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**1. Acne Vulgaris**

* + **Symptoms**: Comedones (blackheads/whiteheads), papules, pustules, nodules, cysts.
  + **Medications**:
  + Topical: Benzoyl peroxide, retinoids (tretinoin), antibiotics (clindamycin).
  + Oral: Antibiotics (doxycycline), isotretinoin (severe cases), hormonal therapy (birth control pills).
  + **Precautions**: Avoid picking lesions, use non-comedogenic products, gentle cleansing.

**2. Actinic Keratosis (AK)**

* + **Symptoms**: Rough, scaly patches on sun-exposed skin (face, hands).
  + **Medications**:
  + Topical: 5-fluorouracil (5-FU), imiquimod, diclofenac gel.
  + Procedures: Cryotherapy, laser therapy, photodynamic therapy (PDT).
  + **Precautions**: Sun protection (SPF 50+), regular skin checks for SCC risk.

**3. Albinism**

* + **Symptoms**: Pale skin, white hair, vision problems (nystagmus, photophobia).
  + **Medications**: No cure; manage symptoms (vision aids, sunscreen).
  + **Precautions**: Strict sun avoidance, protective clothing, UV-blocking glasses.

**4. Alopecia Areata**

* + **Symptoms**: Sudden hair loss in round patches.
  + **Medications**:
  + Topical: Corticosteroids, minoxidil.
  + Injections: Intralesional steroids.
  + Systemic: JAK inhibitors (tofacitinib).
  + **Precautions**: Stress management, gentle hair care.

**5. Androgenetic Alopecia**

* + **Symptoms**: Thinning hair (male: receding hairline; female: diffuse thinning).
  + **Medications**:
  + Minoxidil (topical), finasteride (oral, for men), spironolactone (women).
  + **Precautions**: Early treatment for best results, avoid harsh styling.

**6. Angioedema**

* + **Symptoms**: Swelling under the skin (lips, eyes), often with hives.
  + **Medications**:
  + Antihistamines (cetirizine), epinephrine (severe cases), steroids.
  + **Precautions**: Identify triggers (allergens, medications like ACE inhibitors).

**7. Atopic Dermatitis (Eczema)**

* + **Symptoms**: Dry, itchy, inflamed skin, often in flexures.
  + **Medications**:
  + Topical steroids (hydrocortisone), calcineurin inhibitors (tacrolimus), dupilumab (biologic).
  + **Precautions**: Moisturize daily, avoid irritants (soaps, wool).

**8. Basal Cell Carcinoma (BCC)**

* + **Symptoms**: Pearly nodule, ulcerated lesion, bleeding.
  + **Medications**:
  + Surgical excision, Mohs surgery, topical imiquimod (superficial BCC).
  + **Precautions**: Sun protection, regular skin checks.

**9. Bullous Pemphigoid**

* + **Symptoms**: Large, tense blisters on erythematous skin.
  + **Medications**:
  + Oral steroids (prednisone), immunosuppressants (azathioprine), rituximab.
  + **Precautions**: Monitor for infections (due to immunosuppression).

**10. Candidiasis (Fungal/Yeast Infection)**

* + **Symptoms**: Red, itchy rash (skin folds, genitals), white patches (oral thrush).
  + **Medications**:
  + Topical antifungals (clotrimazole), oral fluconazole.
  + **Precautions**: Keep skin dry, avoid excessive antibiotics.

**11. Cellulitis**

* + **Symptoms**: Red, swollen, painful skin, fever.
  + **Medications**:
  + Oral/IV antibiotics (cephalexin, clindamycin).
  + **Precautions**: Treat wounds promptly, manage edema (lymphedema).

**12. Contact Dermatitis**

* + **Symptoms**: Red, itchy rash at contact site (e.g., poison ivy, nickel allergy).
  + **Medications**:
  + Topical steroids, antihistamines (for itching).
  + **Precautions**: Avoid allergens, use barrier creams.

**13. Dermatitis Herpetiformis**

* + **Symptoms**: Itchy, blistering rash (elbows, knees), linked to celiac disease.
  + **Medications**:
  + Dapsone, gluten-free diet.
  + **Precautions**: Strict gluten avoidance.

**14. Erysipelas**

* + **Symptoms**: Bright red, raised, painful plaque (often on legs/face).
  + **Medications**:
  + Penicillin or erythromycin.
  + **Precautions**: Treat tinea pedis (prevent entry point).

**15. Folliculitis**

* + **Symptoms**: Pustules around hair follicles.
  + **Medications**:
  + Topical antibiotics (mupirocin), oral antibiotics (staph).
  + **Precautions**: Avoid tight clothing, shaving irritation.

**16. Herpes Simplex (HSV)**

* + **Symptoms**: Painful blisters (oral: cold sores; genital: ulcers).
  + **Medications**:
  + Acyclovir, valacyclovir (antivirals).
  + **Precautions**: Avoid triggers (stress, sun), condom use.

**17. Herpes Zoster (Shingles)**

* + **Symptoms**: Painful, unilateral vesicular rash (dermatomal).
  + **Medications**:
  + Antivirals (valacyclovir), gabapentin (postherpetic neuralgia).
  + **Precautions**: Vaccination (Shingrix), avoid immunosuppression.

**18. Impetigo**

* + **Symptoms**: Honey-colored crusts, blisters (strep/staph).
  + **Medications**:
  + Topical mupirocin, oral antibiotics (cephalexin).
  + **Precautions**: Good hygiene, avoid scratching.

**19. Lichen Planus**

* + **Symptoms**: Purple, itchy papules (wrists, oral mucosa).
  + **Medications**:
  + Topical steroids, oral steroids (severe).
  + **Precautions**: Monitor for oral malignancy risk.

**20. Lupus Erythematosus**

* + **Symptoms**: Malar rash, photosensitivity, discoid plaques.
  + **Medications**:
  + Hydroxychloroquine, steroids, immunosuppressants.
  + **Precautions**: Sun protection, regular SLE monitoring.

