

## **Curriculum Vitae**

Dr. Hewa Fonsekage Sanjeewani Fonseka (MBBS, MD, PhD)  
Senior Lecturer,  
Department of Pharmacology,  
Faculty of Medicine,  
University of Peradeniya,  
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### **Educational Qualifications:**

PhD (2019) - University of Peradeniya, Sri Lanka

MD - Dermatology (2009) - Postgraduate Institute of Medicine, University of Colombo, Sri Lanka.

MBBS (2002) - University of Kelaniya, Sri Lanka

Board certification in Aesthetic Medicine (2019) - American Academy of Aesthetic Medicine

### **Fellowships of Professional Organizations**

1. International Fellow, American Academy of Dermatology
2. Fellowship in Aesthetic Medicine, Institute of Laser and Aesthetic Medicine (ILAMED), India

### **Google Scholar Profile:** (as of 15/03/2019)

h-index	3
Citations	46
i10-index	2

### **Present appointment –**

Senior Lecturer (Grade II), Department of Pharmacology,

Faculty of Medicine, University of Peradeniya (from 27<sup>th</sup> July 2011 to date)

### **Previous appointments**

- Lecturer, Department of Pharmacology, University of Peradeniya – from 27.07. 2011
- Medical Officer, Ministry of Health, Sri Lanka - 03.02.2004 - 27.07. 2011
- Intern Medical Officer - 03.02.2003 - 02.02.2004
- Temporary Lecturer, Department of Family Medicine, University of Kelaniya - 01.08.2002 - 31.01.2003

## **Postgraduate Training**

- Registrar in Dermatology –North Colombo Teaching Hospital, Ragama, Sri Lanka – May 2006 to January 2009
- Senior Registrar in Dermatology , Teaching Hospital Kandy, Sri Lanka – February 2009 to February 2010
- Registrar, department of Dermatology, Wrexham Melor Hospital, Wales, UK (26.09.2011 to 23.09.2012)

## **Awards and prizes:**

- Travel grant by the Dermatological Society of Singapore to attend the Annual Scientific Meeting at Raffles Town Club, Singapore, 11<sup>th</sup> & 12<sup>th</sup> July 2009.
- Educational grant to attend the 3rd International Summer Academy of Practical Dermatology in Munich, Germany, 21st – 26th July 2013.

## **Memberships of Professional Organizations**

- Life member – Sri Lanka Medical Association
- Life member- Kandy Society of Medicine
- Life member – Sri Lanka College of Dermatologists
- Life member – Peradeniya Medical School Alumni Association

## **Contribution to Postgraduate Education**

- Member of the Board of Study in Dermatology, Postgraduate Institute of Medicine, University of Colombo from 2015 to date
- Panel of Teachers/Examiners in M.Sc. Programme in Medical Microbiology (2012/2013), Postgraduate Institute of Science, University of Peradeniya

## **Research grants obtained:**

- Financial Assistance by UGC for Higher Studies -2013( for PhD) - UGC/DRIC/PG/2013
- University Research Grant – 2014 - RG/2014/31/M

## **Research interests:**

- Hirsutism
- Vitiligo
- Aesthetic dermatology
- Topical dermatological preparations

## Reviewer of Journal Articles:

- Reviewer, BMJ Case report 2016
- Reviewer, Drug Delivery 2017
- Reviewer, Journal of Clinical Case Reports 2015
- Reviewer, International Journal of Dermatology 2017

## Publications

### Full papers in indexed journals

1. **Fonseka, H.F.S.**, Ekanayake, S.M.B. and Dissanayake, M., 2010. Two percent topical phenytoin sodium solution in treating pyoderma gangrenosum: a cohort study. *International wound journal*, 7(6), pp.519-523.

*Citations -27*

2. Diyabalanage, S., **Fonseka, S.**, Dasanayake, D.M.S.N.B. and Chandrajith, R., 2017. Environmental exposures of trace elements assessed using keratinized matrices from patients with chronic kidney diseases of uncertain etiology (CKDu) in Sri Lanka. *Journal of Trace Elements in Medicine and Biology*, 39, pp.62-70.

*Citations -10*

3. **Fonseka, S.**, Lim, C.S., Bandara, U.N. and Dissanayake, M., 2011. New contrast stain for the rapid diagnosis of dermatophytosis and pityriasis versicolor. *Laboratory Medicine*, 42(11), pp.649-652.

