

Pocket Dermatology

Sara Hylwa · Elisabeth Hurliman
Jing Liu · Erin Luxenberg
Christina Boull

Pocket Dermatology

A Practical, High-Yield Guide



Springer

Sara Hylwa
Dermatology
University of Minnesota/
Hennepin Health Care Systems
Minneapolis, MN
USA

Elisabeth Hurliman
Dermatology
University of Minnesota/
Hennepin Health Care Systems
Minneapolis, MN
USA

Jing Liu
Dermatology
University of Minnesota/
Hennepin Health Care Systems
Minneapolis, MN
USA

Erin Luxenberg
Dermatology
University of Minnesota/
Hennepin Health Care Systems
Minneapolis, MN
USA

Christina Boull
Dermatology, Division of
Pediatric Dermatology
University of Minnesota
Minneapolis, MN
USA

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Preface

Purpose of this Book

We hope that this book will be like having an experienced dermatologist with you in clinic helping to guide you or offering advice and reminders.

Disclaimer

These are just recommendations to guide you. You should always double-check these approaches and use your own clinical judgment in an approach to a patient.

How this Book Should Be Used

- As a resource in clinic when seeing patients or when on call for reminders on work-ups, diagnostic pearls, and therapeutic algorithms

How this Book Should Not Be Used

- This book is not a substitute for a formal dermatology residency.
- This not a substitution for reading textbooks or journal articles.

Information in the Text

We created this text while finishing our residency and preparing for attending life to make an easy-to-read guide for ourselves to use in clinic to hit high points of things to remember or refreshers of important information. While we tried to be as thorough as possible and had many eyes read over these suggestions over the course of several years, there may be errors or other approaches that we may have missed or overlooked. Additionally, this book represents our approach to clinical practice; other approaches or information can be equally valid. We encourage you to email us at pocketdermatology@gmail.com with any errors noted or suggestions.

Helpful Dermatology Web Pages

For General Derm

AAD.org

Emedicine.com (good information for drugs, general derm things)

DermnetNZ: <http://www.dermnetnz.org/>

NCCN Guidelines for Oncology: http://www.nccn.org/professionals/physician_gls/f_guidelines.asp

Visual Dx

Patient Education Resources

Up-to-date patient ed sections

Mayoclinic.com – patient care and health info link

VisualDx patient education sections

For Medications

Litt's Drug Eruption online: <http://www.drugeruptiondata.com/>

Information on all drugs: <http://dailymed.nlm.nih.gov> (lists ALL drug ingredients including excipients)

Drug interaction checks: Medscape (emedicine.com) or Micromedex

Primary literature: Pubmed (pubmed.gov)

For Contact Derm

- American Contact Dermatitis CAMP Database (contact-derm.org)
- For ingredients in medications: <https://dailymed.nlm.nih.gov/dailymed/>
- Vaccine excipients: <https://www.cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/B/excipient-table-2.pdf>
- Skin Deep online cosmetic database maintained by the Environmental Working Group (<https://www.ewg.org/skindeep/>)
- Label Insight – online food product database contains ingredient and nutritional information for more than 22,000 items sold in American grocery stores. (<https://www.labelinsight.com/>)
- Household product database: <https://hpd.nlm.nih.gov/> or Householdproducts.nlm.nih.gov
- Botanical Dermatology Database: <http://www.botanical-dermatology-database.info/>
- Voluntary Cosmetic Registration Program – can be queried (<https://www.fda.gov/Cosmetics/RegistrationProgram/default.htm>)
- For ingredients in make-up: <https://www.makeupalley.com/> also Walgreens web pages lists all ingredients easily
- <https://whatsinsidescjohnson.com/us/en/brands>
- Nickel-free belts: Nicklefreebelts.com
- Which gloves protect from certain chemicals: www.ansell-pro.com/specware/
- p-tert free shoes: <http://shoeallergies.50webs.com/ptbp.htm#Do>
- Dermnetz for clothing dermatitis and other good sources of information: <https://www.dermnetz.org/topics/textile-contact-dermatitis>

For Derm Products

- Dermstore.com
- Regimenmd.com

For Reporting

- FDA medication reactions: <https://www.accessdata.fda.gov/scripts/medwatch/>

Boards

- AAD recommended tools for boards
- <https://www.aad.org/members/residents-fellows-resource-center/boards-study-tools/more-boards-resources>

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