**21. Melanoma**

* + **Symptoms**: Asymmetrical, irregular mole (ABCDE criteria).
  + **Medications**:
  + Surgical excision, immunotherapy (pembrolizumab).
  + **Precautions**: Sun avoidance, mole checks.

**22. Molluscum Contagiosum**

* + **Symptoms**: Flesh-colored, dome-shaped papules.
  + **Medications**:
  + Cryotherapy, curettage, topical cantharidin.
  + **Precautions**: Avoid scratching (spreads virus).

**23. Onychomycosis (Nail Fungus)**

* + **Symptoms**: Thickened, discolored nails.
  + **Medications**:
  + Oral terbinafine, topical ciclopirox.
  + **Precautions**: Keep feet dry, avoid shared footwear.

**24. Pemphigus Vulgaris**

* + **Symptoms**: Flaccid blisters, oral erosions.
  + **Medications**:
  + High-dose steroids, rituximab.
  + **Precautions**: Monitor for infections (immunosuppression).

**25. Psoriasis**

* + **Symptoms**: Thick, scaly plaques (elbows, knees).
  + **Medications**:
  + Topical steroids, vitamin D analogs, biologics (ustekinumab).
  + **Precautions**: Avoid triggers (stress, alcohol).

**26. Rosacea**

* + **Symptoms**: Facial redness, papules, telangiectasia.
  + **Medications**:
  + Metronidazole gel, oral doxycycline, ivermectin.
  + **Precautions**: Avoid triggers (spicy food, alcohol).

**27. Scabies**

* + **Symptoms**: Intense itching, burrows (finger webs).
  + **Medications**:
  + Permethrin cream, ivermectin (oral).
  + **Precautions**: Treat all close contacts, wash bedding.

**28. Seborrheic Dermatitis**

* + **Symptoms**: Scalp flaking (dandruff), red patches (face).
  + **Medications**:
  + Ketoconazole shampoo, topical steroids.
  + **Precautions**: Regular antifungal use.

**29. Tinea (Ringworm, Athlete’s Foot, Jock Itch)**

* + **Symptoms**: Circular, scaly rash.
  + **Medications**:
  + Topical antifungals (clotrimazole), oral terbinafine.
  + **Precautions**: Keep skin dry, avoid sharing towels.

**30. Urticaria (Hives)**

* + **Symptoms**: Raised, itchy wheals.
  + **Medications**:
  + Antihistamines (loratadine), omalizumab (chronic).
  + **Precautions**: Identify triggers (foods, stress).

**31. Vitiligo**

* + **Symptoms**: Depigmented white patches.
  + **Medications**:
  + Topical steroids, tacrolimus, phototherapy.
  + **Precautions**: Sun protection (no melanin).

**32. Warts (HPV)**

* + **Symptoms**: Rough, raised papules.
  + **Medications**:
  + Salicylic acid, cryotherapy, imiquimod.
  + **Precautions**: Avoid picking (spreads virus).

**Autoimmune & Inflammatory Skin Conditions**

**33. Dermatomyositis**

* + **Symptoms**: Purple-red rash (heliotrope eyelids, Gottron’s papules), muscle weakness.
  + **Treatment**: Oral steroids (prednisone), immunosuppressants (methotrexate), IVIG.
  + **Precautions**:
  + **Sun protection** (rash worsens with UV exposure).
  + **Cancer screening** (associated with malignancies like ovarian, lung).
  + **Physical therapy** for muscle weakness.

**34. Linear IgA Disease**

* + **Symptoms**: Vesicles/bullae in a "cluster of jewels" pattern.
  + **Treatment**: Dapsone, systemic steroids.
  + **Precautions**:
  + **Monitor for dapsone side effects** (hemolytic anemia, methemoglobinemia).
  + **Avoid trauma** to blisters to prevent infection.

**35. Morphea (Localized Scleroderma)**

* + **Symptoms**: Hardened, discolored plaques.
  + **Treatment**: Topical steroids, methotrexate, phototherapy.
  + **Precautions**:
  + **Early treatment** to prevent joint contractures.
  + **Moisturize skin** to reduce dryness and cracking.

**36. Scleroderma (Systemic)**

* + **Symptoms**: Skin thickening, Raynaud’s phenomenon, organ fibrosis.
  + **Treatment**: Immunosuppressants, vasodilators (for Raynaud’s).
  + **Precautions**:
  + **Avoid cold exposure** (triggers Raynaud’s).
  + **Monitor lung/kidney function** (organ involvement).
  + **Skin care** to prevent ulcers.

**37. Granuloma Annulare**

* + **Symptoms**: Ring-shaped, flesh-colored papules.
  + **Treatment**: Topical steroids, cryotherapy, or spontaneous resolution.
  + **Precautions**:
  + **Avoid unnecessary treatments** (often self-limiting).
  + **Rule out diabetes** (rare association).

**Infectious Skin Diseases**

**38. Cutaneous Tuberculosis**

* + **Symptoms**: Lupus vulgaris (apple-jelly nodules), scrofuloderma.
  + **Treatment**: Anti-TB drugs (rifampin, isoniazid).
  + **Precautions**:
  + **Isolate until non-contagious** (if open lesions).
  + **Screen for systemic TB**.

**39. Leprosy (Hansen’s Disease)**

* + **Symptoms**: Hypopigmented patches, nerve thickening, claw hands.
  + **Treatment**: Multidrug therapy (dapsone + rifampin + clofazimine).
  + **Precautions**:
  + **Early treatment** to prevent disability.
  + **Educate to reduce stigma**.

**40. Syphilitic Rash**

* + **Symptoms**: Copper-colored macules on palms/soles (secondary syphilis).
  + **Treatment**: Penicillin G.
  + **Precautions**:
  + **Screen for other STIs** (HIV coinfection common).
  + **Treat sexual partners**.

