

“Dermatology: An Opinion”

Shirley Aston

Managing Editor Dermatology Case Reports, Chaussee de la Hulpe 181, Brussels, Belgium

Corresponding Author*

Shirley Aston
Managing Editor
Dermatology Case Reports
Chaussee de la Hulpe 181, Brussels, Belgium
E-mail: dermatolrep@journalres.com

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Introduction

Dermatology involves but is not limited to study, research, and diagnosis of normal and disorders, diseases, cancers, cosmetic and ageing conditions of the skin, fat, hair, nails and oral and genital membranes, and the management of these by different investigations and therapies, including but not limited to dermatohistopathology, topical and systemic medications, dermatologic surgery and dermatologic cosmetic surgery, immunotherapy, phototherapy, laser therapy, radiotherapy and photodynamic therapy.

Fields of dermatology

Cosmetic dermatology

Dermatologists have been leaders in the field of cosmetic surgery.[17] Some dermatologists complete fellowships in surgical dermatology. Many are trained in their residency on the use of botulinum toxin, fillers, and laser surgery. Some dermatologists perform cosmetic procedures including liposuction, blepharoplasty, and face lifts.

Dermatopathology

A dermatopathologist is a pathologist or dermatologist who specializes in the pathology of the skin. This field is shared by dermatologists and pathologists. Usually, a dermatologist or pathologist completes one year of dermatopathology fellowship. This usually includes six months of general pathology and six months of dermatopathology. Alumni of both specialties can qualify as dermatopathologists

Trichology

Trichology is the study of the hair and scalp. The term derives from Ancient Greek θρίξ (thrīx), "hair" and -λογία -logia. In most jurisdictions, it is considered a para-medical discipline.

Immunodermatology

This field specializes in the treatment of immune-mediated skin diseases such as lupus, bullous pemphigoid, pemphigus vulgaris, and other immune-mediated skin disorders.[23] Specialists in this field often run their own immunopathology labs.[citation needed] Immunodermatology testing is essential for the correct diagnosis and treatment of many diseases affecting epithelial organs including skin, mucous membranes, gastrointestinal and respiratory tracts. The various diseases often overlap in clinical and histological presentation and, although the diseases themselves are not common, may present with features of common skin disorders such as urticaria, eczema and chronic itch.

Mohs surgery

The dermatologic subspecialty called Mohs surgery focuses on the excision of skin cancers using a technique that allows intraoperative assessment of most of the peripheral and deep tumor margins.

Pediatric dermatology

Physicians can qualify for this specialization by completing both a pediatric residency and a dermatology residency. Or they might elect to complete a post-residency fellowship.[27] This field encompasses the complex diseases of the neonates, hereditary skin diseases or genodermatoses, and the many difficulties of working with the pediatric population.

Teledermatology

Teledermatology is a form of dermatological practice in which telecommunication technologies are used to exchange medical information and treatment through audio, visual, and data communication, including photos of dermatologic conditions, between dermatologists and nondermatologists who are evaluating patients, along with dermatologists directly with patients via distance.

Dermatoepidemiology

Dermatoepidemiology is the study of skin disease at the population level. One of its aspects is the determination of the global burden of skin diseases. From 1990 to 2013, skin disease constituted about 2% of total global disease disability.

Therapies provided by dermatologists include

- Cryosurgery for the treatment of warts, skin cancers, and other dermatoses
- Cosmetic filler injections
- Intralesional treatment with steroid drugs or chemotherapy
- Laser therapy for the management of birth marks, skin disorders (like vitiligo), tattoo removal, and cosmetic resurfacing and rejuvenation
- Chemical peels for the treatment of acne, melasma, and sun damage
- Photodynamic therapy for the treatment of skin cancer and precancerous growths
- Phototherapy including the use of narrowband UVB, broadband UVB, psoralen, and UVB
- Tumescant liposuction: Invented by a gynecologist, a dermatologist (Dr. Jeffrey A. Klein) adapted the procedure to local infusion of dilute anesthetic called tumescant liposuction. This method is now widely practiced by dermatologists, plastic surgeons, and gynecologists.[42]
- Radiation therapy, although rarely practiced by dermatologists, some continue to provide it in their offices.
- Vitiligo surgery includes procedures such as autologous melanocyte transplant, suction blister grafting, and punch grafting.
- Allergy testing uses "patch" testing for contact dermatitis.
- Systemic therapies include antibiotics, immunomodulators, and novel injectable products.

- Topical therapies use many of the numerous products and compounds used topically.

4 new advances for treating skin and body issues

Scalpel-Free Biopsy

Doctors sometimes use biopsies -- cutting out a tiny piece of tissue for testing. "An evolving technology is reflectance confocal microscopy (RCM), or scalpel-free biopsy.

Non invasive Skin Tightening

At least 85% of women have cellulite, so it's a common problem. But it's always been very difficult to treat.

Electromagnetic Muscle Stimulation for Body Contouring

The newest body contouring devices are ones that focus on building muscle.

The new approach to toning areas like the stomach and buttocks is a noninvasive treatment that uses technology to contract the muscles.

Different types of skin disorders

Acne

- Commonly located on the face, neck, shoulders, chest, and upper back
- Breakouts on the skin composed of blackheads, whiteheads, pimples, or deep, painful cysts and nodules
- May leave scars or darken the skin if untreated.

Cold sore

- Red, painful, fluid-filled blister that appears near the mouth and lips

- Affected area will often tingle or burn before the sore is visible
- Outbreaks may also be accompanied by mild, flu-like symptoms such as low fever, body aches, and swollen lymph nodes.

Blister

- Characterized by watery, clear, fluid-filled area on the skin
- May be smaller than 1 cm (vesicle) or larger than 1 cm (bulla) and occur alone or in groups
- Can be found anywhere on the body

Hives

- Itchy, raised welts that occur after exposure to an allergen
- Red, warm, and mildly painful to the touch
- Can be small, round, and ring-shaped or large and randomly shaped.

Actinic keratosis

- Typically less than 2 cm, or about the size of a pencil eraser
- Thick, scaly, or crusty skin patch
- Appears on parts of the body that receive a lot of sun exposure (hands, arms, face, scalp, and neck)
- Usually pink in color but can have a brown, tan, or gray base

Rosacea

- Share on Pinterest Chronic skin disease that goes through cycles of fading and relapse
- Relapses may be triggered by spicy foods, alcoholic beverages, sunlight, stress, and the intestinal bacteria *Helicobacter pylori*
- There are four subtypes of rosacea encompassing a wide variety of symptoms
- Common symptoms include facial flushing, raised, red bumps, facial redness, skin dryness, and skin sensitivity.

