

Textbook of Dermatology and Sexually Transmitted Diseases

Second Edition

Second Edition

As per the latest CBME Guidelines | Competency Based Undergraduate Curriculum for the Indian Medical Graduate

with HIV Infections

attempts to simplify and demystify a subject that often baffles young undergraduate students, dermatology trainees, and physicians with an aim to create an interest in the subject by presenting it in an easy to read manner. This book brings to students practical and comprehensive information on the clinical features, pathogenesis and treatment of dermatological diseases. The book has 32 chapters covering all 9 sections of dermatological disorders from 22 experienced contributors. This book shall also cater to the needs of NEET and NEXT appearing MBBS graduates as specific parts of text, important from examination point of view, have been highlighted by introducing ^Q at each location. It is also useful for Primary Board examination students. This book has many new additions.

Salient Features

- Concise and appropriate text for dermatology readers.
- Explicit and elaborate diagrams throughout the book.
- In-text questions for NEET examinations
- Effusive clinical images
- Clinical pearls throughout the book
- Written by authors who have trained and taught in premier medical colleges and institutes of the country
- A handy summary for undergraduates and physicians, and as a bridge book for dermatology trainees

What's New ?

- Online constantly updated, image-based MCQs for NEXT, MRCP and NBE exams
- Clinical Applications
- Advanced Learning for postgraduate students

Kabir Sardana MD, DNB, MNAMS is currently Director Professor of Skin and VD, and Head, Department of Dermatology and STDs, ABVIMS and Dr RML Hospital, New Delhi. He was previously a Professor at Maulana Azad Medical College (MAMC), New Delhi, from 2006 to 2016.

He is an alumnus of MAMC (1991-96) and completed his MD from Lady Hardinge Medical College in 2000. He is a DNB holder and a member of the National Academy of Medical Sciences. He has been Secretary and Vice President, IADVL, Delhi branch, and Secretary, Society of Pediatric Dermatology, Delhi. He is the author of more than 244 peer-reviewed scientific publications cited on Pubmed, with a H index-28. He is author/editor of a number of books, including *Lasers and Energy Devices in Aesthetic Practice*, *Handbook of Pigmentary Disorders for Practitioners*, *Clinical Approach to Acne Vulgaris*, *Handbook of Eczema for Practitioners*, *Systemic Drugs in Dermatology*, *Hair Loss Disorders Restoration and Management*, *Atlas of Skin and Soft Tissue Infections and Infestations*, *IADVL Manual on Management of Dermatophytoses and Compendium of Dermatology for Examinations*. He is also the editor of *Jopling's Handbook of Leprosy*, 6th edn. His clinical research interests focus on acne vulgaris, dermatophytes, psoriasis, alopecia areata, pigmentary disorders, lasers in dermatological practice, hyperandrogenism and pediatric dermatology. He is an examiner in various state and national level MD, diploma and DNB exams.

Pooja Agarwal MD is currently Associate Professor, Department of Dermatology, SVP Institute of Medical Sciences and Research, Smt. NHL Municipal Medical College, Ahmedabad, Gujarat.

She is an alumna of the prestigious King George's Medical College, Lucknow (2004 to 2010) and was awarded many gold medals during her MBBS. After securing All India Rank- 43 in the All India PG entrance exams, she did her postgraduation in dermatology, venereology and leprosy from Maulana Azad Medical College, New Delhi, under the visionary guidance of Dr Kabir Sardana and was awarded Dr. V N Sehgal gold medal for best performing PG student in 2013. She has to her credit multiple publications in national and international journals and chapters in various textbooks. She has also received scholarships from IADVL and International Women Dermatology Society for presenting her research at the annual conference of American Association of Dermatology. Her areas of interest include clinical dermatology and dermatopathology.