**41. Leishmaniasis**

* + **Symptoms**: Ulcerated nodule at sandfly bite site.
  + **Treatment**: Antimonials (e.g., sodium stibogluconate).
  + **Precautions**:
  + **Insect repellent** in endemic areas.
  + **Cover skin** during outdoor activities.

**42. Lyme Disease Rash (Erythema Migrans)**

* + **Symptoms**: Bull’s-eye rash (red center, pale ring).
  + **Treatment**: Doxycycline, amoxicillin.
  + **Precautions**:
  + **Tick removal** within 24 hours prevents transmission.
  + **Wear protective clothing** in wooded areas.

**Genetic & Rare Disorders**

**43. Xeroderma Pigmentosum (XP)**

* + **Symptoms**: Extreme sun sensitivity, freckling, skin cancer at young age.
  + **Treatment**: Strict UV avoidance, tumor surveillance.
  + **Precautions**:
  + **UV-protective clothing/glasses**.
  + **Indoor lifestyle** during daylight.

**44. Epidermolysis Bullosa (EB)**

* + **Symptoms**: Blisters from minor trauma.
  + **Treatment**: Wound care, pain management.
  + **Precautions**:
  + **Avoid friction** (soft clothing, padded surfaces).
  + **Monitor for squamous cell carcinoma**.

**45. Hailey-Hailey Disease**

* + **Symptoms**: Blisters/erosions in skin folds (armpits, groin).
  + **Treatment**: Topical steroids, antibiotics for infection.
  + **Precautions**:
  + **Keep skin dry** (sweating worsens lesions).
  + **Avoid tight clothing**.

**46. Darier Disease**

* + **Symptoms**: Greasy, crusted papules (chest, scalp).
  + **Treatment**: Oral retinoids, topical steroids.
  + **Precautions**:
  + **Sun avoidance** (lesions worsen with UV).
  + **Antibiotics** for secondary infection.

**Vascular & Pigment Disorders**

**47. Livedo Reticularis**

* + **Symptoms**: Net-like purple skin pattern.
  + **Treatment**: Address underlying cause (e.g., lupus, vasculitis).
  + **Precautions**:
  + **Avoid cold exposure** (worsens vasoconstriction).

**48. Vitiligo**

* + **Symptoms**: Depigmented white patches.
  + **Treatment**: Topical steroids, tacrolimus, phototherapy.
  + **Precautions**:
  + **Sun protection** (affected skin burns easily).

**49. Port-Wine Stain (Nevus Flammeus)**

* + **Symptoms**: Red/purple birthmark.
  + **Treatment**: Pulsed dye laser.
  + **Precautions**:
  + **Early laser therapy** (better response in kids).

**Tumors & Growths**

**50. Keloids**

* + **Symptoms**: Raised scar beyond wound borders.
  + **Treatment**: Steroid injections, silicone sheets.
  + **Precautions**:
  + **Avoid elective surgery** (can worsen keloid).

**51. Dermatofibroma**

* + **Symptoms**: Firm, brown nodule (often on legs).
  + **Treatment**: None unless symptomatic (excision).
  + **Precautions**:
  + **No biopsy needed** (classic "dimple sign").

**52. Pyogenic Granuloma**

* + **Symptoms**: Rapidly growing, bleeding red nodule.
  + **Treatment**: Curettage, cautery.
  + **Precautions**:
  + **Rule out pregnancy** (common in pregnancy).

**Hair & Nail Disorders**

**53. Trichotillomania**

* + **Symptoms**: Patchy hair loss from compulsive pulling
  + **Treatment**: SSRIs (fluoxetine), behavioral therapy
  + **Precautions**:
  + Identify and manage stress triggers
  + Use fidget toys to redirect behavior
  + Consider cognitive behavioral therapy (CBT)

**54. Telogen Effluvium**

* + **Symptoms**: Diffuse hair shedding after stress/illness
  + **Treatment**: Minoxidil, address underlying cause
  + **Precautions**:
  + Rule out nutritional deficiencies (iron, zinc)
  + Avoid harsh hair treatments
  + Be patient - regrowth takes 6-12 months

**55. Onychomycosis (Nail Fungus)**

* + **Symptoms**: Thickened, discolored nails
  + **Treatment**: Oral terbinafine, topical ciclopirox
  + **Precautions**:
  + Keep feet dry and clean
  + Disinfect shoes regularly
  + Avoid walking barefoot in public areas

**Systemic Disease Manifestations**

**56. Vasculitis (e.g., Henoch-Schönlein Purpura)**

* + **Symptoms**: Palpable purpura, joint pain, abdominal pain
  + **Treatment**: Oral steroids, immunosuppressants
  + **Precautions**:
  + Monitor kidney function
  + Watch for gastrointestinal bleeding
  + Avoid NSAIDs during active disease

**57. Tuberous Sclerosis**

* + **Symptoms**: Angiofibromas, ash-leaf spots, seizures
  + **Treatment**: mTOR inhibitors (everolimus)
  + **Precautions**:
  + Regular brain/kidney imaging
  + Annual dermatologic exam
  + Genetic counseling for families

**58. Neurofibromatosis**

* + **Symptoms**: Café-au-lait spots, neurofibromas
  + **Treatment**: Surgical removal of painful tumors
  + **Precautions**:
  + Annual eye exams (optic gliomas)
  + Monitor for malignant transformation
  + Genetic testing for offspring

**Reactive & Miscellaneous Conditions**

**59. Pityriasis Rosea**

* + **Symptoms**: Herald patch followed by Christmas-tree rash
  + **Treatment**: Self-limiting, UVB phototherapy if severe
  + **Precautions**:
  + May be mistaken for syphilis - rule out
  + Avoid hot showers (worsens itching)
  + Reassure patient about self-resolution

**60. Polymorphous Light Eruption (PMLE)**

* + **Symptoms**: Itchy papules after sun exposure
  + **Treatment**: Topical steroids, antihistamines
  + **Precautions**:
  + Gradual sun exposure in spring
  + Use broad-spectrum sunscreen
  + Consider prophylactic phototherapy

