



PCDS Spring Bulletin 2019 Editorial

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Welcome everyone to 2019! It's the last year of the decade, and I've a feeling it will be a great year (although I hope that's not just wishful thinking!) Anyway, we kick off with what I hope you will find to be some really interesting articles in this bulletin.

We start with a feature article on alopecia in women – alopecia being a topic that is high on the list requested by our readership in surveys. Dr Caroline Champagne, in Oxford, very kindly agreed to write this for me – please do read this as I think it is a great overview. Caroline talks about female pattern hair loss, chronic telogen effluvium, and frontal fibrosing alopecia. Caroline gives us some great tips in this article. For example, female pattern alopecia affects the central parting, often with preservation of the frontal hairline, whereas in chronic telogen effluvium the hair may look objectively normal but the patient often reports a 50% reduction in the ponytail volume, and in frontal fibrosing alopecia there is recession of the frontal hairline. Caroline covers this in detail and also gives tips on treatment.

We also have a very interesting article submitted by Robert Climie, who attended an educational conference in Moshi in Tanzania following a PCDS talk given in London last summer on tropical skin conditions by Dr Claire Fuller. Robert has written up a highly interesting account of this trip for anyone considering going to this next year, including a description of the setting near Kilimanjaro, and the topics of the talks given and types of patients seen in the dermatology regional training centre there. Talks were given on subjects we are familiar with, but also less familiar topics such as snakebite, cutaneous protothecosis, and the care programme for people with albinism as there are apparently over 3,000 people with albinism in Tanzania. Robert also saw a leopard on his trip, so if anyone is thinking of going next January he gives contact details at the end of the article – and perhaps you might also have an interesting nature experience too!

Emma Le Roux has this time written about terminology online regarding allergies in medicine, national eczema week, and hydradenitis suppurativa, and has including many interesting and useful

resources and weblinks for us on all these topics. Please do look at all the resources she mentions.

And in Julian's regular journal watch this season there are as always more highly illuminating facts, and I'll again tempt you to the back pages with a few facts here. Topical colicine could be a potential alternative future treatment for actinic keratosis, although this is currently unavailable in Europe. A study from California shows that antihypertensives which are known photosensitisers may increase the incidence of lip cancer by up to 17%. In transgender patients we should be mindful that exogenous testosterone can precipitate acne, which can be persistent. Treatment is important but can be difficult if acne is severe or scarring requiring roaccutane in trans-men who are not taking progesterone-only contraception in addition as they may be at risk of pregnancy. And we are all familiar with the association with psoriasis increasing risk of the metabolic syndrome, but Julian also highlights research showing that the metabolic syndrome, in particular increased waist circumference, can itself increase the risk of psoriasis.