

- medical dermatology patients: a comparative study. PI: Jeffrey Orringer, M.D.; Co-investigator: Yolanda Rosi, M.D. 2004-2005
2. University of Michigan: The molecular pathogenesis of striae distensae: a pilot study. PI: Gary Fisher, PhD; Co-investigator: Yolanda Helfrich, M.D. 2004-present
 3. University of Michigan: Collection of biofluid samples from patients with skin vascular injury. PI: Yolanda Helfrich, M.D. 2005-present
 4. University of Michigan: A phase 3, randomized, double-blind study to evaluate the efficacy and safety of BID application of tacrolimus cream-B 0.1% versus cream vehicle in the treatment of psoriasis. Sponsored by Astellas. Institutional PI: Sewon Kang, M.D., Co-investigator: Yolanda Helfrich, M.D. 2005-present
 5. University of Michigan: The ability of Protandim to induce antioxidant enzymes in red blood cells and skin: a pilot study. PI: Yolanda Helfrich, MD. 2006-present
 6. University of Michigan: Molecular and Biochemical characteristics of stretched skin: a pilot study. PI: Yolanda Helfrich, M.D. 2006-present
 7. University of Michigan: Tissue Bank for Various Dermatological Conditions of Interest. PI: Sewon Kang, M.D.; Co-investigator: Yolanda Helfrich, M.D. 2006-present
 8. University of Michigan: A Phase 2, Multicenter, Randomized, Double-blind, Placebo-controlled Trial of CNTO 1275, a Fully Human Anti-IL-12 Monoclonal Antibody, Administered Subcutaneously, in Subjects with Active Psoriatic Arthritis. Sponsored by Johnson & Johnson. Institutional PI: Yolanda Helfrich, M.D. 2006-present
 9. University of Michigan: The effectiveness of UVA1 Irradiation in the treatment of inflammatory dermatoses: an open pilot study. PI: Sewon Kang, MD; Co-investigator: Yolanda Helfrich, M.D. 2006-present
 10. University of Michigan: A Double-Blind, Randomized, Multicenter Pilot Study to Evaluate the Efficacy and Safety of Etanercept 50 mg SC Twice Weekly in the Treatment of Moderate to Severe Lichen Planus. Sponsored by Amgen. Institutional PI: Yolanda Helfrich, M.D. 2006-present
 11. University of Michigan: The ability of N-acetyl cysteine to induce antioxidant enzymes in red blood cells and skin: a pilot study. PI: Yolanda Helfrich, MD. 2007-present
 12. The ability of a combination of N-acetyl cysteine (NAC) and Protandim® to induce antioxidant enzymes in red blood cells and skin: a pilot study. PI: Yolanda Helfrich, MD. 2007-present

HONORS AND AWARDS

1993 National Merit Scholar
1993-1994 Robert C. Byrd Honors Scholarship
1997 Swarthmore External Examination Program, Graduated with High Honors
1998 Alexander S. Vida scholarship
2000 Alpha Omega Alpha honor society
2003 “You’re Super” award given in appreciation of patient care
2005 Resident Research Award, Department of Dermatology
2005 “You’re Super” award given in appreciation of patient care
2006 “You’re Super” award given in appreciation of patient care
2007 “You’re Super” award given in appreciation of patient care
2007 W.B. Taylor Resident Teaching Award
2007 Best Doctors in America 2007-2008 database

MEMBERSHIPS IN PROFESSIONAL SOCIETIES

2001-present American Academy of Dermatology
2006-present Society of Investigative Dermatology
2006-present Dermatology Foundation

EDITORIAL POSITIONS, BOARDS, AND PEER-REVIEW SERVICE

2006-present Ad hoc reviewer, *Journal of the American Academy of Dermatology*
2007-present Ad hoc reviewer, *Archives of Dermatology*

TEACHING ACTIVITIES

Residents:

4/2006 “Crack the boards” lecture about preparing for the dermatology boards
5/2006-present Once monthly, lead department diagnostic conference, in which the most challenging and interesting patients are viewed and discussed by residents and faculty
6/2006-present Once monthly, lead the didactic textbook session for residents, in which major dermatology textbooks are read and discussed
12/2006 “Dermatology coding” lecture to dermatology residents
1/2007 “Dermatology jeopardy” lecture for preparing for dermatology boards

Medical students:

2003-2004 MSII Dermatology Sequence, Patient Grand Rounds
12/2005 Immunopathogenesis of psoriasis and atopic dermatitis lecture to MSII

6/2006-present students, MSII Dermatology Sequence
Once monthly, give a lecture to M3/M4 students on dermatology clerkship

COMMITTEE SERVICE

2002-2005 Residency Education Committee, Department of Dermatology
2004 Residency Review Committee, Department of Dermatology
2006-present Department of Dermatology Mentorship Program, Resident Mentor,
University of Michigan
2006-present Lean Thinking Committee/Access Work Group, Department of
Dermatology, University of Michigan

