

Dr. Rinky Kapoor MBBS, DDV, MD (Fellow-National Skin Centre, Singapore and Fellow-Stanford University, USA) is regarded as one of the best dermatologists in the country. Based in Mumbai, India, Dr. Rinky Kapoor in a short while has earned her name as a Cosmetologist, Dermatologist, Dermato surgeon, Skin laser expert and Trichologist. She dexterously fulfills the growing demand for Hair, Skin and Nail care. She is also the Co-Founder and Director of The Esthetic Clinic, Mumbai. Dr. Kapoor is also the Consultant Cosmetic Dermatologist at the SL Raheja Fortis Hospital, Mumbai.



"Proper prevent

Agappe: Can you tell us a little about your childhood and family?

Dr. Rinky Kapoor: My schooling was done at Mumbai and I had always wanted to become a doctor. There was nothing else I could think of as my ambition. My family had doctors which further influenced me. I always liked the idea of giving injections. Since I was good in academics, I could choose Medicine for higher studies. Our family was typically North Indian. My parents made no restrictions or discriminations between my brother and me, and they gave us good education. I had no hurdles as far as academics was considered. My parents were supportive of me to pursue higher education. After completing my MBBS, I went for Post Graduation in Dermatology. I got married after completing my PG and my husband and in-laws were also supportive and encouraged me in doing my fellowships abroad. Upon my return, I started practicing and things have been all good.

Agappe: Tell us about your journey as a doctor? Also, is there a specific reason for selecting Dermatology?

Dr. Kapoor: In the Post Graduate entrance exam, I had a very good percentage. I could choose whatever I liked. Since I'm a woman and may have to equally balance professional and family life, I thought of something which could let me achieve this. Unlike other streams which focussed on emergencies and lots of investment, Dermatology also had the advantage that you can have clinical practice, meet your patients, interact with them, treat them, while managing your family as well. Another thing was that at that point of time, Dermatology had started gaining a certain quotient of glamour. I took the opinion of many experienced superspecialists before entering into the field of Dermatology. Many were not in favour of it and they asked me to choose something lucrative like Surgery or Cardiology. There was also a general misconception 15 years ago from today, that only people who did not get other specialties, choose Dermatology. However, that has changed now, remarkably.

Hygiene is vital to Skin Diseases¹¹

Dr. Rinky Kapoor



Dr. Rinky Kapoor sharing her experience with Vikrant D. Bhagwat, Zonal Business Head, AGAPPE.

Today, it is among the most demanded specialities with manifold expansions. I'm grateful to those specialists who gave me the correct direction advising me that Dermatology would be the next big thing in the next 10-15 years. In my opinion, it is the best choice for women as they could manage their professional as well as family life. In terms of return on investment of time and money, Dermatology is a branch which is very well rewarding.

Agappe: Which are the key areas which you would like to

practice in dermatology?

Dr. Kapoor: I have concentrated in Cosmetic Dermatology. That forms around 80% of my practice like Laser treatments, Dermatologic surgery and super specialities in Cosmetic Dermatology.

Agappe: You were recognized as the best Dermatologist in India and won the extremely prestigious National Health



Receiving award for Best Cosmetic Dermatologist in India 2016

Care Excellence Award 2016 by CMO Asia. What was your reaction in securing this award at a young age?

Dr. Kapoor: It was very satisfying. I was very happy that I got this award from a much-esteemed organization. When they informed me about the award, I was wondering how they chose me. It was based on a voting system where the general public can vote to select their favourite doctor. I'm grateful to my patients and public for choosing me for this award. It is a huge encouragement to go forward. Cosmetic Dermatology is an emerging specialty. The reason why there are many young doctors now in this specialty is that they get more exposure than the senior practitioners in Dermatology had, and they are exposed to it right from their time of studies, as the branch is in a mode of constant innovation.

Agappe: Can you elaborate on your passion for Cosmetic Dermatology?

Dr. Kapoor: I want to treat people and make them more healthy, beautiful and confident, externally and thus, psychologically. That is my passion. I personally like when patients tell me about the transformation occurred to them after the treatment. It is very satisfying and unlike many other medical specialties, it is visible. In other treatments, it might not be external but on skin and hair, you can see the result. It raises their confidence. It changes their lives. Appearance has got a lot to do with your well-being. There are also innate hassles in this field, especially in Cosmetic Dermatology, if something goes wrong, it is also similarly visible and it can devastate the person's appearance and confidence.

Agappe: Do you see any threatening rise in the case of skin diseases in India? Is that a matter of concern?

Dr. Kapoor: Most infectious diseases of skin are related to hygiene issues. Our Prime Minister's Swachh Bharat is a very good initiative in this regard. Another alarming thing is that leprosy is coming back. Until recently, our authorities had almost declared its elimination from India. Skin diseases also include leprosy, genital diseases and venereal diseases. Of course, HIV is a bigger threat as these patients are prone to many skin infections. Lifestyle diseases like allergies, eczema are also increasing.

