

# Stanford

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## Zakia Rahman, MD

Clinical Professor, Dermatology

### CLINICAL OFFICES

- **Stanford Dermatology**

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### Bio

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#### BIO

Zakia Rahman, M.D., is Clinical Professor, Assistant Chief at the Livermore Division of the PAVAHCS and Director of the Resident Laser and Aesthetic Clinic. Dr. Rahman serves on the American Academy of Dermatology Diversity Committee. She also is member of the Stanford Physician Wellness Committee and the Stanford Medical School Faculty Senate. Her clinical interests include geriatric dermatology, surgical dermatology, lasers, ethnic skin, fillers and neurotoxins for medical and aesthetic indications. Her research interests include lasers for medical and aesthetic indications and ethnic skin.

#### CLINICAL FOCUS

- Aesthetic Dermatology
- Laser Dermatology
- Skin of Color
- Dermatology

#### ACADEMIC APPOINTMENTS

- Clinical Professor, Dermatology

#### ADMINISTRATIVE APPOINTMENTS

- Senate Executive Committee, Stanford School of Medicine Faculty Senate, (2018- present)
- Dermatology Departmental Senator, Stanford School of Medicine Faculty Senate, (2015- present)
- Dermatology Wellness Director, Stanford WellMD/PhD Wellness Directors Council, (2018-2023)

## HONORS AND AWARDS

- Presidential Citation for advancement of diversity in the field of Dermatology., American Academy of Dermatology (2017)

## PROFESSIONAL EDUCATION

- Board Recertification, American Board of Dermatology , General Dermatology, Dermatologic Surgery (2013)
- Board Certification: Dermatology, American Board of Dermatology (2004)
- Residency: St Lukes-Roosevelt Columbia University (2004) NY
- Fellowship, St Lukes-Roosevelt Columbia University , Skin of Color (2001)
- Internship: Yale - New Haven Hospital (2000) CT
- Medical Education: University of Illinois College of Medicine (1998) IL
- Bachelor of Arts, University of Chicago , Honors in Biological Sciences in 3 years (1994)

## Publications

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### PUBLICATIONS

- **1,550 nm Erbium-Doped and 1,927 nm Thulium Nonablative Fractional Laser System: Best Practices and Treatment Setting Recommendations.** *Dermatologic surgery : official publication for American Society for Dermatologic Surgery [et al.]*  
Friedman, P. M., Dover, J. S., Chapas, A., Rahman, Z., Ross, E. V., Kilmer, S. L., Roberts, W. E., Sodha, P., Stimmel, J. B., Moncrief, M. B., Waibel, J. S.  
1800
- **Optimizing Outcomes With the 1550/1927 nm Dual Wavelength Non-Ablative Fractional Laser: Experienced User Recommendations** *JOURNAL OF DRUGS IN DERMATOLOGY*  
Friedman, P. M., Chapas, A., Kilmer, S. L., Rahman, Z., Roberts, W., Ross, E., Waibel, J. S., Dover, J. S.  
2021; 20 (11): 1150-1157
- **Laser-Assisted Delivery of Topical Rapamycin: mTOR Inhibition for Birt-Hogg-Dube Syndrome** *DERMATOLOGIC SURGERY*  
Kim, D., Wysong, A., Teng, J. M., Rahman, Z.  
2019; 45 (12): 1713-15
- **Laser-Assisted Delivery of Topical Rapamycin: mTOR Inhibition for Birt-Hogg-Dube Syndrome.** *Dermatologic surgery : official publication for American Society for Dermatologic Surgery [et al.]*  
Kim, D., Wysong, A., Teng, J. M., Rahman, Z.  
2019
- **A Practical Approach to Chemical Peels: A Review of Fundamentals and Step-by-step Algorithmic Protocol for Treatment.** *The Journal of clinical and aesthetic dermatology*  
Soleymani, T., Lanoue, J., Rahman, Z.  
2018; 11 (8): 21-28
- **REVIEW OF MAUDE DATABASE ON EFFICACY AND SAFETY OF CRYOLIPOLYSIS**  
Kuo, K., Sheu, S., Rahman, Z.  
WILEY.2017: 428
- **Mitigation of epidermal growth factor receptor inhibitor-induced side effects utilizing melanin and vascular-specific lasers: A case report series.** *Journal of cosmetic and laser therapy*  
Kuo, K. Y., Kwong, B., Rahman, Z.  
2017: 1-3
- **VIDEODERMOSCOPY AS A NOVEL TOOL FOR THE VISUALIZATION OF LASER THERAPEUTIC ENDPOINTS**  
Sheu, S., Enamandram, M., Rahman, Z.  
WILEY.2017: 35
- **SUCCESSFUL TREATMENT OF MELASMA USING A MODIFIED KLIGMAN FORMULA COMBINED WITH A LOW FLUENCE QS Nd:YAG LASER**  
Enamandram, M., Sheu, S., Rahman, Z.

