

1st Edition

ATLAS of Philippine Dermatology



Editors: Clarita C. Maaño, MD, MHPed and Ma. Lorna F. Frez, MD

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Philippine Dermatology

FIRST EDITION

EDITORS

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Contributor: How to Read the Skin, Chapter 6 & Section VIII

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Dr. Maaño was the Chair of the PGH Section of Dermatology from 1999 to 2010. Her term as president of the Philippine Dermatological Society (1997-1998) emphasized the value of Continuing Medical Education (CME). A brilliant educator and public servant, Dr. Maaño has been awarded the Outstanding Teacher Award in the Clinical Sciences (2006) and Professorial Chair Centennial Award (2008) by the University of the Philippines Manila and the Continuing Medical Education Award (2003) by the Philippine Medical Association.

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Dr. Lorna Frez completed her medical education at the University of Santo Tomas, Philippines, graduating cum laude. She pursued residency training in Internal Medicine at the Veterans Memorial Medical Center, Philippines, where her exposure to challenging dermatological cases sparked her interest in the specialty. She then took up residency in Dermatology at the University of the Philippines – Philippine General Hospital and later on pursued a fellowship course in cutaneous photomedicine at the Kobe University School of Medicine Department of Dermatology and International Center for Medical Research, Kobe, Japan. Having outstanding leadership qualities, Dr. Frez became president of the Philippine Dermatological Society from 2005 to 2006. She brought regular CMEs to different regions of the country paving the way for the creation of additional chapters of the Society. She was the Dermatology Residency Training Officer of the Philippine General Hospital from 2003 to 2007. Currently she is an Associate Professor and the Overall Consultant Coordinator of the Undergraduate Dermatology Program of the University of the Philippines College of Medicine. She heads the Phototherapy and Photobiology Unit of the PGH Section of Dermatology. A strong advocate of lay education and patient support, Dr. Frez is a medical adviser of Psoriasis Philippines, Inc.

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Cover Photographs (clockwise from right): borderline leprosy, pachyonychia congenita, tinea imbricata, herpes zoster, monilethrix, elephantiasis verrucosa nostras, xeroderma pigmentosum, and cutaneous larva migrans

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Preface

It was 20 years ago (1991) when the big, bright idea of publishing an atlas of dermatology was conceived. It was an offshoot of two coinciding events. The first was the initial planning of the Postgraduate Provincial Dermatology Circuit by the University of the Philippines (UP) Section of Dermatology. Back then, the Section was headed by Dr. Amelia L. Medina. At the same time, as the Dermatology Training Officer, I completed the Masteral Course in Health Professional Education at the National Teacher's Training Center of UP Manila.

To take advantage of the multitude of new cases seen daily, the Philippine General Hospital's (PGH) Section of Dermatology started to conceptualize and outline a plan to make its own atlas. The objective was to share the cases seen in the hospital by systematically organizing them into a concise, complete, yet easy-to-browse handbook.

Designed to be handy and user-friendly, this book is a valuable addition to the library of any health science institution.

The atlas is a reflection of the University's prime values of excellence, relevance, and social responsibility. It provides education and community service by sharing the Section's cases through photographs.

This atlas is for all physicians in general, including dermatologists and residents-in-training, and other health practitioners such as nurses, paramedical personnel, community and social health workers, and students.

We take pride in launching this book, *The Atlas of Philippine Dermatology*, for the following reasons:

- Having been founded in 1922, the UP-PGH Dermatology Clinic has become a national referral center paving the way for the establishment of the first dermatology training program. As such, it has a diverse and rich collection of rare and common cases from which we obtained material for this atlas.
- The authors of the different atlas chapters are well-respected leaders and teacher-trainers in Philippine Dermatology. They are sought after speakers, lecturers and reactors in dermatological meetings.
- Readers are taught how to systematically examine the skin and recognize different lesions in order to arrive at a proper diagnosis.
- A section in the book features a compendium of interesting and rare cases, which have won national competitions and have been presented in local and international fora.
- The atlas has a section on English-Filipino translations of common dermatological terms.