**61. Solar Urticaria**

* + **Symptoms**: Hives within minutes of sun exposure
  + **Treatment**: Antihistamines, omalizumab
  + **Precautions**:
  + Wear sun-protective clothing
  + Carry epinephrine if severe
  + Test window-filtered light tolerance

**Pigmentary Disorders**

**62. Melasma**

* + **Symptoms**: Brown patches on face (cheeks, forehead)
  + **Treatment**: Hydroquinone, tranexamic acid
  + **Precautions**:
  + Strict sun protection mandatory
  + Avoid hormonal triggers (birth control)
  + Chemical peels for refractory cases

**63. Post-inflammatory Hyperpigmentation**

* + **Symptoms**: Dark spots after skin injury/inflammation
  + **Treatment**: Topical retinoids, azelaic acid
  + **Precautions**:
  + Treat underlying inflammation first
  + Avoid picking at lesions
  + Sun protection prevents worsening

**64. Post-inflammatory Hypopigmentation**

* + **Symptoms**: White spots after skin trauma
  + **Treatment**: Topical calcineurin inhibitors
  + **Precautions**:
  + May take months to repigment
  + UVB phototherapy can help
  + Camouflage makeup for visible areas

**Drug Reactions & Cutaneous Manifestations**

**65. Drug Eruptions**

* + **Symptoms**: Morbilliform rash, SJS/TEN (severe), DRESS syndrome
  + **Treatment**: Discontinue culprit drug, systemic steroids for severe cases
  + **Precautions**:
  + Maintain drug allergy records
  + Avoid cross-reactive medications
  + Monitor for mucosal involvement (SJS/TEN)

**66. Fixed Drug Eruption**

* + **Symptoms**: Recurrent oval plaques in same location
  + **Treatment**: Identify and avoid triggering drug
  + **Precautions**:
  + Common culprits: NSAIDs, antibiotics
  + Lesions may hyperpigment after healing

**Pediatric Skin Conditions**

**67. Strawberry Hemangioma**

* + **Symptoms**: Red raised tumor in infants (proliferates then involutes)
  + **Treatment**: Propranolol for problematic lesions
  + **Precautions**:
  + Monitor for ulceration
  + Don't intervene unnecessarily (most resolve by age 7)
  + Watch for airway lesions if on face

**68. Molluscum Contagiosum**

* + **Symptoms**: Pearly umbilicated papules
  + **Treatment**: Cryotherapy, cantharidin
  + **Precautions**:
  + Avoid scratching (autoinnoculation)
  + Don't share towels
  + May flare with eczema

**Premalignant & Malignant Lesions**

**69. Keratoacanthoma**

* + **Symptoms**: Rapid-growing crateriform nodule
  + **Treatment**: Surgical excision (can mimic SCC)
  + **Precautions**:
  + Complete excision needed
  + More common in sun-exposed areas
  + Immunosuppressed patients at risk

**70. Cutaneous T-cell Lymphoma (Mycosis Fungoides)**

* + **Symptoms**: Patches/plaques in sun-protected areas
  + **Treatment**: Phototherapy, topical nitrogen mustard
  + **Precautions**:
  + Long-term follow-up needed
  + Monitor for Sézary syndrome (erythroderma)
  + Avoid excessive sun exposure

**Nutritional & Metabolic Disorders**

**71. Acanthosis Nigricans**

* + **Symptoms**: Velvety hyperpigmented plaques (neck/axillae)
  + **Treatment**: Address insulin resistance
  + **Precautions**:
  + Screen for diabetes
  + Weight loss improves condition
  + Rule out malignancy in non-obese adults

**72. Porphyria Cutanea Tarda**

* + **Symptoms**: Fragile skin, blisters on sun-exposed areas
  + **Treatment**: Phlebotomy, antimalarials
  + **Precautions**:
  + Avoid alcohol/estrogens
  + Sun protection essential
  + Check hepatitis/iron studies

**Psychological & Neurocutaneous Disorders**

**73. Delusions of Parasitosis**

* + **Symptoms**: Fixed belief of skin infestation
  + **Treatment**: Antipsychotics (pimozide)
  + **Precautions**:
  + Build trust before treatment
  + Avoid confrontational approach
  + Rule out actual parasites first

**74. Notalgia Paresthetica**

* + **Symptoms**: Itchy patch on mid-back
  + **Treatment**: Capsaicin cream, gabapentin
  + **Precautions**:
  + May relate to spinal nerve impingement
  + Consider cervical spine imaging
  + Avoid excessive scratching

**Infectious Diseases (Continued)**

**75. Furuncles/Carbuncles**

* + **Symptoms**: Painful, deep nodules with pus (staph infection)
  + **Treatment**: Incision & drainage, antibiotics (dicloxacillin)
  + **Precautions**:
  + Avoid squeezing
  + MRSA testing if recurrent

**76. Ecthyma**

* + **Symptoms**: Ulcerated lesions with crust (deeper impetigo)
  + **Treatment**: Oral antibiotics (cephalexin)
  + **Precautions**:
  + Improve hygiene
  + Treat underlying eczema

**77. Pediculosis (Lice)**

* + **Symptoms**: Scalp/body itching, nits on hair shafts
  + **Treatment**: Permethrin lotion, ivermectin
  + **Precautions**:
  + Wash bedding/clothing in hot water
  + Check close contacts

**Autoimmune & Bullous Diseases**

**78. Pemphigus Foliaceus**

* + **Symptoms**: Superficial blisters, scaly crusts
  + **Treatment**: High-dose steroids, rituximab
  + **Precautions**:
  + Avoid skin trauma
  + Monitor for infections

**79. Paraneoplastic Pemphigus**

* + **Symptoms**: Severe mucosal erosions + malignancy
  + **Treatment**: Treat underlying cancer, immunosuppressants
  + **Precautions**:
  + Screen for lymphoma/thymoma

