Zachary Nahmias

Dermatologist

Skilled physician with 6 years of exemplary service in the medical field. Committed to providing excellent care and service to patients, listening to each individual's concerns, and treating for whole body wellness. Experience in a variety of healthcare settings and with many different patient age ranges, from pediatric to geriatric. Determined team player who is able to collaborate with other medical staff to devise effective treatment solutions. Dedicated professional striving to maintain high standards in the field. Alpha Omega Alpha and Gold Humanism Honor Society inductee with interests that include skin cancer prevention and treatment, service to the underserved including rural areas, and the development of fully operative dermatology practices.



Certifications

2018-09

American Board of Dermatology



Work History

2018-09 -Current

Medical Director, Dermatology

Samaritan Medical Center, Watertown, NY

- Founded a dermatology office for Samaritan
 Medical Center (SMC), a rural underserved hospital
 system in upstate New York. Designed the new
 clinic space for the dermatology practice and
 oversaw the expansion of the dermatology clinic
 into the newly designed space
- Increased net annual revenue to \$8,000,000 in two years. Prior to my arrival, the previous part-time dermatology practice annual net revenue at SMC was approximately \$300,000
- Expanded the staff at the dermatology practice from 3 (1 MD and 2 support staff) to 21 employees including 3 MD and 2 physician assistants
- Performed clinical and administrative duties
 associated with directorship for a start-up practice
 including oversight and education of clinical staff,
 development of templates and modules for the
 electronic medical record (ECW), and the creation



Address

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Phone

901-848-0694

E-mail

dr.zachary.nahmias@gmail.



Diagnostic skills

Direct Patient Care

Treatment planning

Proficient in Dermatology

- of standard operating procedures for the dermatology clinic
- Established networks and referral sources with colleagues in a variety of medical fields
- Navigated the development of a dermatopathology relationship that eliminated a \$200,000 yearly debt from Samaritan Medical Center
- Created multiple new service lines including expanded patch testing for allergic contact dermatitis and Mohs micrographic surgery for skin cancers
- During initial US outbreak of coronavirus-19
 disease, led Samaritan Medical Center organization
 as a whole in the implementation of virtual
 operations and maintained a positive net revenue
 for the dermatology clinic
- Instituted a successful dermatology consultation service for SMC for inpatient and emergency room patients
- Coordinated and appeared in multiple interviews with the local news in Watertown
- Oversaw marketing and advertising for Samaritan
 Dermatology (\$200,000 over 2 years)
- Serve on the Pharmacy and Therapeutics Committee for the Hospital
- Current patient visit mix for my practice is 60% medical, pediatric, and general dermatology visits;
 30% Mohs and procedural visits; and 10% cosmetic visits

2020-03 - Clinician

Current

DermatologistOnCall , Pittsburgh, PA

- Concurrent, independent contractor telework employment
- Provide virtual dermatology clinic visits to patients who sign on with the DermatologistOnCall platform

2019-09 - Medical Content Creator

Current SanovaWorks, New York City, NY

Concurrent, independent contractor telework

employment

 Medical content creator for dermatology board preparation application Derm In-Review

2015-07 - Dermatology Resident

2018-06

Barnes-Jewish Hospital/Washington Univ. In STL, St. Louis, MO

- Created templates and quick phrases for new electronic medical record for the dermatology division
- Undertook continuity clinic working with patients with cutaneous T cell lymphoma and taught medical students, residents, and practitioners through didactics and hands-on learning experiences
- Completed four months of inpatient consult service for dermatology at Barnes-Jewish Hospital and St. Louis Children's Hospital
- Completed one month rotation in Botswana working with children and adults with HIV skin disease in both the inpatient and outpatient setting, approximately 30 patients per weekday evaluated and managed

2014-06 - Intern

2015-06

Beth Israel Deaconess Medical Center, Boston, MA
Served as a preliminary internal medicine intern at
Harvard Medical School's BIDMC prior to starting
dermatology residency at Barnes-Jewish
Hospital/Washington University in St. Louis

2009-08 - Volunteer in Service to America (V.I.S.T.A.)

