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Preface xi

Neil S. Sadick

Acne and Systemic Disease 1161

Margarita S. Lolis, Whitney P. Bowe, and Alan R. Shalita

Acne is the most common skin disease. It normally occurs during adolescence as a result of excess production of hormones. However, acne may be associated with assorted endocrine disorders, nonendocrine diseases, and the use of certain medications. These causes of acne are discussed in this article along with basic therapeutic interventions.

Rosacea 1183

Guy F. Webster

Rosacea, a common disease in adults, has an extremely variable presentation. Severity is also highly variable and, to some degree, the location of mild end of the rosacea spectrum is in the eye of the beholder. Rosacea has been noted since at least the Middle Ages. The red-faced drunk and the swollen nose of the self-indulgent are images from Shakespeare and Chaucer that have been used in modern political cartoons as well. This association with alcohol and excess is unfortunate since most patients are neither alcoholic nor dissipated.

Diseases of the Hair and Nails 1195

Shannon Harrison and Wilma F. Bergfeld

The hair and nails can react in a number ways to internal systemic disease states. These clinical changes in the hair and nails can sometimes provide clues to an undiagnosed underlying internal disease or can be an expected change in the course of disease. Understanding the normal biology of hair growth can assist in relating changes seen in the hair to systemic conditions. Although some nail changes are nonspecific, their presence provides extra information as part of the clinical history and examination of the patient in determining the final diagnosis.

Allergic Skin Disease: Major Highlights and Recent Advances 1211

Kim M. Nichols and Fran E. Cook-Bolden

Allergic skin disease encompasses a broad range of dermatologic disorders related to the immune response to environmental triggers in genetically susceptible individuals. The pathogenesis of allergic skin diseases is complex, involving the interaction between immunologic and nonimmunologic factors in the promotion of the disease. This pathogenesis is most evident in atopic dermatitis, which in the past, was considered solely an

IgE-mediated “allergic” disease. Experts now know that the etiology of atopic dermatitis may in fact be rooted in a loss of barrier function rather than IgE sensitivity alone. Even in more straightforward allergic skin diseases, such as urticaria and allergic contact dermatitis, evidence shows that their pathogenesis is not strictly immunologic. This article provides an overview of the major allergic skin diseases—atopic dermatitis, urticaria, and allergic contact dermatitis—focusing on recent research that has led to novel approaches in the diagnosis and treatment of these difficult conditions.

Pigmentary Disorders

1225

Paul T. Rose

Pigmentary disorders are frequently encountered in the practice of adult medicine. Patients routinely present with concerns about areas of pigment change or lesions that have changed in color. In this article the more common presentations of pigmentary disorders in the adult population are discussed.

Malignant Skin Neoplasms

1241

Carlos Ricotti, Navid Bouzari, Amar Agadi, and Clay J. Cockerell

Although the nonmelanoma and melanoma skin cancers encompass the vast majority of skin cancers, there is a large number of other malignancies of the skin that are less commonly confronted by the clinician. Neoplasms of the skin are divided into those that differentiate from the epidermis, dermis, adnexal structures of the skin, and those derived systemically. This review focuses on a discussion of the most frequent malignant neoplasms, and divides them into those that are classically designated nonmelanoma skin cancers (also known as keratinocytic tumors), melanoma, and other less common skin cancers of the skin. New associations are highlighted, as well as new information that can help the clinician to better understand the pathogenesis of many of these entities.

Skin Manifestations of Internal Disease

1265

Andrew G. Franks, Jr.

Internal diseases can manifest in a myriad of skin dermatoses ranging from single disorders such as calciphylaxis, cryoglobulinemia, amyopathic dermatomyositis, and Raynaud phenomenon, to spectrum disorders such as the neutrophilic dermatoses and morphea. In this article the underlying causes, triggering events, constitutional symptoms, clinical features and presentations, appearance at various stages, and pathogenesis are described. The course of the diseases and probable healing outcomes are outlined. Finally, examination and diagnostic methods, and therapies and treatments are provided.

Update on Cutaneous Manifestations of Infectious Diseases

1283

Dirk M. Elston

Many emerging pathogens present in the skin and are of interest to dermatologists. Recent epidemics of measles, avian flu, and SARS

demonstrated how an organism can rapidly spread worldwide because of airline travel. Travelers are often contagious before they are aware that they have the disease, contributing to the spread. This article reviews bacterial, mycobacterial, fungal, and viral pathogens important to dermatologists.

Evaluation and Management of Psoriasis: An Internist's Guide

1291

Danielle Levine and Alice Gottlieb

Psoriasis is a debilitating chronic skin condition that afflicts millions of patients worldwide. Patients experiencing psoriasis report a magnitude of impaired quality of life that is often similar to that of patients who have heart failure and cancer. Many patients who have psoriasis are even themselves at risk for developing heart disease, metabolic syndrome, certain cancers, and psychiatric illness. Therefore, primary care physicians must appreciate the current psoriatic disease model and share a basic understanding of psoriasis management. This article reviews the epidemiology, clinical features, pathogenesis, comorbidities, and treatment of psoriasis, with special emphasis placed on the new class of medications, biologics, which are revolutionizing the management of the disease.

Facial Papules as a Marker of Internal Malignancy

1305

Ravi Ubriani and Marc E. Grossman

Facial papules (bumps) confront the general practitioner during every face-to-face meeting with the patient. Increased awareness and recognition of the facial papules that represent cutaneous signs of internal malignancy will allow an early, aggressive workup and treatment of any associated cancer. This article details the clinical presentation, etiology, pathologic findings, and associated malignancy for such presentations. A skin biopsy for histopathologic diagnosis is necessary to distinguish these clues to underlying malignancy from the numerous benign lesions that cause facial papules.

Chronic Venous Disease

1333

Claire D. Wolinsky and Heidi Waldorf

Venous diseases often present with characteristic cutaneous manifestations. The importance of diagnosing and treating dermatologic findings of chronic venous disease should be emphasized, because the estimated prevalence is as high as 17% in men and 40% in women. Varicose veins, which are one skin finding, are linked to chronic venous insufficiency and to the associated acute venous diseases, superficial thrombophlebitis and deep vein thrombosis. Several other cutaneous features are unique to acute or chronic diseases and should be recognized. Appropriate management of these disorders is necessary to avoid progression of disease and potential complications.

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