ORAL PRESENTATIONS

1. "Vulvar dermatoses," University of Michigan, Department of Dermatology, Ann Arbor, MI May 2003.
2. "Cutaneous manifestations of tuberculosis," University of Michigan, Department of Dermatology, Ann Arbor, MI November 2003.
3. "Subcutaneous sarcoidosis during interferon-alpha and ribavirin therapy in a patient with hepatitis C," Gross and Microscopic Symposium, American Academy of Dermatology Meeting, Washington, D.C., 2004.
4. "Adnexal tumors," University of Michigan, Department of Dermatology, Ann Arbor, MI March 2005
5. "Intrinsic skin aging: validation of a photometric scale and risk factors that accelerate the process," Society of Investigative Dermatology Meeting, St. Louis, MO, May 2005.
6. "Caffeine consumption enhances the therapeutic effectiveness of methotrexate and sulfasalazine in psoriasis," Society of Investigative Dermatology Meeting, Philadelphia, PA, May 2006.
7. "Seeing beyond the spots: Understanding vitiligo," Dermatology Brown Bag Luncheon Series, Department of Dermatology, University of Michigan, October 10, 2006.
8. "So you want to be a dermatologist" University of Michigan Medical School Diversity and Career Development Office Summer Science Academy, June 18, 2007

POSTER PRESENTATIONS

1. “Intrinsic skin aging: validation of a photonumeric scale and risk factors that accelerate the process,” **YL Rosi**, Y Lu, S Kang, JJ Voorhees. Society of Investigative Dermatology Meeting, St. Louis, MO, 2005.
2. “Caffeine consumption enhances the therapeutic effectiveness of methotrexate and sulfasalazine in psoriasis.” **YR Helfrich**, P Liao, L Halili, T Hamilton, J Lambert, JJ Voorhees and S Kang. Society of Investigative Dermatology Meeting. Philadelphia, PA, 2006.
3. “Injury enhances TLR2 function and antimicrobial peptide expression through a vitamin D dependent mechanism.” J Schaubert, RA Dorschner, AB Coda, AS Buchau, B Brouha, PT Liu, D Kiken, **YR Helfrich**, SW Kang, HZ Elalieh, A Steinmeyer, U Zugel, DD Bikle, RL Modlin, and RL Gallo. Society of Investigative Dermatology Meeting. Los Angeles, CA, 2007.

BIBLIOGRAPHY

Completed Publications in Scientific Journals

Peer-Reviewed

1. **Rosi YL**, Lowe L, and Kang S. Treatment of Hidradenitis Suppurativa with Infliximab in a Patient with Crohn’s Disease. *Journal of Dermatologic Treatment* 2005; 16: 58-62.
2. Orringer JS, **Helfrich YR**, Hamilton T, et al. Prevalence of psychotropic medication use among cosmetic and medical dermatology patients: a comparative study. *Journal of the American Academy of Dermatology* 2006; 54(3); 416-419.
3. Orringer JS, Kang S, Maier L, Johnson TM, Sachs DL, Karimipour DJ, **Helfrich YR**, Hamilton T, Voorhees JJ. A randomized, controlled, split-face clinical trial of 1320-nm Nd:YAG laser therapy in the treatment of acne vulgaris. *Journal of the American Academy of Dermatology* 2007; 56(3):432-8.
4. Schaubert, J, Dorschner RA, Coda AB, Buchau AS, Liu PT, **Helfrich YR**, Kang S, Elalieh HZ, Zugel U, Bikel DD, Modlin RL, Gallo RL. Injury enhances TLR2 function and cathelicidin expression through a Vitamin D dependent mechanism. *Journal of Clinical Investigation* 2007 ;117(3):803-811.
5. **Helfrich YR**, Yu L, Ofori A, Hamilton TA, Lambert J, King A, Voorhees JJ, Kang S. Effect of smoking on aging of photoprotected skin: evidence gathered using a new photonumeric scale. *Archives of Dermatology* 2007; 143: 390-402.

6. **Helfrich YR**, Kang S, Hamilton TA, Voorhees JJ. Topical becocalcidiol for the treatment of psoriasis vulgaris: a randomized, placebo-controlled, double-blind, multicentre study. *British Journal of Dermatology* 2007; 157:369-374.
7. Simon NS, Fullen DR, **Helfrich YR**. “Gooseflesh-like” lesions and hypohidrosis. (In press: *Archives of Dermatology*, 2007)
8. Skandamis G, Frohm M, Fullen DR, Helfrich YR. Extensive flaccid bullae with milia. (In press: *Archives of Dermatology*, 2007)

Book Chapters

1. **Helfrich YR**, Sachs DL, Kang S. Topical Vitamin D₃ in *Comprehensive Dermatologic Drug Therapy*, 2nd edition, Stephen E. Wolverton, MD ed., Elsevier, Philadelphia, 2007.

Abstracts

1. Yu L, **Rosi Y**, Ofori A, King A, Voorhees JJ, Kang S. Intrinsic skin aging: validation of a photonumeric scale and risk factors that accelerate the process. *J Invest Dermatol.* 2005; 124:A54.
2. **Helfrich YR**, Liao P, Halili L, et al. Caffeine consumption enhances the therapeutic effectiveness of methotrexate and sulfasalazine in psoriasis. *J Invest Dermatol.* 2006; 126:42.
3. Schauber J, Dorschner RA, Coda AB, Buchau AS, Brouha B, Liu PT, Kiken D, **Helfrich YR**, et al. Injury enhances TLR2 function and antimicrobial peptide expression through a vitamin D dependent mechanism. *J invest Dermatol.* 2007; 127 (Supp 1): S130.

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