BRIDGES PeaceJam, Memphis, TN

- Assigned to BRIDGES PeaceJam as a Volunteer in Service to America (V.I.S.T.A.), a federal program
- Created sustainable youth programming in low-income communities based on PeaceJam educational materials inspired by the work and lives of Nobel Peace Prize winners
- Supported ongoing community development by

securing community partners

- Recruited and trained volunteers for youth conferences and school programs
- Fostered authentic youth engagement



2010-08 -2014-05

M.D.: Medicine

University of Tennessee Health Science Center - Memphis, TN

Summa cum laude

USMLE Step 1: 263, USMLE Step 2 CK: 269, Step 2

CS: Pass

>95th percentile on all NBME shelf examinations and Step 1/2

Former President & Former VP, Phi Chi Medical Fraternity, UTHSC 2014-2010

- Led chapter to back-to-back International Chapter of the Year for 2011/2012 and 2012/2013 with the highest recruitment numbers in the world
- Bolstered community service through such events as hosting a spaghetti dinner, silent auction, and clothing drive for the homeless, providing free screenings for glaucoma, hypertension, and hyperglycemia in downtown Memphis, bowling with Special Olympics participants, and financing holiday presents for 120 children through Angel Tree
- Hosted the first campus bone marrow donor registry during which several hundred students joined the registry by providing their information and a small amount of saliva

President, Council on International & Area Outreach, UTHSC 2014-2010

 Organized an on-campus book drive and collected over 3000 books for sale for low cost or free to those in need. All profit derived from sale of books was donated to Room to Read, a non-profit that develops literacy skills and the habit of reading among primary school children, and supports girls in completing secondary school with the relevant life skills to succeed in school and beyond

- Voted at semiannual allocation meetings for funding to support medical student local and international service work
- Assembled program information for students interested in electives outside the United States
- Provided administrative guidance to other on-campus student organizations engaged in public service

2005-01 - Bachelor of Arts: Psychology

2010-08

2010-08

University of Memphis - Memphis, TN

Magna cum laude

Minor: African & African-American Studies

Undergraduate Research Scholar & University Honors

2005-01 - Bachelor of Science: Biology

University of Memphis - Memphis, TN

Magna cum laude

Minor: Chemistry

Undergraduate Research Scholar & University Honors



American Society for Mohs Surgery

Preceptorship – Completed June 2019 with Dr. Hank Clever (St. Louis), Dr. Carlos Garcia (Oklahoma City) and Dr. Kevin Crawford (Columbus, Indiana). Completed Fundamentals of Mohs Micrographic Surgery and Basic BCC and SCC Histopathology course and passed course examination in November 2018. In January 2020, completed the Closure Course in Phoenix, Arizona.



Lake Erie College of Osteopathic Medicine -

Adjunct Clinical Assistant Professor, Department of Internal Medicine / Dermatology Present – 03/2020 I teach medical students and residents dermatology. I have developed the dermatology elective at Samaritan Medical Center. I give lectures and Grand Rounds to medical students, residents, and other faculty.

Dermatologic Surgery – Scientific reviewer Present – 09/2018

I review articles submitted to the journal.

SKIN The Journal of Cutaneous Medicine -

Scientific reviewer Present – 09/2018
I review articles submitted to the journal.

American Academy of Dermatology Board Prep -

Medical content creator 12/2018 – 07/2018

I developed questions and content for board prep for dermatology residents.



Accomplishments

- 2018 Selected as the Zeta Beta Tau Fraternity
 Man of Distinction at the International Convention in Los Angeles, CA
- 2017 Received Resident International Grant from the American Academy of Dermatology for Spring 2018 to travel to Gaborone to work with adults and children with HIV skin disease
- 2017 Selected to serve on the Graduate Medical Education Committee at Washington University in St. Louis/Barnes-Jewish Hospital, a committee that represents the interests of the house staff residents and fellows and their programs.
- 2016 Selected to serve his initial 2 year term on the Supreme Council of Zeta Beta Tau International