*Citations -8*

4. Balasooriya, B.L.P.P., **Fonseka, H.F.S.**, Williams, S. and Premawardhena, A., 2009. Oro-genital ulcers with a positive patch test in acute myeloid leukaemia. *Ceylon Medical Journal*, 54(4).

*Citations -2*

5. Jones, E.M., **Fonseka, H.S.** and Balasubramaniam, P., 2012. Cutaneous calcifications induced by heel pricks. *Archives of disease in childhood*, 97(8), pp.720-720.

### Full papers in refereed journals

1. **Fonseka, H.F.S.** and Dissanayake, M., 2009. Pemphigus vulgaris in pregnancy: a case report. *The Sri Lanka Journal of Obstetrics and Gynaecology*. 31(3) 2009.
2. **Fonseka HFS**, Gunsekara CN. Splinting of hands in leprosy – Are we aware?. *Sri Lanka Journal of dermatology*; 12:25-27 2008.

3. **Fonseka HFS**, Gunesekara.Leprosy; 5 year retrospective study at CNTH. Sri Lanka Journal of dermatology 12:20-24 2008.
4. **Fonseka HFS**, Mahil IL, Dissanayake M. A case of treatment resistant acute pustular psoriasis responding to hydroxyurea. Sri Lanka Journal of dermatology 2008;12:39.
5. **Fonseka HFS**, Mahil IL, Dissanayake M.Ceylon medical journal2009;54(4):131-152 need for alternative treatment in leprosy in the face of drug induced hepatitis. Sri Lanka Journal of dermatology 2009;13:2954-60

## Abstracts

### **Presentations at International scientific meetings:**

### **Abstract publications:**

1. Fonseka HFS, Gunasekara CN, Leprosy: 5 Year retrospective study at Colombo North teaching hospital, Ragama, Sri Lanka, 18th Annual Academic Sessions. Sri Lanka College of Dermatologists. 7th and 8th March 2009.
2. Fonseka HFS, Dissanayaka M, Mahil IL, Bandara MRUN, Jayasinghe C. 1% topical phenytoin solution vs. hypertonic saline for chronic wounds – a randomized prospective study. 19th Annual Academic Sessions Commemorating Dr. W. D. H. Perera. Sri Lanka College of Dermatologists. 19th to 21st February 2010.
3. Fonseka HFS, Dissanayaka M, Dhanapala J. Efficacy of PUVA vs UVB in hypopigmented mycosis fungoides; prospective cohort study. 19th Annual Academic Sessions Commemorating Dr. W. D. H. Perera. Sri Lanka College of Dermatologists. 19th to 21st February 2010.
4. Fonseka HFS, Dissanayaka M, Mahil IL. Sweet's syndrome associated with oesophageal carcinoma and monoclonal gammopathy of unknown significance – a case report. 19th Annual Academic Sessions Commemorating Dr. W. D. H. Perera. Sri Lanka College of Dermatologists. 19th to 21st February 2010.
5. Fonseka HFS, Dissanayaka M. Lupus miliaris disseminatus faciei – a case report. 19<sup>th</sup> Annual Academic Sessions Commemorating Dr. W. D. H. Perera. Sri Lanka College of Dermatologists. 19th to 21st February 2010.
6. Fonseka HFS, Dissanayaka M. Phototherapy – beyond horizon. 19th Annual Academic Sessions Commemorating Dr. W. D. H. Perera. Sri Lanka College of Dermatologists. 19th to 21st February 2010.
7. Fonseka HFS, Dissanayaka M. The hand-held dermatoscope to visualize nail fold capillary abnormality. 19th Annual Academic Sessions Commemorating Dr. W. D. H. Perera. Sri Lanka College of Dermatologists. 19th to 21st February 2010.
8. Fonseka HFS, Senevirathne JKK. Clinical Profile of Fetal dermatoses in childhood – one month observational study. 19th Annual Academic Sessions Commemorating Dr. W. D. H. Perera. Sri Lanka College of Dermatologists. 19th to 21st February 2010.