Textbook of Dermatology and Sexually Transmitted Diseases

with HIV Infections

Sardana
Agarwal



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In-Text Questions



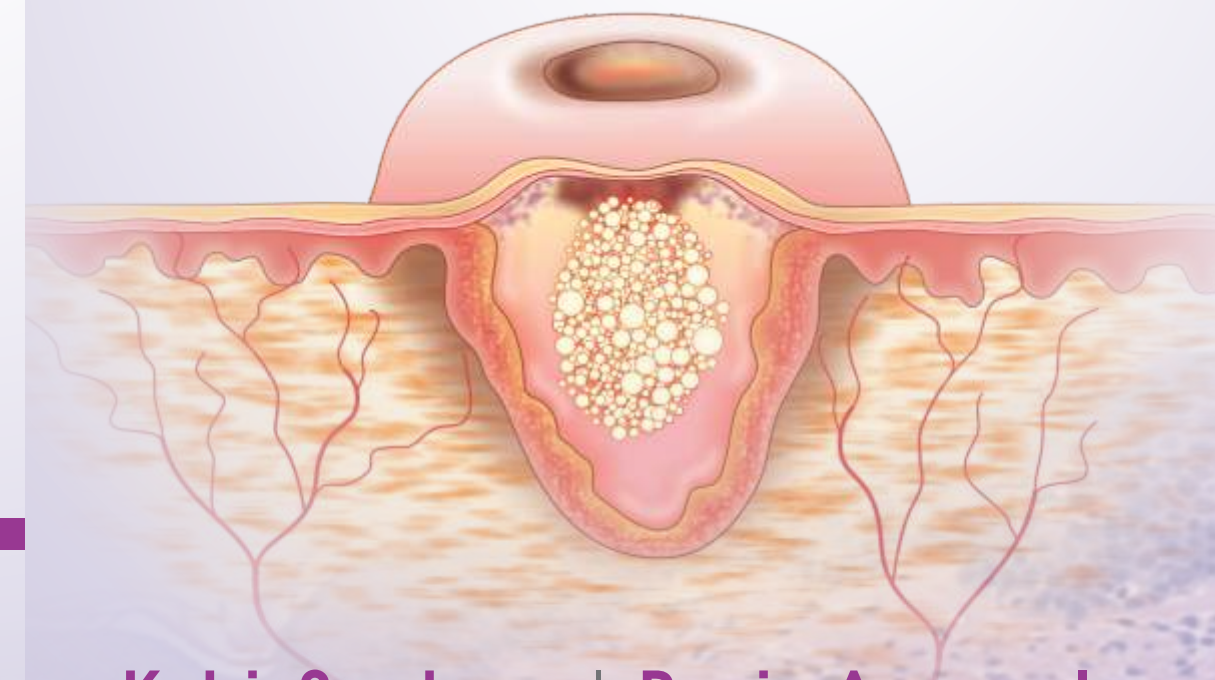
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Kabir Sardana | Pooja Agarwal



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*“Attitude is a choice. Happiness is a choice. Optimism is a choice.
Kindness is a choice. Giving is a choice. Respect is a choice.
Whatever choice you make makes you. Choose wisely.”*

— Roy T. Bennett, The Light in the Heart

*We get which we are meant to get
Even the Gods cannot change that
And so do not Despair
Do not to be surprised at loss or gain
That which is yours will be yours
No other can take it away*

— Panchatantra

Second Edition

Textbook of **Dermatology** and Sexually Transmitted Diseases *with* **HIV Infections**

As per CBME Guidelines | Competency Based Undergraduate Curriculum for the Indian Medical Graduate

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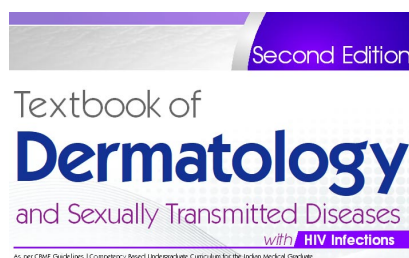


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to
My Family, Parents, Friends, Foes, Critics, Colleagues
and
Students

*Be the best in this profession as that is what counts in the long run
People do amazing things so that they are remembered when they are no more in this world
All you have to do is be a good doctor and treat your patients well !*

Dr Kabir Sardana

*The two people who have unwavering faith in my abilities and inspire me to become a
better version of myself—my mother Dr Usha Agarwal and my husband Dr Jay Shah
The two shining stars in my life who inspire me to make the world a better place for
them—my sons Viaan and Viansh*

Dr Pooja Agarwal

How to use this book

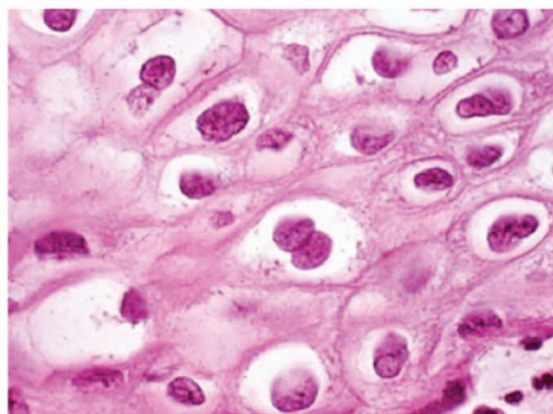
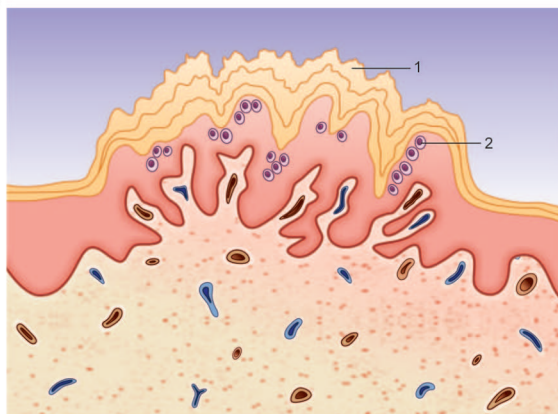