- Fraternity, which is the overall governing body of the 90-chapter organization
- 2014 Zeta Beta Tau Fraternity International Founding Father of the Year - recognizes Founding Father of a chapter with outstanding contributions to his local chapter and the national organization
- 2013 Alpha Omega Alpha Junior Inductee,
 UTHSC recognizes and advocates for excellence
 in scholarship and the highest ideals in the
 profession of medicine
- 2013 Gold Humanism Honor Society, UTHSC honors medical students, residents, role-model physician teachers and other exemplars recognized for demonstrated excellence in clinical care, leadership, compassion and dedication to service
- 2012 Imhotep Honor Society, UTHSC recognizes significant contribution to student life
- 2011 Phi Chi Medical Fraternity, UTHSC -Distinguished Research Award - for exemplary research
- 2009 Brother of the Year, Zeta Beta Tau Fraternity, University of Memphis
- 2009 Senior with the Highest Overall GPA in Interfraternity Council, University of Memphis
- 2009 The Richard S. Simon Award for Individual Academics, Zeta Beta Tau Fraternity
- 2009 The Kahn-Greendlinger Award for Individual Senior Academics, Zeta Beta Tau Fraternity
- 2007 Jimmy Carter Presidential Volunteerism Award, University of Memphis - presented to the student who best exemplifies the spirit of volunteerism and action that helps alleviate human need
- 2007 Joseph R. Riley Student Service Award,
 University of Memphis Helen Hardin Honors
 Program presented for outstanding service to the
 Honors Program and the Honors Student Council
- 2006 Outstanding Sophomore of the Year,
 University of Memphis Helen Hardin Honors
 Program

- 2006 1st, Student Research Forum, Life and Health Sciences Category, University of Memphis for work on tick salivary gland extract and feeding mechanism
- 2006 Sigma Xi Overall Excellence in Research,
 Student Research Forum, University of Memphis for work on tick salivary gland extract and feeding mechanism
- 2005 1st, Giem and Collins Writing Contest,
 Department of English, University of Memphis campus-wide contest for best essay composition
- 2004 SGA President and Senior Hall of Fame, Germantown High School
- 2004 AP Scholar with Honor, Germantown High School
- 2003 National Merit Commended Scholar, Germantown High School
- 2001 Sophomore Class President



- American Medical Association
- American Society for Mohs Surgery
- American Contact Dermatitis Society
- American Academy of Dermatology, Fellow
- American Academy of Dermatology Association
- American Association for Physician Leadership
- American Board of Dermatology, Diplomate
- Alpha Omega Alpha Honor Medical Society
- Gold Humanism Honor Society



Zeta Beta Tau Fraternity and Foundation: Present - August 2016

 Currently serving a second two-year term as International Secretary (through July 2022) on the Supreme Council (governing board)

- Responsible for taking executive minutes at all meetings of the Supreme Council
- Participate in at least monthly meetings to address the business of the fraternity including legal and disciplinary matters as needed
- Successfully overhauled the standards of excellence process for our undergraduate brothers and chapters
- Chaired the mental health and undergraduate experience committees
- Previously served as a chapter advisor to multiple chapters of the organization across the US, leading the University of Memphis chapter to be named best chapter in the world
- Founded Gamma Mu Chapter at the University of Memphis in 2006

University of Tennessee Alumni Association:

Present - August 2014

- Member

University of Memphis Alumni Association: Present - August 2010

- Member

Jefferson County (NY) Society for the Prevention of Cruelty to Animals (SPCA): Present – July 2020

- Serve as board member

Zoo New York: Present – July 2020

- Serve as board member

Participant, Serving the Underserved, Memphis, TN 2013

- Completed Church Health Center's curriculum on serving underserved patients

Participated in productive dialogue among medical and dental students on the components of medicine among underserved populations and the ways in which poverty shapes the health lives of people

Participant, Common Ground, Memphis, TN 2010

 Probed the touchy topic of race relations with a small group of fellow Memphians using the curriculum written by Everyday Democracy
 Participant, Common Ground, Memphis, TN 2010 Probed the touchy topic of race relations with a small group of fellow Memphians using the curriculum written by Everyday Democracy



Licensure & Examinations

Unrestricted: NY State license active, DEA active;

Inactive trainee licensures: Massachusetts (expired

2015), Missouri (expired 2018)

2012 - USMLE Step 1: 263

2013 - USMLE Step 2 CS: Passed

2013 - USMLE Step 2 CK: 269

2014 - USMLE Step 3: 260

Basic Life Support

Human Research: Collaborative Institutional Training

Initiative (CITI)