Many different obstacles contributed to the long and arduous journey of creating the Atlas of Philippine Dermatology. However, amidst all of these, the enthusiasm of publishing the envisioned atlas was not dampened.

I acknowledge our dermatology residents for their assistance despite their regular tasks: Dr. Chandra Meghrajani-Co, Dr. Winlove Mojica, Dr. Sharlene Chua, Dr. Arunee Siripunvarapon, Dr. Charlene Ang-Tiu, Dr. Jacqueline de las Alas, Dr. Iris Samson-Pardo, Dr. Vanessa Carpio, Dr. Lily Lyralin Laconico, Dr. Hanna Lucero, Dr. Rochelle Castillo, Dr. Eillen Chen, Dr. Carmela Dayrit, Dr. Emy Onishi, and Dr. Joahna Villena. We express our sincere appreciation and thanks to Dr. Michael Marc C. Maaño for the diagrams and illustrations.

I thank our consultant contributing authors: Dr. Adolfo Bormate Jr., Dr. Eileen Cubillan, Dr. Belen Dofitas, Dr. Evelyn Gonzaga, Dr. Marie Eleanore Nicolas, Dr. Georgina Pastorfide, Dr. Francisca Roa, and Dr. Cynthia Tan.

A lot of thanks to my co-editor and chapter contributor, Dr. Ma. Lorna F. Frez, whose contagious enthusiasm spirited the revival of writing, editing, and completing this Atlas.

Lastly, I thank our patients who had agreed to have their photos taken and printed in this Atlas. These 'cases' are people and as such, we take into consideration their feelings and the quality of life that was affected by their disease. We empathize with them and we care and support each one needing our help. In many ways, these patients have touched and shaped our lives, and perhaps our future as well.

Mabuhay! Maraming salamat sa inyong lahat.

Clarita C Maano MD.

Clarita Cruz Maano, MD, FPDS, MHPEd
Editor and Chapter Contributor

Introduction

Learning and understanding dermatology is without question facilitated by seeing and familiarizing oneself with actual lesions on live patients or their images. This book presents common and important cutaneous disorders seen in the Philippine setting, particularly at the Philippine General Hospital. These disorders have been conveniently classified for the reader into twenty different chapters with key sections separating infectious from non-infectious dermatoses and including autoimmune disorders, benign and malignant newgrowths, genodermatoses, and the skin during pregnancy and aging. Carefully chosen photographs capturing essential features of representative lesions are complemented with captions and a concise text on generalities about each disease which include epidemiology, etiopathogenesis, predisposing factors, prognosis and treatment.

This atlas also has special features such as an introduction consisting of basic information and key pointers on how to “read the skin,” a fitting prelude to the chapters on the different cutaneous disorders and definitely a bonus for students and non-dermatology practitioners. The chapter “Cutaneous Manifestations of Systemic Disease” emphasizes how a scrutinizing eye focused on the skin can aid in the diagnosis of an internal disease. We are sharing some of the rare and interesting cases we have seen at the Philippine General Hospital in the past years in Section VIII. Dermatological terms as they are uniquely used in the Filipino language are listed in a glossary as part of the Appendices. They may help the Filipino practitioner in communicating with his patients and the local community. Lastly, an overview of the prevalence of skin disorders in the Philippines is provided with the list of the top twenty diseases we have encountered in our Dermatology Clinic for the past ten years.

This book certainly cannot cover everything there is in dermatology. Nevertheless, it is our hope that the reader will personally find it a useful and valuable reference tool, serving not just as an atlas but a mini-textbook or handbook. May it help the non-dermatologist in strengthening his / her clinical diagnostic skills and in gaining more confidence when referring cases which require special attention by the dermatologist. For the dermatology resident or specialist, may this book be a handy addition to his / her reference materials.



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