WILEY.2017: 30

- **Treatment of Surgical Scars with Laser Therapy** *CURRENT DERMATOLOGY REPORTS*  
Geraghty, L., Rahman, Z.  
2016; 5 (3): 143–49
- **COMBINATION LONG PULSED 1064 Nd:YAG LASER AND BROAD BAND LIGHT MAXIMIZES OUTCOMES IN ROSACEA TREATMENT**  
Rahman, Z., Enamandram, M.  
WILEY-BLACKWELL.2016: 36–37
- **MITIGATION OF EPIDERMAL GROWTH FACTOR INHIBITOR INDUCED SIDE EFFECTS UTILIZING MELANIN AND VASCULAR SPECIFIC LASERS**  
Kuo, K., Kwong, B., Rahman, Z.  
WILEY-BLACKWELL.2016: 29–30
- **Long-term Efficacy of Topical Fluorouracil Cream, 5%, for Treating Actinic Keratosis A Randomized Clinical Trial** *JAMA DERMATOLOGY*  
Pomerantz, H., Hogan, D., Eilers, D., Swetter, S. M., Chen, S. C., Jacob, S. E., Warshaw, E. M., Stricklin, G., Dellavalle, R. P., Sidhu-Malik, N., Konnikov, N., Werth, V. P., Keri, et al  
2015; 151 (9): 952-960
- **Rationalizing Outcome Measures in Dermatologic Surgery** *CURRENT DERMATOLOGY REPORTS*  
Alam, M., Maher, I. A., Sobanko, J. F., Yoo, S. S., Avram, M. M., Gladstone, H. B., Metelitsa, A., Northington, M. E., Rahman, Z., Shin, T. M., Cantee, T. V., IMPROVED Working Grp  
2015; 4 (3): 140–46
- **FIRST REPORT OF ERBIUM LASER AS THE PREFERRED TREATMENT IN A COMPARISON OF FIVE MODALITIES FOR STEATOCYSTOMA MULTIPLEX**  
Crispin, M., Ally, M., Hollmig, T., Aasi, S., Rahman, Z.  
WILEY-BLACKWELL.2015: 51
- **EVALUATION OF A COMPACT HOME-USE 1440nm NON-ABLATIVE FRACTIONAL LASER TO TREAT PERIORBITAL WRINKLES**  
Rahman, Z., Dhawan, S., Starr, J., Ostrowski, R.  
WILEY-BLACKWELL.2015: 23
- **Lack of efficacy with 1064-nm neodymium:yttrium-aluminum-garnet laser for the treatment of onychomycosis: A randomized, controlled trial.** *Journal of the American Academy of Dermatology*  
Hollmig, S. T., Rahman, Z., Henderson, M. T., Rotatori, R. M., Gladstone, H., Tang, J. Y.  
2014; 70 (5): 911-917
- **Treatment of Poikiloderma with Fractional Resurfacing** *BODY REJUVENATION*  
Rahman, Z., Alam, M., Pongpruthiphan, M.  
2010: 31–37
- **In vivo confocal imaging of epidermal cell migration and dermal changes post nonablative fractional resurfacing: study of the wound healing process with corroborated histopathologic evidence** *JOURNAL OF BIOMEDICAL OPTICS*  
Stumpp, O. F., Bedi, V. P., Wyatt, D., Lac, D., Rahman, Z.  
2009; 14 (2)
- **Fractional Deep Dermal Ablation Induces Tissue Tightening** *LASERS IN SURGERY AND MEDICINE*  
Rahman, Z., MacFalls, H., Jiang, K., Chan, K. F., Kelly, K., Tournas, J., Stumpp, O. F., Bedi, V., Zachary, C.  
2009; 41 (2): 78-86
- **Fractional resurfacing for the treatment of hypopigmented scars: A pilot study** *DERMATOLOGIC SURGERY*  
Glaich, A. S., Rahman, Z., Goldberg, L. H., Friedman, P. M.  
2007; 33 (3): 289-293
- **In vivo histological evaluation of a novel ablative fractional resurfacing device** *LASERS IN SURGERY AND MEDICINE*  
Hantash, B. M., Bedi, V. P., Kapadia, B., Rahman, Z., Jiang, K., Tanner, H., Chan, K. F., Zachary, C. B.  
2007; 39 (2): 96-107
- **The effects of pulse energy variations on the dimensions of microscopic thermal treatment zones in nonablative fractional resurfacing** *LASERS IN SURGERY AND MEDICINE*

Bedi, V. P., Chan, K. F., Sink, R. K., Hantash, B. M., Herron, G. S., Rahman, Z., Struck, S. K., Zachary, C. B.  
2007; 39 (2): 145-155

- **Fractional Laser treatment for pigmentation and texture improvement.** *Skin therapy letter*  
Rahman, Z., Alam, M., Dover, J. S.  
2006; 11 (9): 7-11