Institute for Healthcare Improvement: Basic Patient

Safety and Quality Improvement Training

The LASER Institute: Physicians LASER Safety

Training



Scholarships

2013 - Billy & Sally Gore Medical Student Memorial

Fund Scholarship, UTHSC - merit-based scholarship

2012 - Dorothy Snider Foundation Scholarship,

UTHSC - merit-based scholarship

2012-2011 - Tennessee Medical Education Fund

Scholarship, UTHSC - need-based scholarship

2011 - Albright Armstrong Rice Scholarship, UTHSC -

merit-based scholarship

2011 - Ruth L. Kirschstein National Research Service

Award - funded research at Harvard's Joslin Diabetes

Center

2011 - Phi Chi Medical Fraternity, UTHSC - Daniel H.

Cannon, M.D., Scholarship - funds to attend Phi Chi

International Convention

2009-2005 - Multiple international travel scholarships for intensive study and immersion at the University of Memphis

2006 - Goldye Feinstone Scholarship, University of Memphis, Department of Biology - academic achievement in the discipline of biology 2006 - Dr. Russell A. Jones Memorial Scholarship, University of Memphis, College of Liberal Arts and Sciences - merit-based for pre-med student 2006 - Thomas N. Stern, M.D., Fund, University of Memphis, College of Liberal Arts and Sciences - merit-based for pre-med student 2005 - The Henry M. and Lena Meyer Kahn Scholarship, University of Memphis - merit-based scholarship



Dedicated Research Experience

Centers for Disease Control and Prevention,

Atlanta, GA 2013

Student Researcher, Sherri Stewart, Ph.D. -

Supervisor

Conducted wide-scale content analysis of state programs for worksite wellness cancer programs and assisted with drafting a call to action for the prevention of skin cancer for Surgeon General of the United States Boris D. Lushniak, M.D., M.P.H.

University of TN Health Science Center, Department of Pathology, Memphis, TN 2014-2012
Student Researcher, Andrzej Slominski, M.D., Ph.D. Supervisor

Evaluated the potential cytoprotective role of melatonin derivatives on human keratinocytes and melanocytes exposed to ultraviolet radiation.

Joslin Diabetes Center - Harvard Medical School, Boston, MA 2011 NIDDK Research Fellow, Thomas Serwold, Ph.D. -

Supervisor

Researched a method for cloning and transfer of T-cell receptor genes into a reporter cell line to evaluate antigens involved in the pathophysiology of type 1 diabetes mellitus.

The University of Memphis, Memphis, TN 2008 to 2006

Student Researcher, Judith Cole, Ph.D. - Supervisor Demonstrated that tick salivary gland extract inhibits growth factor-stimulated ERK activity and minimizes the wound healing response. Data supported our conclusion that ticks can suppress the host's wound healing mechanisms. Constituents in tick salivary gland extract may promote tick attachment by suppressing the wound healing response. The fact that the effects of salivary gland extract on injury- and growth factor-stimulated ERK activity are not cell-type specific suggests the intriguing possibility that constituents in tick saliva might be useful in controlling the migration of many cell types, including invasive cancer cells.

The Mayo Clinic, Rochester, MN 2006
Summer Undergraduate Research Fellow, Nicholas
LaRusso, M.D. - Supervisor
Investigated autosomal recessive polycystic kidney
disease and characterized adenylyl cyclases 5,6, and
8 in normal and disease model rodents in collaboration
with senior researchers.



- Ko, J., Nahmias, Z., Phelan, P.S., Abner, S., Blackwell, K., Schaffer, A. (in press). A rare case of angiolymphoid hyperplasia without eosinophils, with review of the literature. SKIN The Journal of Cutaneous Medicine.
- Phelan, P. S., Semenov, Y. R., Nahmias, Z. P.
 Worldwide seasonal variation in search volume for cutaneous warts from 2004 to 2019. Journal of the