**Vascular Disorders**

**80. Cherry Angioma**

* + **Symptoms**: Bright red papules (benign)
  + **Treatment**: Electrocautery if cosmetic concern
  + **Precautions**:
  + No intervention needed unless bleeding

**81. Spider Angioma**

* + **Symptoms**: Central arteriole with radiating vessels
  + **Treatment**: Pulsed dye laser
  + **Precautions**:
  + Rule out liver disease if multiple

**Genetic Disorders**

**82. Ichthyosis Vulgaris**

* + **Symptoms**: Dry, fish-like scales
  + **Treatment**: Urea creams, retinoids
  + **Precautions**:
  + Daily moisturization
  + Avoid harsh soaps

**83. Tuberous Sclerosis**

* + **Symptoms**: Angiofibromas, ash-leaf spots
  + **Treatment**: mTOR inhibitors
  + **Precautions**:
  + Annual brain/kidney imaging

**Hair & Nail Disorders**

**84. Beaus Lines**

* + **Symptoms**: Transverse nail grooves
  + **Treatment**: None (grows out)
  + **Precautions**:
  + Identify stressor (e.g., chemotherapy)

**85. Leukonychia**

* + **Symptoms**: White nail streaks/spots
  + **Treatment**: None
  + **Precautions**:
  + Rule out trauma/hypoalbuminemia

**Pigmentary Disorders**

**86. Lentigines**

* + **Symptoms**: Sun-induced brown macules
  + **Treatment**: Cryotherapy, lasers
  + **Precautions**:
  + Sunscreen to prevent new lesions

**87. Café-au-Lait Spots**

* + **Symptoms**: Light brown patches
  + **Treatment**: None
  + **Precautions**:
  + Screen for neurofibromatosis if >6 spots

**Tumors & Growths**

**88. Sebaceous Hyperplasia**

* + **Symptoms**: Yellowish papules on face
  + **Treatment**: Electrodessication
  + **Precautions**:
  + Distinguish from BCC

**89. Lipoma**

* + **Symptoms**: Soft, mobile subcutaneous nodule
  + **Treatment**: Excision if symptomatic
  + **Precautions**:
  + Rarely malignant

**Systemic Disease Manifestations**

**90. Necrobiosis Lipoidica**

* + **Symptoms**: Shiny plaques on shins (diabetes-linked)
  + **Treatment**: Topical steroids
  + **Precautions**:
  + Optimize blood sugar control

**91. Erythema Nodosum**

* + **Symptoms**: Tender red nodules on shins
  + **Treatment**: NSAIDs, treat underlying cause
  + **Precautions**:
  + Screen for sarcoidosis/IBD

**Cutaneous Manifestations of Systemic Disease (Continued)**

**92. Necrolytic Migratory Erythema (Glucagonoma Syndrome)**

* + **Symptoms**: Scaly, erythematous plaques in groin/perineum
  + **Treatment**: Surgical removal of glucagonoma, octreotide
  + **Precautions**:
  + Check blood glucose levels
  + Monitor for deep vein thrombosis
  + Screen for MEN-1 syndrome

**Benign Skin Growths & Tumors**

**93. Seborrheic Keratosis**

* + **Symptoms**: "Stuck-on" brown plaques with greasy surface
  + **Treatment**: Cryotherapy, curettage
  + **Precautions**:
  + Distinguish from melanoma (Leser-Trélat sign if eruptive)
  + No treatment needed unless symptomatic

**94. Skin Tags (Acrochordons)**

* + **Symptoms**: Soft, flesh-colored pedunculated papules
  + **Treatment**: Snip excision, cryotherapy
  + **Precautions**:
  + Associated with insulin resistance
  + Rule out diabetes if numerous

**95. Dermatosis Papulosa Nigra**

* + **Symptoms**: Small, dark papules on face (common in darker skin)
  + **Treatment**: Light electrocautery
  + **Precautions**:
  + Risk of post-inflammatory hyperpigmentation
  + Avoid aggressive treatment

**Vascular Anomalies**

**96. Pyogenic Granuloma**

* + **Symptoms**: Rapid-growing, bleeding red nodule
  + **Treatment**: Shave excision + electrocautery
  + **Precautions**:
  + Common in pregnancy (may regress postpartum)
  + Send for histology to rule out amelanotic melanoma

**97. Kaposi Sarcoma**

* + **Symptoms**: Purple macules/plaques (classic or HIV-associated)
  + **Treatment**: ART for HIV-related, radiation for localized
  + **Precautions**:
  + Screen for HIV if not previously diagnosed
  + Monitor for visceral involvement

**Genetic Disorders**

**98. Pseudoxanthoma Elasticum**

* + **Symptoms**: Yellow papules in flexural areas, angioid streaks
  + **Treatment**: None for skin; monitor cardiovascular
  + **Precautions**:
  + Annual ophthalmologic exam
  + Avoid trauma (risk of hemorrhage)

**99. Neurofibromatosis Type 1**

* + **Symptoms**: Café-au-lait spots, neurofibromas, Lisch nodules
  + **Treatment**: Surgical removal of symptomatic tumors
  + **Precautions**:
  + Annual blood pressure monitoring (pheochromocytoma risk)
  + MRI for optic pathway gliomas in children

**Hair Disorders**

**100. Frontal Fibrosing Alopecia**

* + **Symptoms**: Receding frontal hairline + eyebrow loss
  + **Treatment**: Intralesional steroids, hydroxychloroquine
  + **Precautions**:
  + Avoid hair traction
  + Permanent condition - manage expectations

**101. Central Centrifugal Cicatricial Alopecia**

* + **Symptoms**: Central scalp hair loss with scarring
  + **Treatment**: Minoxidil, avoid harsh styling
  + **Precautions**:
  + Common in Black women
  + Early intervention prevents permanent loss

