

Report - 19th October 2010

Instant Dermatology – Fifteen Fantastic Facts in Forty minutes

Professor Andrew Finlay presented the Presidential address on 19th October 2010.

Andrew Finlay first came to Cardiff as a dermatology registrar in 1976 and was Professor of Dermatology and head of the academic dermatology department in Cardiff from 1999 to 2009.

The 15 Fantastic Facts included therapy tips, clinical cases, how to understand people with skin disease, aspects of decision taking and some new diseases.

Therapy Tips

1. The FingerTip Unit is half a gram.
2. A Handprint is about 1% of Body Surface Area, and The Rule of Hand is: 4 Handprints = 2 FingerTip Units = 1gram.
3. Compliance is a major problem. In Copenhagen one third of dermatology prescriptions were not taken to the chemist.
4. Oral retinoids can be successfully used over 25 years in the ichthyoses.
5. Biologics have recently revolutionised the treatment of severe psoriasis.

Clinical Cases

6. The Moon Crater sign is seen after a keratoacanthoma has self-healed.
7. Skin diseases can pattern along the lines of Blaschko.
8. Fake sun-tan lotion can show up porokeratosis.
9. Crossed-leg callosities overlie the navicular, lateral cuneiform and cuboid bones on the dorsum of the feet.

How to understand people with skin disease

10. The Dermatology Life Quality Index (DLQI) is used worldwide to measure the impact of skin disease on people's lives (www.dermatology.org.uk).
11. The Greater Patient describes the partner and family of the patient, whose lives are also affected.

Decision taking

12. The Rule of Tens in psoriasis: if Area > 10% or PASI > 10 or DLQI > 10, a patient has "severe current psoriasis". Active intervention should be considered.
13. There are many non-clinical influences on decision taking. We need to understand them better to ensure that most appropriate decisions are taken.

New Diseases

14. In the Finlay-Marks Syndrome (OMIM 181270, "SEN") there is lumpy Scalp, odd shaped Ears and rudimentary Nipples.
15. Antecubital fossa petechiae occur in Scottish Country dancers who use a poor grip while birling.

Like to know more?

The Diploma in Practical Dermatology was founded by Prof Finlay in 1989. It is now a gold standard international elearning programme aimed at general practitioners, but also taken by many other specialists. There are over 3,000 graduates, you could join them ... Go to www.dermatology.org.uk.

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