- American Academy of Dermatology. 2020 May 6;S0190-9622(20)30833-1. doi: 10.1016/j.jaad.2020.04.173. Advance online publication.
- Phelan, P. S., Nahmias, Z. P., Gordon, S. L., Mann,
 C. M. (in press). Trigeminal trophic syndrome:
 Visual case report. Cutis.
- Otchere, E, Wang, CX, Compton, LA, Nahmias, Z. Eruption of solitary reticulohistiocytoma after intense pulsed light burn. JAAD Case Reports, 4(10), P1039-1041, November 01, 2018. https://doi.org/10.1016/j.jdcr.2018.08.007.
- Proceedings of the American Academy of Dermatology. Christopher Henderson, MPhil,
 Zachary Nahmias, MD, Susan Huang, MD.
 Analysis of patient-provider interaction through the OpenNotes system in dermatology. March 2016,
 American Academy of Dermatology. Washington,
 D.C.
- Kesterson K, Nahmias Z, Brestoff JR, Bodet ND, Kau A, Kim BS. Generalized pruritus relieved by NSAIDs in the setting of mast cell activation syndrome. J Allergy Clin Immunol Pract. 2018 Mar 23. doi: 10.1016/j.jaip.2018.03.002
- Briscoe, C., Nahmias, Z., Rosman, I., & Anadkat,
 M. (2018). Nail Biopsy in the Diagnosis of Systemic
 Amyloidosis. SKIN The Journal of Cutaneous
 Medicine, 2(4), 252-255. doi:https://doi.org/10.25251/skin.2.4.9
- Nahmias, Z., Merrill, E., Briscoe, C., Mount, C., Abner, S., Schaffer, A., & Anadkat, M. (2018).
 Development of Bullous Pemphigoid While Receiving PD-1 Checkpoint Inhibitor Nivolumab.
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- Nahmias, Z., Hsu, T., Bledsoe, C., Skinner, R., & Todd-Bell, R. (2018). Mycobacterium marinum Infection in a Post-Katrina Carpenter: The Importance of Exposures. SKIN The Journal of Cutaneous Medicine, 2(3), 202-204.

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 Rosman, Brian S. Kim. Immunomodulating Agents as Antipruritics. July 2018. Dermatologic
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 doi:10.1016/j.det.2018.02.014
- Brandon Rogalski, Zachary P. Nahmias, Patrick S. Phelan, Ilana S. Rosman, M. Laurin Council. A Case Report of Chondroid Syringoma on the Nose in a Young Male of Middle Eastern Descent. Journal of Cutaneous Medicine and Surgery. July 2018. doi: 10.1177/1203475418791558. PMID - 30041541
- Stephen P Erickson, Zachary Nahmias, Ilana S Rosman, Kara Sternhell-Blackwell, Amy C Musiek.
 Sustained remission of recalcitrant cutaneous lymphoid hyperplasia after thalidomide treatment.
 JAAD Case Reports. 2018 April;4(3):245-7. doi: 10.1016/j.jdcr.2018.01.012
- Tina Hsu, Zachary P Nahmias, Ilana S Rosman, David Sheinbein. Extragenital condyloma acuminatum in the left axillary vault. JAAD Case Reports. 2018 October;4(9):947-49. doi: 10.1016/j.jdcr.2018.07.022
- Gabriela M. Morris, Zachary P. Nahmias, Brian S.
 Kim. Simultaneous improvement of alopecia universalis and atopic dermatitis in a patient treated with a JAK inhibitor. JAAD Case Reports. 2018 July;4(6):515-17. doi: 10.1016/j.jdcr.2017.12.016
- Nahmias Z., Nambudiri V. & Vleugels R.A.
 Thalidomide and lenalidomide for the treatment of refractory dermatologic conditions. JAAD Case
 Reports. 2016 Jul;75(1):210-2. doi: 10.1016/j.jaad.2016.03.022
- Nahmias Z., Townsend J., Neri A. & Stewart S.
 Worksite cancer prevention activities in the National Comprehensive Cancer Control Program. J.
 Community Health Feb. 2016; PMID: 26874944
- Aaron Russell, Zach Nahmias MD, Rod Mahmoudizad MD, M. Laurin Council MD.
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- the Ambulatory Setting." About.com. October 1, 2015
- George A Cibulas, II, Pharm.D., Zachary P.
 Nahmias, M.D., Susan Huang, M.D. "Scleroderma: Parts I-II." About.com. October 1, 2015
- Christopher Henderson, Zachary Nahmias MD. Ed: Susan J. Huang MD. "Pediatric Rashes: Skin Manifestations of Systemic Infection, Parts I-III." About.com. October 1, 2015
- Janjetovic Z, Nahmias ZP, Hanna S, Jarrett SG, Kim TK, Reiter RJ, Slominski AT. Melatonin and its metabolites ameliorate ultraviolet B-induced damage in human epidermal keratinocytes. J Pineal Res. 2014 Aug;57(1):90-102. doi: 10.1111/jpi.12146. Epub 2014 Jun 28. PubMed PMID: 24867336; PubMed Central PMCID: PMC4106994
- Proceedings from the Society for Investigative
 Dermatology: Zorica Janjetovic, Sherie Hanna,
 Zachary P. Nahmias, Stewart G. Jarrett, Tae-Kang
 Kim, and Andrzej T. Slominski (2014). Melatonin
 and its metabolites protect human keratinocytes
 against UVB-induced oxidative stress, increase P53
 expression, and induce DNA repair. Department of
 Pathology and Laboratory Medicine, Cancer
 Research Building, UTHSC, Memphis, TN
- Kramer C., Nahmias Z., Norman D.D., Mulvihill T.A., Coons L.B. & Cole J.A. (2008). Dermacentor variabilis: Regulation of fibroblast migration by tick salivary gland extract & saliva. Experimental Parasitology, 119(3), 391-7



