling pathways that modulate neutrophil function.
3. VEXAS syndrome, ubiquitin mutation

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Lesson

- Cooperation, learn from others
- Team – everyone working together improves care

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Lessons



Rational and personalized therapy for a difficult to treat patients through modern molecular analysis
Surround yourself with smart people with different roles
Your role over time will likely change over time
That's OK

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Leadership

Know yourself

Knowing others is intelligence,
knowing yourself is true wisdom

Lao Tzu

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Ask Questions

- Think about what makes you happy each day
- What do you want to do more of, what do you want to do less of
- Talk about it
- Ask for help

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Reflection



Give it your all
Redo if necessary
Ignore giving up
Take time to do it right

Do a little bit every day

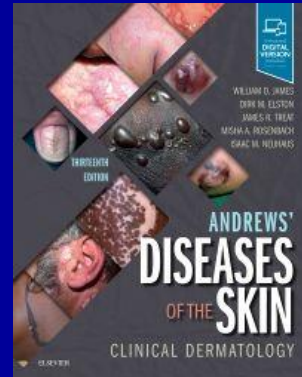
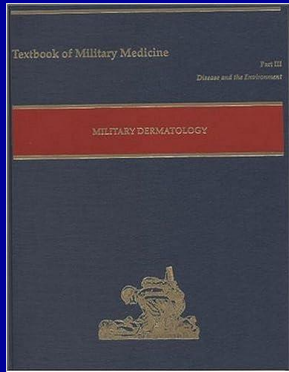
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Reflection



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Projects that fit my Strengths



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Reflection



Creativity = 0



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JAAD 1982; 6: 862

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JAMA 1986: 256: 2386

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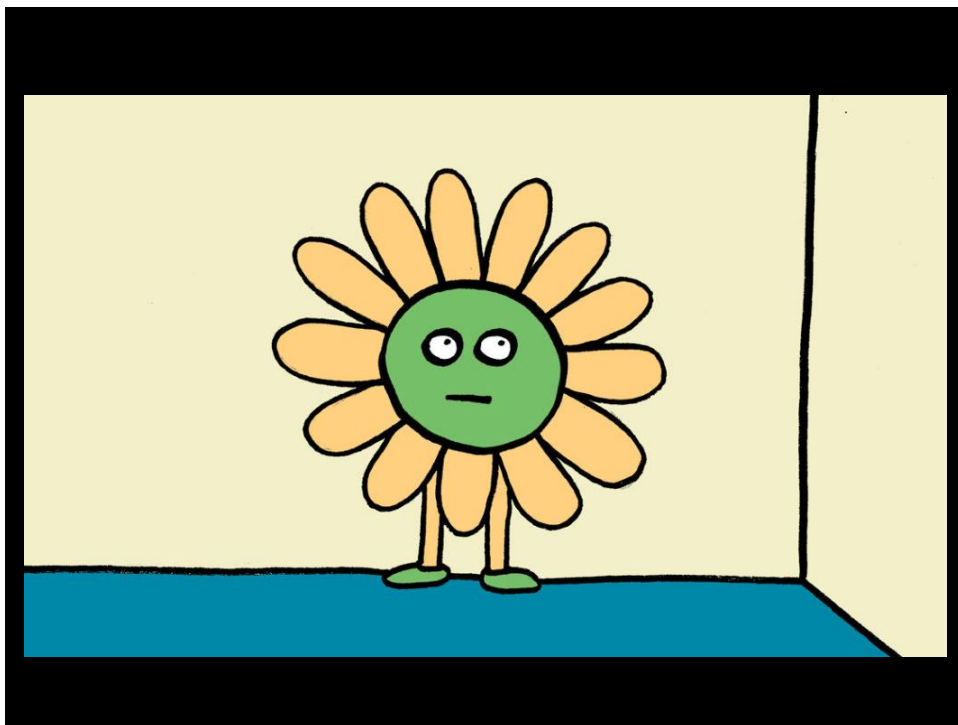
Reflection



