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(with Multiple Choice Questions)
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Preface to the Second Edition

The second edition of *Essentials in Dermatology (with Multiple Choice Questions)* is being published 6 years after the appearance of the first edition. The encouraging response to the first edition prompted me to revise the book, keeping in view the comments received, and changing trends in the field of dermatology.

This new edition incorporates differential diagnosis for each entity or group of entities to further understand the subject critically. Three new chapters—Skin in Systemic Diseases, Skin Changes of Pregnancy and Old Age, and Antiretroviral Therapy (ART) have been added. The existing chapters have been updated and treatment guidelines revised. Newer entities have been included under various chapters, but not at the cost of brevity and conciseness. For better understanding of the text, better photographs and clinical illustrations have been incorporated.

The section on multiple choice questions has been considerably expanded, and this section has been divided into two—for PG entrance examinations and for postgraduates in dermatology. Additional mnemonics have been included in the useful medical mnemonics section.

The objective of this edition remains the same—to serve as an aid for beginners in dermatology and those aspiring for PG entrance examinations.

The making of the revised edition of this book involved a number of people besides myself. Many of the chapters were revised with inputs from my senior residents Dr Rashmi Kumari, Dr Amiya Kumar Nath and Dr Abarna Devi and junior residents Dr Nidhi Singh, Dr Abhijit Chougule, Dr Kishan Kumar Agarwal, Dr Balaji Adityan, Dr Sowmya Kaimal and Dr Sakthi Kandan. The photographs utilized in the book have been possible due to the Medical Illustration Department of the hospital, and the digital cameras of my postgraduates, making the new edition a colorful experience. My laboratory technician Mr Samsudeen deserves a mention for his skill in the staining and preparation of laboratory material for photomicrography. The final making of this edition has involved the support and cooperation of all my esteemed colleagues, patients and the forgotten names of residents (who worked for the first edition of the book).

As always, this edition is open to constructive criticism and suggestions for its further improvement.

Devinder M Thappa
Preface to the First Edition

Dermatology, the science of the skin, was one of the many specialties, which evolved from general internal medicine during the course of the nineteenth century. In India, recognition of dermatology as a specialty distinct from internal medicine is recent; it has still not grown to its full stature in practice and teaching. In spite of having some share in the curriculum, dermatology remains a neglected subject because of its non-inclusion in the qualifying examination at MBBS level. There has been an explosion of knowledge—easily documented by the size of standard dermatology textbooks, whose length has increased from an average of 1000 pages to the most recent editions of Fitzpatrick and of Rook, which are more than 3000 and 3600 pages, respectively. Expansion has been greater on the surgical and cosmetic side of the specialty, which barely existed 50 years ago. Such vast knowledge is difficult to grasp in 3 years course of MD dermatology, venereology and leprology, sometimes may be at the cost of another. So there was need for a short textbook for postgraduates who have just joined the specialty to have the glimpse of the subject and understand the basic dermatology before venturing for detailed standard textbooks. There is lack of simple but up to date book for undergraduates who are preparing for Postgraduate Entrance Examination. Though market is flooded with a number of books, many of them are not even framed by dermatology specialty individuals and lack correct and appropriate information. This prompted me to write this book to fulfill the needs of students aspiring for entering in postgraduate courses in reputed institutes of India. The material in this book is based on the standard textbooks and latest information from specialty journals. Introduction to MCQs is a unique section in this book to guide the students. The multiple choice questions are taken from a number of sources to sensitize the student to know certain subject areas in this specialty thoroughly and accordingly the book section gives relevant points highlighted for quick revision of facts. The suggestions and healthy critical remarks will be very much appreciated to improve this book.

Devinder M Thappa
I would like to thank those who helped me to update chapters

1. **Dr Balaji Adityan for updating**
   - Principles of Diagnosis in Dermatology
   - Bacterial Infections
   - Viral Infections
   - Fungal Infections
   - Skin Changes in Pregnancy and Old Age

2. **Dr Sakthi Kandan for**
   - Infestations
   - Disorders of Hair and Nails
   - Metabolic and Nutritional Disorders
   - Skin in Systemic Diseases

3. **Dr Sowmya Kaimal for**
   - Pediatric Dermatology
   - Human Immunodeficiency Virus Infection (HIV) and Acquired Immunodeficiency Syndrome (AIDS)

4. **Dr Amiya Kumar Nath for**
   - Eczema
   - Connective Tissue Disorders
   - Genetics and Genodermatoses

5. **Dr Abhijit Chougule for**
   - Differential Diagnosis for Leprosy
   - Treatment of Leprosy

6. **Dr Kishan Kumar Agarwal for**
   - Urticaria, Angioedema and Pruritus
   - Disorders of Sebaceous, Eccrine and Apocrine Glands

7. **Dr Nidhi Singh for**
   - Cutaneous Tuberculosis and Atypical Mycobacterial Infections
   - Vesiculobullous Disorders
   - Pigmentary Disorders

**Following residents helped in framing MCQs for postgraduates**

1. **Dermatology Basics**
   - Dr Abhijit Chougule
   - Dr Kishan Kumar Agarwal

2. **Clinical Dermatology Part -I**
   - Dr Rashmi Kumari
Essentials in Dermatology

- Dr Balaji Adityan
- Dr Ajay Kumar Singh
- Dr Anuradha Priyadarshini
- Dr Tukaram Sori

3. Clinical Dermatology Part -II
- Dr Malathi
- Dr Sathyamoorthy

4. Sexually Transmitted Diseases
- Dr Sowmya Kaimal
- Dr Rajalakshmi

5. Leprosy
- Dr Abarna Devi
- Dr Sakthi Kandan
“...Most of the dermatology textbooks are too much voluminous for undergraduate students already overburdened with other heavy weight subjects. Not only undergraduates, beginners at the postgraduate level also face problem to acquire basic conception from such large books. So there is always a need for a concise book which can provide clear basic conception and up-to-date knowledge to the students....will be of immense help to the postgraduate entrance examinees....should be collected in all undergraduate medical college libraries for the benefit of the students....”

“...The stated aim of the book is to have a short textbook for new entrants to postgraduate studies in dermatology which could glimpse of the subject and understand basic dermatology before venturing for detailed standard textbooks. The second aim stated is to fulfill the needs of students aspiring for entering in postgraduate courses in reputed institutes....well written and fulfill the stated aims...An approach to attempting MCQs appears to be a very useful chapter....strongly recommend this book to the new entrants in specialty training and those preparing for admission to postgraduate courses...”
Indian J Dermatol Venereol Leprol 2004; 70(6): 393.
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