9. Fonseka HFS, Dissanayaka M, Mahil I L, Bandara MRUN. Calcipotriol- betamethasone ointment versus betamethasone ointment in the treatment of vitiligo; Prospective case control study: 19th Annual Academic Sessions Commemorating Dr. W. D. H. Perera. Sri Lanka College of Dermatologists. 19th to 21st February 2010.
10. Fonseka HFS, Dissanayake M, Borderline lepromatous leprosy patient treated with oral fusidic acid: A case report. Kandy 32nd Annual Academic Sessions. The Kandy Society of Medicine. 11th to 14th February 2010.
11. Fonseka HFS, Ekanayake SMB, Kumara ATCP, Dissanayake M, Rathnathunga N, Localised erythema elevatum diutinum – case report. 20th Annual Academic Sessions. Sri Lanka College of Dermatologists. 7th to 10th April 2011.
12. Fonseka HFS, Mahil IL, Dissanayake M. Plasmapheresis in pemphigus vulgaris – Has it been replaced with intravenous immunoglobulin? 42nd Annual Academic Sessions. Ceylon College of Physicians. 24th – 26th September 2009.
13. Fonseka HFS, Gunsekara CN. Splinting of hand in leprosy. 18th Annual Academic Sessions. Sri Lanka College of Dermatologists. 7th to 8th march 2009.
14. Fonseka HFS, Gunsekara CN. Pattern of skin diseases among elderly; a one year retrospective analysis of attendees of CNTH. 17th Annual Academic Sessions. Sri Lanka College of Dermatologists. 8th to 9th march 2008.
16. Fonseka HFS, Dissanayake M. Loose anagen hair syndrome. 20th Annual Academic Sessions. Sri Lanka College of Dermatologists. 7th to 10th April 2011.
17. Fonseka HFS, Dissanayaka M. A Retrospective Study of Patients with Early Stage Mycosis Fungoides Treated with Psoralen Plus UVA. 22nd Annual Scientific Meeting, Dermatological Society of Singapore. 12th July 2009.
18. Fonseka HFS, Dissananyaka M. Pemphigus vulgaris in pregnancy: a case report. 42nd Annual Scientific Sessions. Sri Lanka College of Obstetricians & Gynaecologists. 13th – 15th November 2009.
19. Rajapaksha RKA, Senarathne IGHM, Rakinawasam SV, Gunawardana JN, Athauda AMIRK, Fonseka S. Comparison between 2 % topical phenytoin sodium solution and synthetic collagen in healing of chronic wound of various aetiologies: A pilot study. Peradeniya University International Research Sessions. Vol. 19, 5th & 6th November 2015.
20. Rakinawasam SV, Senarathne IGHM, Rajapaksha RKA, Gunawardana JN, Athauda AMIRK, Fonseka S. Successful management of lower limb lymphoedema in an outpatient clinic: A pilot study. Peradeniya University International Research Session, Sri Lanka, Vol. 19, 5 th& 6 th November 2015.
21. Diyabalanage S, Fonseka S, Dasanayake DMSNB, Chandrajith R. Biomonitoring of 18 trace element in human hair and nail from inhabitants of Giradurukotte and Kandy by ICP-MS. Peradeniya University International Research Sessions. Vol. 20, 4th & 5th November 2016.
22. Fonseka HFS, Gunawardana JN. Platelet Rich Plasma (PRP) as a treatment for

androgenic alopecia in males. Peradeniya University International Research Sessions. Vol. 20, 4th& 5th November 2016

23. Athauda AMIRK, Fonseka S. Effectiveness of punch skin grafts as a treatment for stable vitiligo: a pilot study. Peradeniya University International Research Sessions. Vol. 20, 4th& 5th November 2016
24. Fonseka S, Wijeyaratne CN, Gawarammana IB, Kalupahana NS, Rosairo S, Ranatunga N, Kumarasiri PVR. Effectiveness of Low Dose Ethinyl Estradiol/Cyproterone Acetate, Ethinyl Estradiol/ Metformin on Hirsutism in Polycystic Ovary Syndrome: A Randomized Double-Blind Study. 9th Conference of Asian Society for Pigment Cell Research & 26th Annual Academic Sessions of Sri Lanka College of Dermatologists, 15 th 18th August 2018.
25. Fonseka S, Ekanayake S, Dissanayake M. Effect of zinc oxide impregnated gauze on chronic wounds – A case series. 8th South Asian Conference of Dermatology, Venereology & Leprology, 1st – 4th August 2013.
26. Fonseka S, Yesudian PD, Balasubramaniam P. Chemical rejuvenation – “Peeling” the past. 8th South Asian Conference of Dermatology, Venereology & Leprology, 1st – 4th August 2013.
27. Fonseka S, Balasubramaniam P, Yesudian PD. Sign and scientist. 8th South Asian Conference of Dermatology, Venereology & Leprology, 1st – 4th August 2013.
28. Fonseka S, Drew P, Balasubramaniam P. Rash; the latent clue. 8th South Asian Conference of Dermatology, Venereology & Leprology, 1st – 4th August 2013.
29. Fonseka HFS, Gunawardane J, Athauda I. Three Layer Compression Bandaging in the Treatment of Chronic Lymphoedema. The Kandy Society of Medicine, 37th Annual Academic Sessions, 11th to 14th February 2015.
30. Fonseka HFS, Athauda I, Gunawardane J. Multilayer Compression Bandaging and Topical Phenytoin Sodium Solution in the Treatment of Chronic Ulcers of Various Aetiologies. The Kandy Society of Medicine, 37th Annual Academic Sessions, 11th to 14th February 2015.
31. Fonseka S, Dissanayaka M. Viral Warts: cryotheapapy vs cryotherapy plus paring down with a blade: case control study. 11th World Congress of Paediatric Dermatology, 17th -19th November 2009, Bangkok, Thailand
32. Fonseka HFS, Dissanayaka M, Mahil IL. Sweet’s syndrome associated with oesophagial carcinoma and monoclonal gammopathy of unknown significance – a case report. Kandy 32nd Annual Academic Sessions. The Kandy Society of Medicine. 11th to 14th February 2011.
33. Fonseka HFS, Yasmin SAF, Bandara MRUN, Dissanayake M. Thirty percent Trichloroacetic acid chemical peeling versus trichloroacetic acid peeling plus subdermal manipulation for acne scars ; randomized parallel group clinical trial of efficacy and safety. 20th Annual Academic Sessions of Sri Lanka College of Dermatologists 7th to 10th April 2011