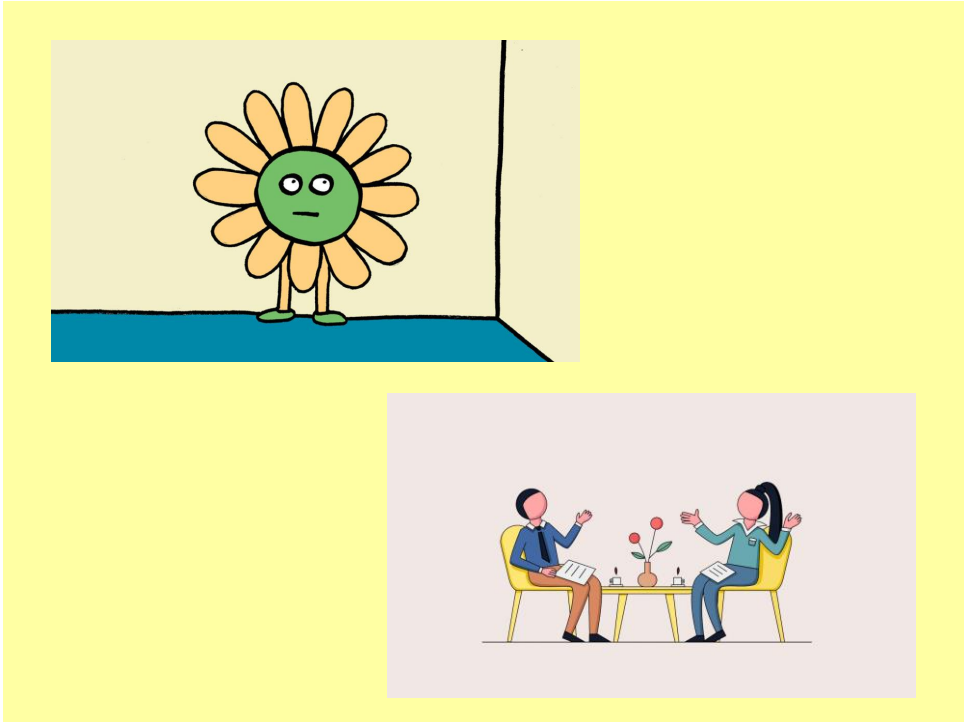
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- Know your strengths and weaknesses
- Embrace and maximize your strengths
- May be a way to use your weaknesses to turn them into positives
- I do not spend time trying to overcome all weaknesses, but rather just accept some and move ahead

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At it a looong time

- Chair Walter Reed at 36
- Program Director for 32 years
- Fellowship Director 20 years
- ADLP mentor for 20 years
- 160 residents, 15 fellows, hundreds of students
- Thousands of projects
- **Thousands of friends in dermatology**

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Great fun connecting friends

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Change

- **Good or threatening depends on where you sit**
- **Inevitable**
- **Continued improvement**
 - Listen, learn from the good and the bad, try new things, be active and make continued progress, change

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Good News!



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The most important parts of your profession and life are stable



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Solid as a Rock

- **What is constant, that which matters most**
 - **The sick patient who needs your care**
 - **The open-eyed student who needs your wisdom**
 - **Family, friends and colleagues**
 - **Helping others**

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Philosophy

- **Be Generous**
 - **Give and Take** by Adam Grant
 - Taker, matcher, giver
 - Don't keep score
 - “You can get everything in life you want, if you will just help enough other people get what they want” Zig Zigler



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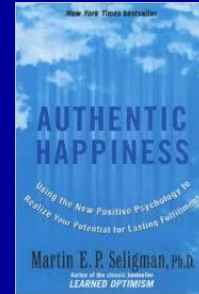
Enduring

- **Education**
 - Self
 - Patients
 - Peers, students, nurses, colleagues (team)
- **Keeping patients first**
 - Professionalism, ethics, kindness
- **Relationships**
 - Colleagues, friends, family

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Happiness Research

- Spend least time alone
- Pursue personal growth
- Pursue intimacy
- Altruistic acts elevate



**“Authentic Happiness”
Seligman**

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Happiness Builds on Itself

- Happiness is loving what you do and knowing it matters
- Happiness makes people less self-focused and more altruistic
- Altruism enhances self-esteem and makes you feel good

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Happiness Research

- Spend least time alone
- Pursue personal growth
 - Pursue intimacy
 - Altruistic acts elevate
- **Take time to savor and be grateful**

Authentic Happiness
Seligman

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Be Kind

It is a bit embarrassing to have been concerned with the human problem all one's life and find at the end of that one has no more to offer by way of advice than **"Try to be a little kinder"**.

Aldous Huxley

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