

Table of Contents

Part I. SKIN DISEASES AND SKINCARE

Chapter 1. Atopic dermatitis (AD) (Albanova V.I., Yutskovsky A.D., Dvoryaninova I.E.)

- 1.1. Etiology and pathogenesis (Albanova V.I., sections 1.1–1.7)
- 1.2. Epidermal barrier disruption is an initial step in the development of AD (sections 1.1–1.7)
- 1.3. Clinical picture
- 1.4. Diagnostics
- 1.5. Treatment
- 1.6. Adjunctive basic skincare
 - 1.6.1. Strengthening the skin barrier
 - 1.6.2. Cleansing
- 1.7. Aesthetic procedures
- 1.8. Alliance of dermatologists and aestheticians in AD treatment (Yutskovsky A.D., Dvoryaninova I.E.)
 - 1.8.1. Diagnostics
 - 1.8.2. Combination of medical measures and aesthetic treatments

References

Chapter 2. Psoriasis (Albanova V.I, Svyatenko T.V., Kalashnikova N.G, Urakova D.S.)

- 2.1. General principles of psoriasis treatment (Albanova V.I., Svyatenko T.V., sections 2.1–2.3 and 2.4.1)
- 2.2. Skincare in the active stage of psoriasis
 - 2.2.1. Cleansing
 - 2.2.2. Moisturizing and softening
- 2.3. Skincare in the stationary and regressive stages of psoriasis
- 2.4. Phototherapy
 - 2.4.1. IPL therapy
 - 2.4.2. Laser treatment (Kalashnikova N.G., Urakova D.S.)
 - Local excimer laser irradiation
 - Selective coagulation of vessels
 - Space modulated ablation (SMA)
 - Laser ablation
- 2.5. Nail care (Albanova V.I., Svyatenko T.V., sections 2.5, 2.6)
- 2.6. Hair care

References

Chapter 3. Seborrheic dermatitis (SD) (Albanova V.I., Gajigoroeva A.G., Gilyova Yu., Yutskovsky A.D.)

- 3.1. Etiology and pathogenesis (Albanova V.I., sections 3.1–3.4)
 - 3.1.1. Sebaceous glands
 - 3.1.2. Malassezia furfur
 - 3.1.3. Individual sensitivity
- 3.2 Clinical picture
- 3.3. Diagnosis
 - 3.3.1. Examination
 - 3.3.2. Differential diagnosis

Psoriasis
Atopic dermatitis
Dermatophytosis
Rosacea (erythematotelangiectatic type)
Systemic lupus erythematosus
Secondary syphilis
Seborrheic (erythematous) vesicular rash
3.4. Treatment of SD
3.4.1. Eliminating skin colonization by fungi
3.4.2. Reduction of inflammation and itching
3.4.3. Systemic therapy
3.4.4. Diet
3.4.5. Antiretroviral therapy
3.5. Seborrheic dermatitis of the scalp (Gajigoroeva A.G.)
3.5.1. Clinical picture
3.5.2. Differential diagnosis
Atopic dermatitis
Psoriasis
Allergic contact dermatitis
Trichomycosis
Asbestos-like lichen
3.5.3. Active ingredients in anti-dandruff products
Antifungal agents
Keratolytic and cytostatic agents.
Combination products
3.5.4. Treatment of dandruff and scalp seborrheic dermatitis
3.6. Peculiarities of aesthetic treatment for SD (Gilyova Y.Y., Yutskovsky A.D.)

References

Chapter 4. Allergic dermatoses (Vardanyan K.L., Gesheva E.M., Albanova V.I.)

4.1. Irritant contact dermatitis (Vardanyan K.L., Gesheva E.M., sections 4.1–4.5)

Pathogenesis
Clinical picture
Diagnosis
Treatment

4.2. Allergic contact dermatitis

Pathogenesis
Clinical picture
Diagnosis
Treatment

4.3. Toxic dermatitis

Pathogenesis
Clinical picture
Diagnosis
Treatment

4.4. Eczema

Pathogenesis

Clinical picture
Diagnosis
Treatment
4.5. Nettle rash
Pathogenesis
Clinical picture
Diagnostics
Treatment
4.6. Medical and adjunctive skincare approaches to allergic dermatoses (Albanova V.I.)

References

Chapter 5. Acne (Albanova V.I., Sintsova T.S., Kalashnikova N.G., Urakova D.S.)

