Title: What is That?!

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Abstract: A patient oriented visual guide to understanding basic dermatologic problems. Color pictures are used in a flash card type way to provide reference points for patients. The possible malignancy of certain lesions is also discussed.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.
As always with any concerning skin lesion please see your doctor.

This guide is only a tool to provide patient education and is not to be used for self-diagnosis.

For more information on any of these dermatologic problems the following websites can be useful:

The Mayo Clinic
http://www.mayoclinic.org/diseases-treatments/

The American Academy of Dermatology
http://www.aad.org

About.com
http://dermatology.about.com/

See if you can identify 8 common skin problems.

Just flip the page to find out what the problem is and to learn more information!!

A patient oriented guide.
Answers:

**Plantar Wart:** A common wart found on the foot caused by a virus. Often can be removed with over the counter treatments, but may need freezing or further treatment in clinic. These are not pre-cancerous and can be painful to put pressure on.

**Impetigo:** A bacterial infection of the skin caused by staph or strep often found in children. Often described as having a “Honey-crust” appearance. Patient should be brought to clinic for likely treatment with antibiotic.

**Tinea Pedis or Athletes Foot:** A fungal infection that presents with itchy white areas between the toes or an itchy red scale around the feet. Often treated with over the counter anti-fungals available at any pharmacy.

**Dermatitis or Eczema:** There are many causes for this itchy inflammation of the skin including contact allergies and genetic predisposition. The goal of treatment is to avoid excess drying of the skin and to moisturize. In addition itching should be avoided.

**Herpes Virus:** Can be present on the mouth, genitals or anywhere else on the body. This is the family of viruses responsible for shingles and chickenpox. Anti-viral medications can help avoid relapse of oral or genital herpes. If suspected seek clinical guidance from a physician.

**Seborrheic Keratosis:** A non-cancerous raised pigmented skin lesions with irregular border. These are due to sun exposure and growing older. These can be removed by a physician for cosmetic reasons or if they are in an irritating site. If uncertain of diagnosis always ask a physician for guidance.

**Actinic Keratosis:** These are red scaly lesions due to sun exposure. Two percent go on to become skin cancer if left untreated. Physicians can remove them through freezing or topical medications.

**Melanoma:** Any mole that changes in size or color, is asymmetric, is larger than a quarter inch or is elevated is suspicious for melanoma a type of skin cancer. If a melanoma is suspected a physician will remove the lesion and send it for further testing and evaluation.