

Medicine

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Chapter 1

Cardiology

1.1 Presenting problems in CVS disease

Features of benign murmur

- Soft
- Midsystolic
- Heard at left sternal edge
- No radiation
- No other cardiac abnormalities

Chapter 2

Dermatology

2.1 Anatomy and physiology

- Layers of skin:
 - Epidermis: further layered into (from out→in)
 - * corneum
 - * lucidum
 - * granulosum
 - * spinosum
 - * basale
 - Dermis: contains
 - * blood vessels
 - * nerves
 - * pilosebaceous units (hair follicle + sebaceous gland)
 - Subcutis: adipose

Epidermal appendages

- Hair follicles:
 - phases of growth
 - * anagen:
 - active growth
 - lasts years in scalp hairs
 - * catagen:
 - transitional
 - lasts days (in scalp)
 - * telogen:
 - resting
 - lasts months (in scalp)
- Sebaceous glands
 - usually *associated with a hair follicle*

- androgens $\rightarrow \uparrow$ sebum
- oestrogen $\rightarrow \downarrow$ sebum

- Sweat glands
 - innervated by *sympathetic cholinergic* fibres

2.2 Principles of management of skin disease

Topical treatments

- Ointments vs Creams
 - Ointments preferred to creams for dry skin (e.g. chronic eczema) as
 - * more hydrating
 - 80% oil + 20% water in ointments (vs 50-50 for creams) \rightarrow prevent water loss from skin by oil layer
 - * less preservatives \rightarrow less risk of allergy
- Emollients
 - Moisturise, lubricate, protect skin
 - *Vehicles without active drug*
- Glucocorticoids

Phototherapy

- UVB
- Psoralen UVA
 - Psoralen:
 - * natural photosensitiser from plant source
 - * cross-link DNA strands on excitation with UVA
 - Cumulative exposure to PUVA $\rightarrow \uparrow$ risk of SCC, so reserved for UVB resistance
- Uses
 - Psoriasis
 - Atopic eczema
 - Vitiligo
 - Chronic urticaria

Systemics

- Antihistamines
- Retinoids
 - *Anti-inflammatory*
 - Promote *differentiation of skin cells*

– **Teratogenic**

- * must be prescribed with robust contraception
- * females must have negative pregnancy test before, during, and after therapy

2.3 Pseudorandom factoids

SPF (sun protection factor)

- $\frac{\text{UV dose for producing erythema with sunscreen}}{\text{UV dose for producing erythema without sunscreen}}$

Mechanism of venous ulceration