**Nail Disorders**

**102. Yellow Nail Syndrome**

* + **Symptoms**: Yellow, thickened nails + lymphedema
  + **Treatment**: Vitamin E, treat underlying lung disease
  + **Precautions**:
  + Screen for chronic respiratory conditions
  + Rule out malignancy

**103. Trachyonychia (20-Nail Dystrophy)**

* + **Symptoms**: Rough, sandpaper-like nails
  + **Treatment**: Observation (often self-resolving)
  + **Precautions**:
  + Associated with alopecia areata
  + Avoid aggressive treatments

**Pigmentary Disorders**

**104. Erythema Dyschromicum Perstans (Ashy Dermatosis)**

* + **Symptoms**: Slate-gray macules
  + **Treatment**: Clofazimine, sun protection
  + **Precautions**:
  + Rule out contact dermatitis
  + May persist for years

**105. Nevus of Ota**

* + **Symptoms**: Bluish hyperpigmentation around eye
  + **Treatment**: Q-switched lasers
  + **Precautions**:
  + Monitor for glaucoma
  + Risk of melanoma in rare cases

**Treatment-Resistant Conditions**

**106. Prurigo Nodularis**

* + **Symptoms**: Intensely itchy, excoriated nodules
  + **Treatment**: Dupilumab, thalidomide
  + **Precautions**:
  + Break itch-scratch cycle
  + Rule out underlying neuropathy

**107. Hidradenitis Suppurativa (Stage III)**

* + **Symptoms**: Draining sinus tracts in axillae/groin
  + **Treatment**: Adalimumab, wide excision
  + **Precautions**:
  + Smoking cessation critical
  + Screen for metabolic syndrome

**Autoimmune & Connective Tissue Disorders**

**108. Discoid Lupus Erythematosus (DLE)**

* + **Symptoms**: Coin-shaped plaques with scaling/scarring
  + **Treatment**: Hydroxychloroquine, topical tacrolimus
  + **Precautions**:
  + Strict sun protection (SPF 50+)
  + 5-10% risk of progressing to SLE
  + Monitor for squamous cell carcinoma in chronic lesions

**109. Mixed Connective Tissue Disease (MCTD)**

* + **Symptoms**: Puffy hands, Raynaud's, overlapping SLE/scleroderma features
  + **Treatment**: Corticosteroids, mycophenolate
  + **Precautions**:
  + Monitor pulmonary hypertension (echocardiogram annually)
  + Check anti-U1 RNP antibodies

**Vascular Disorders**

**110. Livedoid Vasculopathy**

* + **Symptoms**: Painful leg ulcers with atrophic blanche
  + **Treatment**: Pentoxifylline, anticoagulants
  + **Precautions**:
  + Rule out hypercoagulable states
  + Compression therapy for venous stasis

**111. Erythromelalgia**

* + **Symptoms**: Burning pain + redness in extremities
  + **Treatment**: Aspirin (primary), gabapentin
  + **Precautions**:
  + Avoid triggers (heat, exercise)
  + Screen for myeloproliferative disorders

**Genetic & Metabolic Disorders**

**112. Fabry Disease**

* + **Symptoms**: Angiokeratomas, acroparesthesias
  + **Treatment**: Enzyme replacement therapy
  + **Precautions**:
  + Monitor renal/cardiac function
  + Family genetic counseling

**113. Gouty Tophi (Cutaneous)**

* + **Symptoms**: Chalky subcutaneous nodules
  + **Treatment**: Allopurinol, colchicine
  + **Precautions**:
  + Avoid trauma to tophi
  + Hydration to prevent urate crystallization

**Infectious Diseases**

**114. Orf (Parapoxvirus)**

* + **Symptoms**: Solitary nodule with central crust (sheep handlers)
  + **Treatment**: Self-resolves in 6 weeks
  + **Precautions**:
  + Avoid secondary bacterial infection
  + Wear gloves when handling animals

**115. Chromoblastomycosis**

* + **Symptoms**: Verrucous plaques with black dots
  + **Treatment**: Itraconazole + cryotherapy
  + **Precautions**:
  + Chronic infection requires years of therapy
  + Risk of squamous cell carcinoma

**Pigmentary Disorders**

**116. Riehl Melanosis**

* + **Symptoms**: Gray-brown facial pigmentation
  + **Treatment**: Hydroquinone, laser
  + **Precautions**:
  + Identify/cancel causative cosmetics
  + Sun avoidance critical

**117. Erythrasma**

* + **Symptoms**: Brown-red patches in folds (Corynebacterium)
  + **Treatment**: Erythromycin topical/oral
  + **Precautions**:
  + Wood's lamp shows coral-red fluorescence
  + Differentiate from tinea

**Rare & Complex Dermatoses**

**118. Erythema Elevatum Diutinum**

* + **Symptoms**: Persistent red-brown plaques on extensor surfaces
  + **Treatment**: Dapsone, colchicine
  + **Precautions**:
  + Screen for paraproteinemia
  + Biopsy to confirm (leukocytoclastic vasculitis)

**119. Fox-Fordyce Disease**

* + **Symptoms**: Itchy follicular papules in apocrine areas
  + **Treatment**: Topical clindamycin, oral contraceptives
  + **Precautions**:
  + Avoid tight clothing
  + Botox may help severe cases

**120. Granuloma Faciale**

* + **Symptoms**: Red-brown facial plaques sparing mucosae
  + **Treatment**: Intralesional steroids, pulsed dye laser
  + **Precautions**:
  + Distinguish from sarcoidosis/Lupus
  + Sun protection prevents worsening

**Nutritional Deficiency Disorders**

**121. Pellagra**

* + **Symptoms**: Casal's necklace, photosensitive dermatitis
  + **Treatment**: Niacin supplementation
  + **Precautions**:
  + Evaluate for alcoholism/malabsorption
  + Complete blood count (CBC) for anemia

**122. Scurvy**

* + **Symptoms**: Corkscrew hairs, perifollicular hemorrhage
  + **Treatment**: Vitamin C 1g daily
  + **Precautions**:
  + Check iron levels (enhances absorption)
  + Dental exam for gingival bleeding

