COVID-19’S IMPACT ON WOMEN’S HEALTH IN DERMATOLOGY

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INTRO

• The COVID-19 pandemic has changed the way we interact with one another, particularly with video-conferencing platforms
• Friends, family, and patients began bringing up concerns for their appearance on video calls

METHODS

• A voluntary anonymous survey was designed made available to the membership of the Women’s Dermatologic Society:
• Inquire about cosmetic consults during the pandemic
• If videoconferencing has influenced patient treatment seeking behaviors

RESULTS

• N=134
• 82% board-certified dermatologists
• 56.7% reported a relative increase in cosmetic consultations
• 86.4% noted their patients cited video-conferencing calls as a reason to seek care

DISCLOSURES

No disclosures.
RESULTS

• Upper body in view during videoconferencing calls
• Upper face wrinkles (77%), dark circles under the eyes (64.4%), facial dark spots (33%), and neck sagging (50%)
• Botox, filler injections, and laser treatments were the most frequently requested cosmetic procedures

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WHY ARE WE SEEING THIS TREND?

• Front-facing cameras distort and degrade video quality,
• Noses look wider, eyes look smaller and wider set, and the natural shadows on our faces may appear as flat darkened areas on screen
• Fewer editing and filtering options, unlike Snapchat or Instagram
• Noticing expression lines and wrinkles when showing emotions
• Side by side comparison to others on the call

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THE ART OF PREVENTION: COVID-19 VACCINE PREPAREDNESS FOR THE DERMATOLOGIST

• Cutaneous reactions reported during COVID-19 vaccine trials (Moderna and Pfizer)
• Filler reaction to Moderna vaccine
• Recommendations for vaccine-related counseling

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LOCAL CUTANEOUS REACTIONS

• Cutaneous reactions after COVID-19 vaccination have included localized redness and swelling
• Localized redness and swelling more common in vaccine group than placebo group
• Moderna had a slightly higher rate of reactions following the second dose

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RESULTS

• Unhappy with their appearance
• Developing negative self-perceptions
• Result of constantly seeing their virtual reflection on video calls

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CONCLUSIONS

• Zoom and its camera distortions are leading people to:
• Fixate on their appearances
• Negative self-perceptions
• Seek cosmetic care
• Awareness to help avoid unnecessary procedures
• Simple changes such as a ring light
• Speaking to a mental health professional

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ADDITIONAL CUTANEOUS REACTIONS

- Systemic reactions, such as anaphylaxis, were reported post-trial once vaccination roll-out began.
- Polyethylene glycol, a known excipient in the vaccines, was listed as a possible trigger.

<table>
<thead>
<tr>
<th>Reaction</th>
<th>Moderna vaccine (n)</th>
<th>Neutral vaccine (n)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rash</td>
<td>2 (1.2%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>Urticaria</td>
<td>1 (0.6%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>Wheal</td>
<td>1 (0.6%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>Blebs</td>
<td>0 (0.0%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>Nodule formation</td>
<td>0 (0.0%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>Facial swelling</td>
<td>4 (2.4%)</td>
<td>2 (1.2%)</td>
</tr>
<tr>
<td>Urticaria</td>
<td>3 (1.8%)</td>
<td>3 (1.8%)</td>
</tr>
</tbody>
</table>

Source: Battle et al., 2020.

FACIAL SWELLING IN SETTING OF FILLER

- Three patients in the experimental arm of the Moderna trial noted facial swelling in area of prior filler.
- Last filler injections:
  - 6 months prior to vaccination
  - 2 weeks prior to vaccination
- Unsure of last filler injection, but noted a similar reaction after an influenza vaccination.
- All reactions resolved within a few days and were able to continue in the trial.

FILLER REACTION

- Delayed-type hypersensitivity reaction to dermal filler in setting of immunogenic trigger.
- Reactions reported with infection, dental procedures, medications, and influenza-like illnesses.
- Fillers may act as adjuvants that enhance the antigen-specific immune response without triggering one on their own rather than activating T-cells directly.
- Lower threshold for inciting factors to trigger inflammatory reactions in predisposed individuals.

RECOMMENDATIONS AND VACCINE COUNSELING

- Discussion of COVID-19 vaccine as a part of pre-procedure counseling for dermal fillers.
- Consider a 4-8 week window between filler injections and vaccination and potentially longer for those with risk factors, such as autoimmune disorders, immunosuppressive medications, and those with a history of sensitivity to dermal fillers.
- In cases of facial swelling, short courses of oral steroids (<2 weeks) do not appear to alter the effectiveness of vaccines.
- For patients with HA filler, hyaluronidase can be used for residual or prolonged edema.
- Dilution of fillers can reduce the risk of adverse events and DTRs.

FUTURE DIRECTIONS

- Millions of filler injections administered annually.
- Dermatologists should encourage vaccinations despite potential for cutaneous reactions.
- Adverse effects are rare.
- We encourage physicians to report any adverse effects to:
  - The Vaccine Adverse Event Reporting System: https://vaers.hhs.gov/index.html
  - AAD COVID-19 Registry: https://www.aad.org/member/practice/coronavirus/registry
- Patients may report reactions themselves directly to the CDC via the V-safe app: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html
REFERENCES

- Kuo SP, Ferree JD, Mesinkovska NA, Kourosh AS. The art of prevention: COVID-19 vaccine preparedness for the dermatologic consultant period of women’s dermatology. 2021 Jan 12.
- Food and Drug Administration Moderna COVID-19 Vaccine. In: Vaccines and Related Biological Products Advisory Committee Meeting 2020 Dec 17.