

TulaneMed

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Dr. Ageless

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In Sync

HEART *of* Gold

Dr. Peter Gold, changing
the landscape for kids

DR. LUPO'S carefully curated collection of anti-aging products contains plant extracts, amino acids, vitamins and antioxidants that treat skin conditions ranging from acne to rosacea.



DR. AGELESS

A pioneer in nonsurgical dermatology and a clinical professor at Tulane School of Medicine, Dr. Mary Lupo relishes helping patients.

BY FAITH DAWSON PHOTOGRAPHY BY DAYMON GARDNER

Dr. Mary Lupo says this with confidence. As a clinical professor at Tulane School of Medicine (from which she graduated in 1980), a board-certified and award-winning dermatologist in private practice and an often-quoted skin-care expert, principal investigator and author, Lupo knows that the science and practice of dermatology are not only skin deep.

“The skin is an amazing organ, and it is the mirror to your internal health,” Lupo said. Not only are melanomas visible on skin but also by examining skin, doctors can detect other cancers, liver disease and diabetes, too—as well as identify polycystic ovarian syndrome and other conditions.

“The skin is profoundly impacted by autoimmune diseases—with psoriasis and vitiligo and other conditions,” she adds.

Lupo is also a pioneer in the field of nonsurgical rejuvenations, which include procedures like neuromodulators—Botox—dermal fillers, sclerotherapy and chemical peels.

The Resident Cosmetic Clinic at Tulane School of Medicine, which she founded while still a resident herself, came about as a result of those procedures.

Dermatology has always been competitive, Lupo said, from the days when practicing physicians mainly treated rashes and acne, but even more so now, because of the exciting advances on the horizon. (Researchers are looking at gene regulation to rejuvenate aged skin cells, for example, and stem cell therapy to heal wounds and stimulate hair growth.)

VISIONARY, VOLUNTEER, VISAGISTE

Denver dermatologist Dr. Adrienne Stewart (NC '81, M '86, R '90) first met Lupo when the former was a medical student. While she was a resident, Stewart also worked with Lupo.

Stewart said, “When I think of Mary Lupo, I think of three Vs: visionary, volunteer, visagiste,” Stewart said, citing her contributions to the future of cosmetic dermatology and to the careers of future doctors as proof of the first two Vs.

“Visagiste—now, if you look this up in one of those translation apps—you might find ‘makeup artist’ or ‘beautician.’ Visagiste is, to me, [an] artist of the face. Mary, although an expert in all areas of the skin, is in particular an artist of the face. Because of her in-depth knowledge of devices and injectables, she can transform patients to a more beautiful and youthful self.”

“It’s the ‘Filler,’ not the filler,” said Stewart, quoting one of Lupo’s more memorable lessons, meaning a skilled doctor and not the latest product delivers the best results.

Stewart described her former instructor as “tough but gentle, and of course, brilliant.”



“I have saved people’s lives as a dermatologist.”

PATIENTS FIRST

Lupo relishes helping her patients, especially when it results in a boost in self-esteem.

She finds moments of patient-satisfaction gratifying, such as “when I can make a person feel better about themselves because they look in the mirror, and they don’t feel like they look tired or angry or sad. When I can take care of a young teenager who was feeling bad about themselves because they had horrible acne, and the acne has cleared.”

Beth DePass, a New Orleans-area business owner and a long-time patient of Lupo, said, “I cannot imagine anyone going to see Mary and not feeling a 100 percent convinced that she wanted the best for them. She’s that genuine, and she’s that honest.”

The Dr. Mary Lupo that patients see in the office is a dedicated physician, but also part drill instructor, part detective, part system analyst and part maternal unit.

“I treat every patient like I’m related to them. I think I’m a little bossy,” Lupo said. “But I’m bossy like your mama is bossy. I’m bossy because I want what’s best for you.”*