**Drug Reactions**

**123. Serum Sickness-Like Reaction**

* + **Symptoms**: Urticaria + arthralgias (5-10 days post-drug)
  + **Treatment**: Prednisone taper, antihistamines
  + **Precautions**:
  + Common triggers: Cefaclor, penicillin
  + Document allergy

**124. Pseudoporphyria**

* + **Symptoms**: Porphyria-like blisters (NSAIDs/diuretics)
  + **Treatment**: Discontinue causative drug
  + **Precautions**:
  + Sun protection mandatory
  + Check renal function

**Psychodermatologic Conditions**

**125. Dermatitis Artefacta**

* + **Symptoms**: Geometric lesions in accessible areas
  + **Treatment**: Psychotherapy, occlusive dressings
  + **Precautions**:
  + Non-confrontational approach
  + Rule out factitious disorder

**126. Body Dysmorphic Disorder**

* + **Symptoms**: Excessive concern over minor skin flaws
  + **Treatment**: SSRIs, CBT
  + **Precautions**:
  + Avoid unnecessary procedures
  + Coordinate with psychiatry

**Treatment-Resistant Conditions**

**127. Lichen Myxedematosus**

* + **Symptoms**: Waxy papules in linear arrays
  + **Treatment**: IVIG, melphalan (severe)
  + **Precautions**:
  + Screen for monoclonal gammopathy
  + Monitor cardiac involvement

**128. Necrobiotic Xanthogranuloma**

* + **Symptoms**: Yellow plaques with atrophy
  + **Treatment**: Plasmapheresis for paraproteinemia
  + **Precautions**:
  + Rule out multiple myeloma
  + Annual serum protein electrophoresis

**Rare Genetic & Metabolic Disorders**

**129. Acrodermatitis Enteropathica**

* + **Symptoms**: Perioral/perineal erosions + alopecia (zinc deficiency)
  + **Treatment**: Zinc sulfate 3 mg/kg/day
  + **Precautions**:
  + Lifelong supplementation required
  + Check serum zinc levels quarterly
  + Breastfed infants at risk (mother's milk may lack zinc)

**130. Ainhum (Dactylolysis Spontanea)**

* + **Symptoms**: Constricting toe band (usually 5th toe)
  + **Treatment**: Surgical amputation if severe
  + **Precautions**:
  + More common in African/Caribbean populations
  + Rule out underlying vascular disease

**Paraneoplastic Syndromes**

**131. Bazex Syndrome (Acrokeratosis Paraneoplastica)**

* + **Symptoms**: Psoriasiform lesions on ears/nose/fingers
  + **Treatment**: Address underlying malignancy (often H&N SCC)
  + **Precautions**:
  + Lesions appear 6-12 months before cancer diagnosis
  + Full ENT exam mandatory

**132. Necrolytic Migratory Erythema (Glucagonoma)**

* + **Symptoms**: Geographic, erosive plaques in groin/periumbilical area
  + **Treatment**: Octreotide, surgical resection
  + **Precautions**:
  + Check fasting glucagon >500 pg/mL
  + Screen for MEN-1 syndrome

**Vascular & Purpuric Disorders**

**133. Degos Disease (Malignant Atrophic Papulosis)**

* + **Symptoms**: Porcelain-white "pasted-on" papules with red rim
  + **Treatment**: Eculizumab, treprostinil
  + **Precautions**:
  + 50% develop fatal bowel perforation
  + Brain MRI for CNS involvement

**134. Gougerot-Blum (Pigmented Purpuric Dermatosis)**

* + **Symptoms**: Cayenne pepper spots on legs
  + **Treatment**: Pentoxifylline, compression stockings
  + **Precautions**:
  + Rule out drug-induced (furosemide/NSAIDs)
  + Monitor for progression to mycosis fungoides

**Inflammatory & Granulomatous Conditions**

**135. Blau Syndrome**

* + **Symptoms**: Childhood-onset granulomatous arthritis + uveitis
  + **Treatment**: Infliximab, corticosteroids
  + **Precautions**:
  + Autosomal dominant (NOD2 mutation)
  + Annual ophthalmologic screening

**136. Elastosis Perforans Serpiginosa**

* + **Symptoms**: Arc-shaped keratotic plaques (elastic fiber extrusion)
  + **Treatment**: Isotretinoin for severe cases
  + **Precautions**:
  + Associated with:
  + Williams syndrome (30%)
  + Marfan/Ehlers-Danlos

**Miscellaneous Rare Conditions**

**137. Familial Mediterranean Fever**

* + **Symptoms**: Recurrent erysipelas-like erythema + fever
  + **Treatment**: Colchicine 1.2-2.4 mg/day
  + **Precautions**:
  + Test for MEFV gene mutation
  + Monitor for AA amyloidosis (renal failure risk)

**138. Haber Syndrome**

* + **Symptoms**: Rosacea-like facial eruption + truncal keratoses
  + **Treatment**: Pulsed dye laser for telangiectasias
  + **Precautions**:
  + Increased risk of lung adenocarcinoma
  + Annual chest imaging recommended

**139. Kimura Disease**

* + **Symptoms**: Subcutaneous head/neck nodules + eosinophilia
  + **Treatment**: Surgical excision, cyclosporine
  + **Precautions**:
  + Common in Asian males
  + Check IgE levels (typically >1000 IU/mL)

**140. Idiopathic Guttate Hypomelanosis**

* + **Symptoms**: 2-5mm white macules on sun-exposed limbs
  + **Treatment**: No effective therapy
  + **Precautions**:
  + Distinguish from:
  + Post-inflammatory hypopigmentation
  + Early vitiligo
  + Reassure patients (cosmetic only)