Agappe: You are credited with many articles related to Dermatology in various journals and newspapers. How do you enjoy your status as a professional writer?

Dr. Kapoor: For me, writing is a part of educating the fraternity. My writing can be classified into two—medical writing and writing for the public. The latter is my bridge to connect with a wide variety of people. Apart from spreading awareness for the public, readers get to know about my work with my regular columns. Medical writing, on the other hand, helps my colleagues understand what I do and what else they could do. They can take and share inputs from what I write. I had been also part of a few TV shows related many skin health issues in the past.

Agappe: As a socially committed healthcare specialist, you have been delivering many services to the society, especially for the socially weaker sections, for their healthcare benefits and enhancing their knowledge in preventing skin care diseases. What are the social initiatives you are clubbed with for the betterment of mankind?

Dr. Kapoor: We have a foundation which works for the underprivileged. It was established in my Father-in-law's honour, as it was his dream to return service to the society. He was a doctor as well and extremely loved by his patients. We conduct many medical camps through this foundation. We do it with the help of local government authorities. They organize camps and we provide free medical service. We do free medical checkups almost every month in Mumbai and its suburbs for the underprivileged, not just for the skin diseases but also for other diseases. For these, we also recruit our ever ready doctor friends for the camps. Aimed at women empowerment, we provide educational support to girls through the foundation. This is our latest initiative. We are planning to take our camps to other parts of the state.

Agappe: Prevention is better than cure! What is your advice to TechAgappe readers to prevent skin diseases?

Dr. Kapoor: The first thing is to manage hygiene. That is the most important step in prevention of skin diseases as most of them spread through contamination from one person to another as in infectious diseases like scabies, fungus and genital diseases, which are sexually transmitted diseases. Public in India still needs a lot of awareness and we have a really long way to go. Unless the

concept and importance of practising cleanliness and hygiene is not inculcated in every child from school, we cannot achieve a healthy India.

It is important to give sex education to children after a certain age - after 7th or 8th Grade. It is a fact that many teens in Urban India, are sexually active now at an earlier age, and it is important to make them aware about the diseases which are transmitted sexually and how to safeguard oneself from disease. Basically, everything like this comes under hygiene and preventive measures. You might have noticed posters reading 'Hygiene to prevent leprosy' or 'Hygiene to prevent Tuberculosis (TB)'. The number of reported Skin TB (Cutaneous TB) is increasing. Earlier, TB used to affect lungs or stomach. Recently, there was a case where skull bone was involved and it was considered a tumor, when it had spread to the skin and finally it was diagnosed as TB. Diseases like eczema rise from lifestyle issues. With people having dry skin, chances to develop eczema are high if they are sitting in AC room continuously.

A disease like psoriasis is genetic. You can't do much about it and it is saddening to watch that the number of psoriasis patients is on the rise because of lifestyle problems. Maintaining a healthy lifestyle is important. Parents and schools must ensure that children are fit enough health wise and not to be obese. Eating junk food, no exercise, long exposure to TV, mobile phones and laptops make the kids sedentary. Their immune system will suffer as a result.

Agappe: What is your association with other professional bodies? Also, tell us about your future plans?

Dr. Kapoor: Of course, it is essential to be a part of other professional bodies. I'm part of the Indian Association of Dermatologists, the Indian Society of Cosmetic Dermatology as well as international societies like The American Society of Dermatologists and European Society of Dermatologists. You need to be part of

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national and international societies so as to gain knowledge on the latest trends in our field. We need to update ourselves constantly by attending seminars or conferences.

Recently we received a patent from the US for our hair growth molecule. It is an injection completely formulated in India by myself and my colleague. It is one of a kind in the world. We have the exclusive patent of it for the next 10 years. It is creating waves in the hair growth market. We are planning to make it big. The good part is that it is a product that comes under 'Make in India' as urged by our Prime Minister. I believe we need to export something unique to the world rather than always bringing in technology or products from abroad. It is high time we make a mark of 'Indian make' in the world market. The hair growth molecule called the 'QR678' is the beginning of this journey.

We also plan seriously on Medical Tourism. As you know that the field of cosmetic medical tourism is increasing because of the better world class services and the cheaper rates in our country. Apart from getting more patients, it also makes us proud that we are able to provide world class healthcare to patients from abroad for half the price.

I also feel the necessity of more inventions from our side. In the future, we want to invent new medicines and new technology by equally concentrating on research as well as practice. We plan to collaborate with IIT Mumbai for our future research. They were part of our hair molecule injection in its initial stage. We have everything from world class technical brains to world class healthcare experts in our India, just the right coordination and effort is required to club them together and work wonders!

We need to train young Dermatologists to take the field of Dermatology to great heights and to work towards a healthy and beautiful society! ■



Receiving award for Best Cosmetic Dermatologist in India 2015