34. Fonseka HFS, Ekanayake SMB, Dissanayake M, Wijekoon CJ. Severe cutaneous adverse drug reaction to leflunomide : a case report. 20th Annual Academic Sessions of Sri Lanka College of Dermatologists. 7th to 10th April 2011
35. Fonseka HFS, Ekanayake SMB, Kumara ATCP, Dissanayake M, Gunawardhana R. Pretibial myxedema occurring over forearm – a case report. 20th Annual Academic Sessions of Sri Lanka College of Dermatologists. 7th to 10th April 2011
36. Fonseka HFS, Dissanayake M. Acrodermatitis enteropathica mimicking Olmsted disease 20th Annual Academic Sessions of Sri Lanka College of Dermatologists. 7th to 10th April 2011
37. Fonseka HFS, Lim CSH, Bandara MRUN, Dissanayake M. New contrast stain for the rapid and accurate diagnosis of dermatophytes and pityriasis versicolor. 20th Annual Academic Sessions of Sri Lanka College of Dermatologists. 7th to 10th April 2011
38. Ekanayake SMB, Fonseka HFS, Dissanayake M. Cyclosporin therapy for pyoderma gangrenosum: a cohort of four patients. 20th Annual Academic Sessions of Sri Lanka College of Dermatologists. 7th to 10th April 2011

### **Books Published**

- “ Kurula, Kurulakelalsahaprathika karma” (Treatments For pimple and scar of pimple)  
 ISBN Number : 978-955-71122-0-6  
 Published by : Self Published  
 Published for general public

### **Resource Person in workshops**

01. Botulinum Toxin Therapy for OMF Disorders, Sri Lanka Association of Oral and Maxillofacial Surgeons 11th June 2015.
02. Workshop on “Tropical Diseases” Centre for Research in Tropical Medicine (CRTM) 17th Dec2014.
03. Management of hair loss, Pre-congress workshop on facial aesthetics, 39th Annual Academic Sessions KSM 07th and 08th Feb 2017
04. Facial skin rejuvenation, Pre-congress workshop on facial aesthetics, 39th Annual Academic Sessions KSM 07th and 08th Feb 2017
05. One Health International Conference, University of Peradeniya, Peradeniya. 5th and 6thSeptember 2014
06. MCQ and OSCE course on “Tropical Medicine for MD part 1” Center for Research in Tropical Medicine (CRTM) 15th Dec 2015.)
07. International conference in Tropical Medicine, Center for Research in Tropical Medicine (CRTM) 10th and 11th Dec 2015.



08. Workshop on facial aesthetics, Sri Lanka Association of Oral and Maxillofacial surgeons, 14th April 2014
09. Elder Care International Round Table Conference, School of Advanced Medical Sciences, Faculty of Medicine, 14th April 2014
10. Common skin problems ,Elder Care Training Programme for Medical Officers, Postgraduate School of Medical Sciences, University of Peradeniya. 06th of June 2014.
11. Resource person at workshop on Essential Life Skills for young adults organized by the PeMSAA, 9th to 30th June 2016.
12. Resource person at workshop on skin diseases for Central Province Women's Chamber of Small Industries and Commerce, 19th August 2017.
13. Resource person at workshop on cosmetic dermatology for Central Province Women's Chamber of Small Industries and Commerce, July 2014.