Fig. 4.17F: Wart: (1) Thickened epidermis, with overlying hyperkeratosis. (2) Vacuolated keratinocytes are present in the granular cell layer and are called koilocytes

Image-based Questions

Pemphigus Group

Pemphigus refers to a group of disorders with loss of intraepidermal adhesion because of autoantibodies directed against proteins of the desmosomal complex that hold keratinocytes together. The desmosome is a complex structure, with many of its components targets for autoantibodies. In pemphigus, desmogleins 1 and 3 are important and they have a variable distribution in the epidermis.

The 1 (Dsg 1) is more at the **top** (stratum granulosum), while the 3 (Dsg 3) is more at the **bottom** (S. basale).

Important Questions

Desmoglein 3 is crucial for cell adhesion and is found in the oral mucosa and the lower layers of the epidermis, while desmoglein 1 is almost only present in the skin and most expressed in the upper layers. Thus pemphigus foliaceus never involves the mucosa and has superficial erosions, while pemphigus vulgaris often presents with oral disease and may have full-thickness acantholysis (see Fig. 17.9).

3OL: Desmoglein 3, Oral mucosa, Lower epidermis.

Mnemonic

Syphilis



Key Points in Syphilis

- Dory-flop sign—chancres on the prepuce, being cartilaginous in consistency flips back suddenly on retraction of prepuce
- Rash, generalized lymphadenopathy, condylomata lata (most classical, most infectious), snail track ulcers, moth-eaten alopecia are all features of secondary syphilis.
- Buschke-Ollendorf sign—pressure with a blunt instrument on the lesions over palms and soles elicits tenderness.
- Pseudochancres—gumma occurring over site of chancre

Key Points



Clinical Pearl

Of these cells, the pigmented races, like in India, are hell-bent on removing the melanocyte in a bid to get fairer, but this cell still luckily bounces back! This is good for us, they serve as an effective natural sunscreen in tropical countries!

Clinical Pearl

Acne

The basic principles of treatment are:

- The primary aim of acne treatment is to prevent or minimize scarring. Once scarred, the skin will never

Clinical Applications

The patient should apply these medications to the entire affected area (e.g. the entire face) rather than just to the individual lesions.

Herpes Simplex Virus Infections

Clinical Features

There are many uncommon sites of involvement like on the fingers (herpetic whitlow), in wrestlers (herpes gladiatorum), HSV encephalitis (most common cause of viral encephalitis in adults, 95% HSV-1) and eye (herpes keratitis—Fig. 4.5).

An overview of the salient features is given in Box 4.1.

Summary

Box 3.2 Management of carrier state of *S. aureus*

- Meticulous attention to handwashing and other personal hygiene.
- Disinfectant soaps and shampoos, used daily.
- Wash body with chlorhexidine, bathe in diluted hydrogen peroxide once or twice a week.
- Mupirocin ointment applied b.i.d. for 5 days, and then twice weekly, is the most effective prophylactic measure.
- Mupirocin 2% cream to major body folds, e.g. axillae, groin, inframammary, as well as umbilicus.
- Treat as for MRSA.

for advanced learning

- The disorder is primarily an immunological disorder. Activated T lymphocytes are recruited to the dermoepidermal junction where CD8+ cytotoxic and to a lesser extent CD4+ T cells predominate. The infiltrate of Th1 cells and cytotoxic cells secrete IFN- γ and TNF- α which increase the expression of HLA-DR8 adhesion molecules on keratinocytes and basal cell layer

Advanced Learning

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Foreword



MBBS training is an endeavour to enable the graduate to practise the art of medicine and serve patients. I daresay skin disorders including leprosy and STD are as common as many other medical conditions and graduates probably will face such patients more commonly than surgical and advanced emergencies. Herein lies the utility of a book that is endowed with images and diagrams that make dermatology learning simple.



As the NMC has laid down certain competencies I note that the textbook has inculcated the same. Apart from this there are clinical summaries, treatment and clinical pearls and artists' diagrams that represent the disorders appropriately. Being a microbiologist I also note the relevant focus on special stains and tests for diagnosing infections, leprosy and STDs.