Nahmias, Z, Semenov, Y, Coughlin CC. The temporal impact of HPV vaccination on the epidemiology of warts: A study using real-time data from 2004-2017. May 2018, Grand Rounds, Division of Dermatology,

Department of Medicine, Washington University in St. Louis, St. Louis, MO

Briscoe, CC, **Nahmias, ZP**, Rosman, IS, Anadkat, MJ. Nail biopsy in the diagnosis of systemic amyloidosis. February 2018, American Academy of Dermatology Meeting, San Diego, CA

Nahmias, Z., Musiek, A., Blackwell-Sternhell, K. Successful treatment of refractory cutaneous lymphoid hyperplasia with thalidomide, April 2017, City Wide St. Louis, St. Louis, MO

Nahmias, Z. Analysis of patient-provider interaction through the OpenNotes systemi in dermatology. March 2017, Grand Rounds, Division of Dermatology, Department of Medicine, Washington University in St. Louis, St. Louis, MO

Zachary Nahmias, MD, Sabra Abner, MD, Ilana Rosman, MD, Andras Schaffer, MD, PhD; Carrie Coughlin, MD. Case of the Month: Follicular mucinosis. August 2016. www.dermatology.wustl.edu Christopher Henderson, MPhil, Zachary Nahmias, MD, Susan Huang, MD. Analysis of patient-provider interaction through the OpenNotes system in Dermatology. March 2016, American Academy of Dermatology Meeting, Washington, D.C.

2015. A Case of Silver Toxicity - Argyria. Missouri
Dermatology Society Meeting, Kansas City, MO
Nahmias, Z. & Dassow J. 2012. Dermatoses of
pregnancy. Grand Rounds, Department of Obstetrics &
Gynecology, University of TN College of Medicine,
Chattanooga, TN

Nahmias, Z., Rosman, I.S., Goran, D. & Anadkat, M.J.

Nahmias Z. & Serwold T. 2011. Development of a method for cloning and transfer of T-cell receptor genes into a reporter cell line has promising applications for human immune function. NIDDK Research Symposium, Nashville, TN

Nahmias Z., Kramer C., Coons L.B. & Cole J.A. 2007. Tick salivary gland extract inhibits growth factor-stimulated ERK activity and suppresses the wound healing response. National Conference on



Patient safety and quality improvement

Health outcomes research

Mohs surgery

Skin cancer prevention

Skin cancer treatment

Conservation

Service to the underserved

Public Health

Animals (currently have 11 pets at home and the stables)



Travel is important to me. I have visited the following places: Ghana, Togo, Israel, Germany, Czech Republic, Poland, Peru, Canada, Mexico, Vietnam, Cambodia, Thailand, Indonesia, Singapore, Philippines, Botswana, South Africa, 48/50 US states