### **Invited lectures**

01. Platelet Rich Plasma (PRP) For Hair Loss and Facial Rejuvenation, Kandy Society of Medicine CME programme. 10th February 2016
02. Skin: from neonate to adolescent, Kandy Society of Medicine CME programme , 31st August 2016.
03. Fight Against Aging, Kandy Society of Medicine CME programme, 20th February 2013
04. Diagnosis of Skin Diseases in General Practice, Kandy Society of Medicine CME programme, 27th November 2013.
05. Common Dermatological Problems in Primary Care, Central Province Family Physicians Association, 18th January 2017.
06. Monthly Clinical Forum, Dumbara Clinical Society (CME programme), 25th February 2015.
07. Symposium on “ Be an old adult with confidence and dignity” PeMSAA 12th International Medical Congress 19th September 2014
08. “Recent Advance on Anti-ageing Therapy” at the monthly meeting of Central Province Family Physicians Association, 10th September 2017
09. “common dermatological problems in primary care” at the monthly meeting of Central Province Family Physicians Association, 20th January 2017

### **Participation in scientific meetings/ training programmes**

01. Level 1 Certificate Course in Aesthetic Medicine, American academy of Aesthetic Medicine, 20th -22nd May 2016
02. Level 2 Diploma Course in Aesthetic Medicine, American academy of Aesthetic Medicine,

20th -24nd September 2018

03. “Human Entrepreneur”-Corporate leadership development program for doctors, Postgraduate School of Medical Sciences, University of Peradeniya, 18th July 2014
04. Workshop on Dermatopathology, The college of Pathologists of Sri Lanka, 31st March 2007
05. Pre-congress workshop on zoonotic disease, One Health International Conference, University of Peradeniya, Sri Lanka, 4th -6th September 2014
06. Pre-congress workshop on Dermatotomy, 17th Annual academic sessions, Sri Lanka College of Dermatologists, 8th March 2008
07. 8th South Asian regional conference of dermatology, venereology and leprology, Sri Lanka College of Dermatology, 1st -4th August 2013
08. Allergen Medical Institute symposia on Botox Advance indications,, Mumbai, India, 24th January 2017
09. 2017 AAD Annual Meeting, American Academy of Dermatology, Orlando, USA, 3rd – 7th March 2017
10. International Summer Symposia 2018, SAARC Association of Aesthetic dermatology, St. Petersburg, Russia, 10th -13th June 2018
11. 1st ISISPHARMA ASIA ACADEMY, Da Nang, Vietnam, 10th -12th June
12. CoSdemIndia 2010, XIV Annual Congress of The cosmetic Dermatology Society (India) & Regional meeting of international Society of Dermatology, 18th & 19th September 2010, Mumbai, India
13. 9th Conference of Asian Society for pigment Cell Research (ASPCR) & 26th Annual Academic Session of Sri Lanka College of Dermatologist(SLCD), Sri Lanka 15th -18th 2018
14. 42nd Annual Scientific Sessions, Sri Lanka College of Obstetricians & Gynaecologist, 13th -15th November 2009
15. 17th Annual Academic Sessions, Sri Lanka College of Dermatologist, 9th March 2008
16. 18th Annual Academic Sessions, Sri Lanka College of Dermatologist, 8th March 2009
17. 19th Annual Academic Sessions, Sri Lanka College of Dermatologist, 20th &21st of February 2010
18. 20th Annual Academic Sessions, Sri Lanka College of Dermatologist, 9th &10th of April 2011  
Subtotal for item 1.5 (Maximum 10)
19. Participation in a course on “The Cochrane Library” conducted by North Wales NHS Library Service, Wrexham Medical Institute, Wrexham, UK (14th February 2012)
20. Workshop on “Effective Use of Resources in Postgraduate Research” organized by the

Department of Physiology, Faculty of Medicine, University of Peradeniya (November 2012)

21. Short Course on “Sampling Techniques, Survey Design and Analysis” conducted by Postgraduate Institute of Agriculture, University of Peradeniya (4th to 6th September 2013)

**Other interests:**

Writing feature articles to newspapers and participation in discussions in electronic media on health related topics for the general public