A notable addition is the section where the authors have highlighted text for advanced learning which is for 1st year postgraduate students who will find it useful. I feel that dermatology is unique in that it is a visual branch and has manifest conditions that can overlap other specialities and I think this would be a useful book for paediatricians and physicians alike. Most importantly as the general physician is the bedrock of healthcare who treat patients usually as the first point of contact, this visually rich and concise book will be useful for that segment of treating doctors.

I also note that the book has inculcated MCQs and image-based clinical scenarios which are needed for most PG examinations. I hope that students would use this book and value the text written by experienced faculty in preference to texts provided by coaching institutes which cannot parallel the clinical spectrum which experienced faculty see over the years in reputed institutions.

Dr Kabir Sardana and his team while focussing on the MBBS student has written a book that would help speciality doctors across the spectrum. I hope this will be a sought after book and I wish him and his team of contributors best of luck for this second edition.

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Foreword



It gives me great pleasure to write the Foreword to the 2nd updated edition of my colleague Dr Kabir Sardana, who has set out to make a comprehensive and compact book replete with images and artistic diagrams which will be useful for MBBS trainees and 1st year PGs in MD, DVD, DNB and possibly in other allied disciplines.

As the focus of the examination includes image-based questions, I have noted that there is an online access to a data bank of MCQs which will make the book useful for students. Also there are inserts that highlight important topics within the book. The clinical pearls, summary of topics and image-based questions would make the learning easier for the students.

A notable addition is the section where the authors have highlighted text for advanced learning which will help postgraduate students.

As dermatology is a field that is important for other branches including medicine and paediatrics I think this book will be a good compact reference for other fields of medicine.

I wish Dr Kabir Sardana best of luck and Godspeed in this endeavour.



 8.02.22

Ram Chander

Director

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Foreword



I feel privileged to write the Foreword to the second edition of *Textbook of Dermatology and Sexually Transmitted Diseases*, written by Dr Kabir Sardana and Dr Pooja Agarwal.

Dermatology is a very fast evolving and one of the most sought-after discipline. It should no more be considered as an allied specialty to medicine as dermatology happens to be a very vast specialty in itself with multiple sub-specialties like pediatric dermatology, hair and nails, dermatopathology, dermato-surgery, etc. The infections, infestations in a developing country like India are highly prevalent. With the better diagnostics and expanding therapeutic armamentarium, even so called chronic and less prevalent dermatoses, are being treated effectively. In all kinds of medical practice, one is likely to encounter one skin lesion or the other. Therefore, every medical graduate should be familiar with common skin diseases. Despite this, dermatology has always been denied adequate exposure during undergraduate training period, by the curriculum planners and advisers, with inadequate representation of the specialty. This book is an excellent attempt to address these shortcomings to a great extent. With a comprehensive description of each dermatosis, clinical pictures and approach to management, it becomes a 'must have book' for all undergraduates. Another unique feature is the inclusion of MCQs for the entrance exams and identification of recently introduced dermatological competencies.

I congratulate both the authors for their brilliant initiative and wish them best of luck in their academic endeavor.



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Foreword



कर्मचारी राज्य बीमा निगम
(श्रम एवं रोजगार मंत्रालय, भारत सरकार)
EMPLOYEES' STATE INSURANCE CORPORATION
(Ministry of Labour & Employment, Govt. of India)



I am delighted to write the Foreword for the second edition of *Textbook of Dermatology and Sexually Transmitted Diseases with HIV infection* written by my colleague and friend Dr Kabir Sardana, presently Director Professor and Head, Department of Dermatology, ABVIMS and Dr RML Hospital, New Delhi along with Dr Pooja Agarwal, an eminent faculty from Smt NHL Municipal Medical College, Ahmedabad, Gujarat. Dr Sardana is not only an excellent clinical dermatologist and authority in the field but an amazing orator and a prolific writer with many textbooks on dermatology under his belt which are a precious source of knowledge for students, private practitioners and academicians alike. After his credible inputs in the 1st edition of the book which was well appreciated, he set out to make it more comprehensive and yet a compact book replete with improved clinical images and artist diagrams which will be a boon to our MBBS trainees who have a limited exposure to this field and for 1st year dermatology postgraduate students of MD, DVD, DNB stream and possibly in other allied disciplines.