**Autoimmune & Bullous Diseases**

**1. Subcorneal Pustular Dermatosis (Sneddon-Wilkinson Disease)**

* + **Symptoms**: Flaccid pustules in annular patterns (groin/axillae)
  + **Treatment**: Dapsone, retinoids
  + **Precautions**:
  + Rule out IgA monoclonal gammopathy
  + Distinguish from pemphigus foliaceus

**2. Chronic Mucocutaneous Candidiasis**

* + **Symptoms**: Persistent Candida infections of skin/nails/mucosa
  + **Treatment**: Long-term fluconazole
  + **Precautions**:
  + Screen for endocrinopathies (APECED syndrome)
  + Check HIV status

**Genetic Disorders**

**3. Conradi-Hünermann Syndrome (X-linked dominant chondrodysplasia)**

* + **Symptoms**: Blaschkoid scaling, follicular atrophoderma
  + **Treatment**: Emollients, retinoids for ichthyosis
  + **Precautions**:
  + X-linked dominant (lethal in males)
  + Monitor for skeletal abnormalities

**4. Dowling-Degos Disease**

* + **Symptoms**: Reticulated pigmentation in flexures
  + **Treatment**: Laser therapy
  + **Precautions**:
  + Associated with hidradenitis suppurativa
  + Rule out associated squamous cell carcinoma

**Infectious Diseases**

**5. Mycetoma (Madura foot)**

* + **Symptoms**: Painless subcutaneous nodules with draining sinuses
  + **Treatment**:
  + Eumycotic: Itraconazole
  + Actinomycotic: TMP-SMX + amikacin
  + **Precautions**:
  + Grain examination crucial for diagnosis
  + Advanced cases may require amputation

**6. Chromhidrosis**

* + **Symptoms**: Colored sweat (apocrine gland secretion)
  + **Treatment**: Capsaicin cream, botulinum toxin
  + **Precautions**:
  + Blue sweat = pseudochromhidrosis (dyes/bacteria)
  + Rule out occupational exposure

**Vascular Disorders**

**7. Sinusoidal Hemangioma**

* + **Symptoms**: Blue subcutaneous nodules (elderly women)
  + **Treatment**: Surgical excision
  + **Precautions**:
  + Distinguish from angiosarcoma
  + MRI for deep lesions

**8. Targetoid Hemosiderotic Hemangioma**

* + **Symptoms**: Bruise-like annular lesion
  + **Treatment**: Observation (benign)
  + **Precautions**:
  + Biopsy to rule out Kaposi sarcoma
  + Classic "targetoid" appearance histologically

**Pigmentary Disorders**

**9. Erythromelanosis Follicularis Faciei et Colli**

* + **Symptoms**: Red-brown pigmentation with follicular papules
  + **Treatment**: Pulsed dye laser
  + **Precautions**:
  + More common in Asian males
  + Distinguish from poikiloderma

**10. Transient Neonatal Pustular Melanosis**

* + **Symptoms**: Vesiculopustules at birth → hyperpigmented macules
  + **Treatment**: Self-resolves
  + **Precautions**:
  + Distinguish from neonatal herpes
  + No scarring occurs

**Drug Reactions**

**11. Baboon Syndrome (Systemic Contact Dermatitis)**

* + **Symptoms**: V-shaped erythema in groin/buttocks
  + **Treatment**: Steroids, avoid allergen
  + **Precautions**:
  + Common triggers: Nickel, aminophylline
  + May progress to erythroderma

**12. DRESS Syndrome (Drug Reaction with Eosinophilia and Systemic Symptoms)**

* + **Symptoms**: Rash + fever + organ involvement
  + **Treatment**: Systemic steroids, IVIG
  + **Precautions**:
  + Check HHV-6 reactivation
  + Mortality up to 10%

**Hair & Nail Disorders**

**13. Monilethrix**

* + **Symptoms**: Beaded hair shafts, follicular keratosis
  + **Treatment**: Minoxidil, oral contraceptives (women)
  + **Precautions**:
  + Autosomal dominant (KRT81/83/86 mutations)
  + Improves during pregnancy

**14. Median Canaliform Dystrophy**

* + **Symptoms**: Central longitudinal split in nails
  + **Treatment**: Biotin supplementation
  + **Precautions**:
  + Associated with habit-tic deformity
  + Rule out isotretinoin use

**Tumors & Premalignancies**

**15. Merkel Cell Carcinoma**

* + **Symptoms**: Rapid-growing red/purple nodule
  + **Treatment**: Wide excision + radiation
  + **Precautions**:
  + Check for Merkel cell polyomavirus
  + 40% mortality at 5 years

**16. Microcystic Adnexal Carcinoma**

* + **Symptoms**: Indurated facial plaque
  + **Treatment**: Mohs surgery
  + **Precautions**:
  + Perineural invasion common
  + Recurrence rate >50%

**Systemic Disease Manifestations**

**17. Multicentric Reticulohistiocytosis**

* + **Symptoms**: Flesh-colored papules + destructive arthritis
  + **Treatment**: Methotrexate, TNF inhibitors
  + **Precautions**:
  + Screen for malignancy (25% association)
  + Early treatment prevents joint destruction

**18. Necrolytic Acral Erythema**

* + **Symptoms**: Psoriasiform plaques on feet (hepatitis C)
  + **Treatment**: Zinc supplementation
  + **Precautions**:
  + Check HCV RNA viral load
  + Improves with antiviral therapy

**Key Clinical Considerations**

* + **Diagnostic Clues**:
  + Colored sweat = Chromhidrosis vs. pseudochromhidrosis
  + "Beaded hair" = Monilethrix
  + HCV + foot plaques = Necrolytic acral erythema
  + **Treatment Priorities**:
  + DRESS: Immediate drug cessation
  + Merkel cell: Sentinel lymph node biopsy
  + Mycetoma: 6-12 months of antifungals/antibiotics
  + **Prevention**:
  + Baboon syndrome: Avoid nickel-containing devices
  + Microcystic adnexal CA: Sun protection post-treatment
  + Multicentric reticulohistiocytosis: Annual malignancy screening