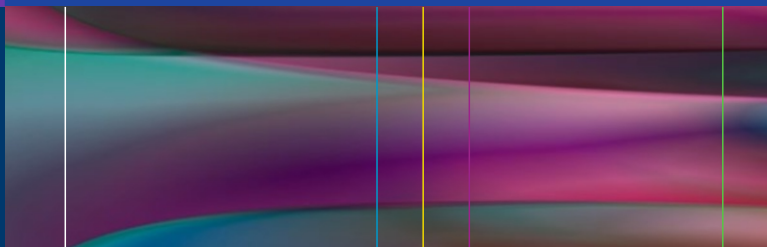


Jules Lipoff



Dermatology Simplified

Outlines and Mnemonics



Springer

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Springer

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Preface

Dear Reader,

When I was little, I would follow my cardiologist father as he sat in doctors' lounges interpreting EKGs and dictating reports for hospitals. I was impressed by his ability to immediately rattle off a diagnosis after a brief glance, seemingly without thought. Later, as a medical student, when I was taught to approach EKGs in a methodical and algorithmic way, it occurred to me that my dad had begun this way first and then built upon his skills with experience. When I began my dermatology residency, I recalled these childhood memories and felt that same awe: my senior residents recognized diagnoses instantly, yet I struggled without a method or algorithm to guide me.

Fortunately, I trained at a residency program with a master diagnostician and Socratic teacher, Dr. Michael Fisher, who emphasized the concept of reaction patterns. He provided a simple, effective, and efficient method to approach dermatology patients. Now as an attending dermatologist, this method guides my teaching and helps me develop a differential diagnosis when I get stumped by a particularly difficult case.

This guidebook is derived from notes taken during my residency at the Albert Einstein College of Medicine and Montefiore Medical Center. I have compressed, simplified, and organized dermatologic diagnoses and treatment approaches, building upon the five reaction patterns taught by Dr. Fisher. While it is impossible to learn everything, my goal in formulating this collection of outlines, buzzwords, factoids, mnemonics, and lists was to capture everything that is most important to know in caring for patients.

The first step in my approach is to learn the big picture. There is plenty of time to fill in the details as you gain experience. In this book's centerpiece Medical Dermatology section, dermatologic conditions are organized into outlines by clinical differential diagnosis or by pathophysiology. This style of organization allows the reader to focus on a condition while maintaining a broad understanding of its place in the big picture. In the following section, lists and mnemonics group diseases thematically to reinforce understanding in complementary ways. Finally, the last section covers useful topics that are not disease specific, with high yield notes on medications, cosmetics, surgery, and basic science.

There is no escaping memorization, but an algorithmic, standardized approach will increase the amount of information you retain more effectively than a random "hit or miss" strategy to learning factoids. To that end, I hope this book can be used as a resource for medical students and dermatology residents diagnosing patients in clinic, senior dermatology residents studying for board exams, internal medicine and pediatrics residents learning dermatology, teachers creating educational presentations for students or residents, and practicing dermatologists seeking quick reference. Enjoy!

Philadelphia, PA, USA

Jules Lipoff, MD

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In medical school, I was inspired to enter dermatology by the great Dr. Michael Fisher, and he has continued to inspire my approach to dermatology and this book. At Einstein, I was privileged to work with fantastic faculty and residents. I am especially thankful to Dr. Fisher, Dr. Steven Cohen, Dr. Ranon Mann, Dr. Karthik Krishnamurthy, Dr. Donald Rudikoff, Dr. Ryan Turner, and Dr. Adam Friedman for their teaching and support. At Penn, I am humbled by all of my dermatologist colleagues on a daily basis, but I would like especially to thank my mentors, Dr. William James and Dr. Carrie Kovarik.

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