Over a period of time, the entrance and exit examination patterns of various Boards and Universities including international ones have undergone a perceptible change and have incorporated MCQs and OSCE format with inclusion of image-based questions to assess students. The authors have been foresighted and have provided an online access to a data bank of MCQs which the students will find extremely useful. There are crisp inserts within the book that highlight important topics which the students need not miss. The clinical pearls, mnemonics, summary of topics, key points and image-based questions make up a rich assortment of knowledge which is laid up in a way that would make the learning easier. A notable addition is the section where the authors have highlighted text for advanced learning which will greatly help postgraduate students.

As skin diseases are a window to many systemic illnesses and also dermatology patients many a times present to physicians and paediatricians, knowing the basics of the subject will be invaluable to students from other branches particularly medicine and paediatrics. I strongly feel that this book will be a ready reckoner for use by other allied specialities.

I wish Dr Kabir Sardana best of luck and Godspeed in their endeavour while strongly encouraging our young medical students to take full advantage of this treasure of knowledge tailored to their needs at this point of their career.

Paschal D'souza

Dean and Director Professor Dermatology

Preface to the Second Edition

Dermatology has emerged as one of the most coveted branches in the field of medicine in recent years. The undergraduate students are often daunted by the names and sights of various skin diseases and therefore find it difficult to correlate disorders in MBBS final exams as well as PG entrance exams. This book was conceived to solve both these problems and make dermatology learning easier for the students through easy to comprehend (and remember) clinical and figurative images.

A separate MCQ bank can be accessed online and will be updated frequently. The second edition also has MCQs in pattern for UK based examinations, a thing which no present time dermatology textbook has incorporated.

Skin problems are hugely variable (>2500 diagnoses), but this book with its rich diagrams and photographs will help you to make sense of what you see in the wards and will provide you with a framework for analysing clinical signs and disorders.

In addition to the **Q** marks, mnemonics and clinical applications which we had used in the first edition to make reading the book interesting, we have earmarked sections for advanced learning (PGs), specially the first year postgraduate students. The competency based questions have been listed at the beginning and the relevant answers are cited within the book. The second edition should be useful for dermatology trainees.

A big thanks to the fabulous team at CBS Publishers & Distributors, Mr YN Arjuna Senior Vice-President—Publishing, Editorial and Publicity, and their team, Mrs Ritu Chawla General Manager—Production, the patient and dedicated reformatting by Mrs Jyoti Kaur, the artistic depiction and image balancing of Mrs Baljeet Kaur, copy editing of Mr Surendra Jha and Mr Prasenjit Paul. CBS is one of the few publishers who have invested in an advanced preproduction software that matches the quality of print before it is out. This has been possible due to the ingenuity of Mr SK Jain CMD, Mr Varun Jain, Director, Mr SK Verma and Mr Sunil Dutt, and the entire office staff of CBSPD where I spend more than 6 months on and off for this onerous task, of course, after duty hours!

We wish all the readers of this book to achieve their destiny—a warm welcome if you get selected in one of the most vast branches of medicine—dermatology; and if you don't get it, just remember

“It might take a year, it might take a day but what's meant to be will always find its way.”

We hope that you will find this book useful. Please send back your comments or criticisms to pooja.kgmc@gmail.com so that we can improve the book in future.

Kabir Sardana
Pooja Agarwal

Preface to the First Edition

Dermatology today is a much sought after branch which most students are unable to get. This is possibly as they spend more time in coaching institutes than the college which defeats the very aim of MBBS training. This book aims at solving that by inculcating in one book both teaching of basic skills with impressive illustrations and important questions so that they can read the book through their MBBS training and their PG entrance preparation days!

Skin problems are hugely variable (>2500 diagnoses), but this book with its rich diagrams and photographs will help you to make sense of what you find in the wards and will provide you with a framework for analysing clinical signs and disorders.

We have added **Q** marks to enable the reader know what is important. We have purposely *not added MCQ* as that restricts learning. There are *mnemonics and clinical applications* throughout the book (see How to use the book).

Dermatology trainees should find the book particularly useful, as many hospital doctors in other medical specialties including medicine and pediatrics. It is a great summary read for first year PGs in dermatology.

Our contributors range from faculty of dermatology, medicine and pediatrics, postgraduate students, former students. Dr Pallavi Ailawadi who has used her skills in teaching at various coaching institutes in adding the common questions asked in the entrance examinations.

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And for those who finally do not get dermatology in their PGs, remember the famous quote of Albert Einstein.

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it’s stupid”. And you are already in the toughest course in the world—that’s an achievement in itself and the rest as Shri Raman Maharishi said, is destiny!

We hope that you will find this book useful. Please send back your comments or criticisms, so that we can improve the book in future editions. You can send your comments to us at the mail id kabirjdv1@gmail.com and apallavi99@gmail.com.

Kabir Sardana
Pallavi Ailawadi

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