

Dermatology
in
GENERAL PRACTICE

Foreword

The entrance of an individual into a new field of endeavor, whether a medical specialty, a new hobby or a new job, etc., can be interesting and can be made a relatively simple and fascinating initiation. In medicine this journey should start with the basic concept that the individual has already acquired some general knowledge of medicine. Thus the specialties in medicine are taught in the third or fourth year of a four-year medical course after instruction in laboratory and clinical medicine. For the beginning of a new subject, in addition to lectures and clinics, the student is best served by the printed page—an up-to-date typewritten outline or a textbook—much as a guide book serves the visitor to a new country. The terms are new, the types of disease are new, the diagnoses are new and much confusion and lack of interest can result without a proper introduction to the field.

The larger books in dermatology have covered an enormous amount of ground, discussed both common and uncommon diseases, showed many photographs, some of them of unusual types and unusual diseases, and pointed out numerous theories concerning the cause or origin of disease, and often went into great detail with regard to various phases of a particular disease. They were excellent reference books but were often confusing to the student in his early days with the specialty and made him uncertain among all the different possibilities offered in both diagnosis and treatment.

On the other hand a small compact book such as this one, containing a very logical arrangement of chapters, beginning with the simpler facts and progressing through the more common skin diseases, giving the essential facts of each disease, the differential diagnosis and the commonly accepted therapeutic procedures, will act as a clarifying medium in the study of a specialty which has the reputation of being a difficult one. The chapter on mycotic infections is especially noteworthy since the author is an acknowledged authority in this field. The details in the chapters on the care of the normal and abnormal skin provide many suggestions which will afford greater comfort to the patient.

The many excellent photographs and tables save many lines of description and warrant a careful perusal by the reader in his study of cutaneous manifestations. The frequent references concerning the relationship of manifestations on the skin to general medicine indicate the range of medical knowledge required to practice medicine today.

For the medical student in his introduction to the study of the specialty this small book is easy to approach. He can obtain the necessary information easily and there is much less confusion in his mind. He can always look further if he is interested and the problem warrants it.

The younger graduate or the general practitioner may well recognize the part which age, physical condition, coincident focal infection, dental disease, food, occupation, habits, etc., etc., may play with an individual patient, but at the same time be puzzled by the patient's specific lesions and lack of response to therapy. For these students and physicians, to whom this book is especially directed, it will bring much help in the interpretation and treatment of the usual disturbances appearing on the cutaneous surface.

As in any specialty, wise is the physician who recognizes his limitations in both diagnosis and therapy and seeks counsel and possible hospitalization for his patient when the diagnosis is not clear and the progress of cutaneous manifestations is not satisfactory.

C. GUY LANE, M.D.

Preface

The author has been repeatedly asked by his former students and colleagues to write a revision of the book entitled "Diagnosis and Treatment of Skin Diseases". Some time has elapsed since its publication, thus necessitating many revisions. It was, therefore, felt that a completely new text book written along the same style would be preferable.

This text has been designed to serve the general practitioner, medical student and nurse. The aims of simplicity and conciseness in both content and expression have required sacrifice of a certain amount of detail and omission of some of the rare diseases. The author hopes that this is compensated by the special emphasis on the clinical picture, differential diagnosis, and treatment of the more common skin diseases met by the general practitioner in his daily practice. A discussion of the relationship of the dermatoses to systemic diseases is given wherever it is plausible. A short chapter discussing the superficial and deep mycotic infections is included. It is hoped that the formulary given in the last chapter will prove useful.

The book makes no pretense at serving the purposes of a reference book for dermatologists. For such works, the reader is referred to more detailed and more complete texts such as those written by Ormsby and Montgomery, Becker and Obermeyer, Andrews, Sutton and Sutton and others.

I am indebted to Dr. C. Guy Lane who read the manuscript. His suggestions and corrections proved most helpful.

I am grateful to Dr. Chester North Frazier for his chapter dealing with the diagnosis and treatment of syphilis.

Dr. Walter F. Lever supplied the photomicrographs on the histopathology of the skin.

Dr. Crawford Brown has been very helpful in the task of collecting the clinical photographs for this text.

I wish to thank the Williams & Wilkins Company in general and Mr. Dick Hoover in particular for their patience and excellent cooperation.

The following text books have been consulted in the writing of this book:

Diseases of Skin (seventh edition) by Oliver S. Ormsby, M.D. and Hamilton Montgomery, M.D., M.S. Philadelphia: Lea and Febiger, 1948.

Skin Diseases: Nutrition and Metabolism by Erich Urbach, M.D., F.A.C.A., and Edward B. Le Winn, B.S., M.D., F.A.C.P. New York: Grune and Stratton, 1946.

Modern Dermatology and Syphilology (2nd edition) by S. William

Becker and Maximilian E. Obermeyer. Philadelphia: J. B. Lippincott Company, 1947.

Therapy of Dermatologic Disorders by Samuel M. Peck, B.S., M.D., and George Klein, M.D. Philadelphia: Lea and Febiger, 1951.

Manual of Clinical Mycology by N. F. Conant, Ph.D., Donald S. Martin, M.D., David T. Smith, M.D., Roger D. Baker, M.D. and Jasper I. Callaway, M.D. Philadelphia: W. B. Saunders Company, 1944.

Medical Mycology: Fungous Diseases of Men and other Mammals by C. W. Dodge, Ph.D. St. Louis: C. V. Mosby Company, 1935.

An Introduction to Medical Mycology (third edition) by George Lewis, M.D., and Mary E. Hopper, M.S. Chicago: Year Book Publishers, Inc., 1948.

Elements of Medical Mycology (second edition) by Jacob H. Swartz, M.D. and Ethel M. Rockwood, M.D. New York: Grune and Stratton, 1949.

JACOB HYAMS SWARTZ

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I

General Considerations

A knowledge of the physiology and anatomy of the normal skin is a prerequisite for the study of the diseased structure. Skin is one of the vital organs of the body, and its normal functioning is necessary to the health and life of each human being. Such necessary normal functioning of the skin is to a great extent dependent upon the other organs of the body; for diseases and disturbances of other organs may be frequently reflected by changes in the skin itself. Examples of such changes may be found in the lemon tint of pernicious anemia, the dark brown cachectic tint of carcinomatosis, and the pigmented skin seen in patients with Addison's disease.

The cutaneous structure is complex and sensitive; it is easily affected, among other things, by the climate (of this the skin of the seafaring man is a good example). The color and texture of the skin vary greatly with different ages, races, and sex (of these variations the soft pink skin of the infant and the dry wrinkled skin of the aged, and the fair skin of the blonde and the black skin of the Negro are good examples). The skin, subject to its location, also varies in pliability and thickness. The cutaneous covering of the prepuce, eyelids and lips is delicate and lax, whereas the skin over the palms and on the soles of the feet is much thicker and much more firmly attached.

The Anatomy of the Skin

The skin is composed of the following distinct layers: 1. Epidermis (derived from the ectoderm); 2. Corium or true skin (originated from mesoderm); 3. Subcutaneous layer (hypoderm).

1. *Epidermis*

The epidermis is the most external layer of the skin and it is made up of four strata.

a. **Stratum corneum**

This stratum is known as the horny layer of the epidermis and is the outermost and the widest of all the strata. It is itself composed of several layers of flattened epithelial cells which have undergone various degrees of keratinization. The width of the layer varies with its location; it is, for