5.1. Etiology and pathogenesis (Albanova V.I., sections 5.1–5.4, 5.5.1, 5.6)

5.2. Classification

5.3. Clinical picture

5.3.1. Rash characteristics

5.3.2. Clinical types

5.4. Diagnosis

5.4.1. Laboratory examination

5.4.2. Differential diagnosis

Malassezia folliculitis

Rosacea, papulopustular type

Demodicosis folliculitis and papulopustular type of demodicosis

Drug-induced acne

5.5. General approaches to medical therapy and adjunctive skincare

5.5.1. Clinical manifestations-based treatment

5.5.2. Basic and special skincare (Sintsova T.S.)

Cleansing

Exfoliation

Toning

Moisturizing

Sun protection

In-office and at-home combined treatment

5.5.3. Laser therapy of acne-prone skin (Kalashnikova N.G., Urakova D.S.)

Mechanism of action

Laser-induced selective photothermolysis of sebaceous glands

Complications of laser treatments

Combination of laser and medication therapy

Potential of the complex laser treatment of acne

5.5.4 Photodynamic therapy (PDT)

5.6 Post-acne treatment

References

Chapter 6. Rosacea (Albanova V.I., Yutskovsky A.D., Dvoryaninova I.E., Urakova D.S., Kalashnikova N.G.)

6.1. Etiology and pathogenesis (Albanova V.I., sections 6.1–6.5)

- 6.2. Classification
- 6.3. Clinical picture
- 6.4. Differential diagnosis
 - 6.4.1. Differential diagnosis of erythematotelangiectatic type
 - 6.4.2. Differential diagnosis of the papulopustular type
 - 6.4.3. Laboratory tests
- 6.5. Treatment
 - 6.5.1. Drug therapy
 - 6.5.2. Non-drug therapy
 - 6.5.3. Clinical course, prognosis, and maintenance therapy
- 6.6. Managing rosacea with skincare and aesthetic methods (Yutskovsky A.D., Dvoryaninova I.E., sections 6.6.1–6.6.2)
 - 6.6.1. Skincare routine
 - 6.6.2. Rehabilitation skincare
 - 6.6.3 Phototherapy (Urakova D.S., Kalashnikova N.G.)
- Vascular changes reduction
- Connective tissue changes reduction

References

Chapter 7. Pigmentation disorders (Albanova V.I., Yutskovskaya Y.A., Sergeeva A.D., Leshunov E.V.)

7.1. Pigmentation formation (Albanova V.I., sections 7.1–7.4)

7.1.1 Melanin synthesis

7.1.2. Factors affecting pigmentation

7.2. Pigmentation disorders variety

7.2.1. Pigment lesions because of an increase in the number of melanocytes

Pigmentary nevi

Lentigo

Peutz-Jeghers-Touraine syndrome

Mongolian spot

Nevus of Ota

Nevus of Ito

7.2.2. Pigment lesions because of an increase in melanin level

Café au lait spots (café au lait macules)

Freckles

Melasma

Drug-induced pigmentation

Post-inflammatory pigmentation

Periorbital hyperpigmentation

Phytophotodermatosis

Ashy dermatosis

7.2.3. Non-melanin pigmentation abnormalities

Ochronosis

Argyria

Jaundice

7.3. Diagnostics and pigmentation evaluation

7.3.1. Non-instrumental methods

7.3.2. Instrumental methods

7.4. Pigmentation disorders treatment

7.5. Aesthetic methods (Yutskovskaya Y.A., Sergeeva A.D., Leshunov E.V.)

7.5.1. Skincare for prevention and reduction of pigmentation abnormalities

Depigmenting

Lightening

UV protection

Cosmetic camouflaging

7.5.2. Light therapy Lasers

Pulsed broadband light sources (IPL)

An integrated approach to pigmentation disorders treatment

References

Chapter 8. Skin wound healing (Albanova V.I.)

8.1. Healing process stages

1st stage. Hemostasis

2nd stage. Inflammation

3rd stage. Proliferation

4th stage. Remodeling or re-epithelialization

8.2. Timing of healing

8.3. How to improve the healing process

8.4. Impaired healing and chronic wounds

8.5. Removing the barriers to healing

8.6. Chronic wounds: evaluation and management

Diagnosis

Protecting from the damage

Eliminating infection

Treatment of infected wounds

Elimination of tissue hypoxia

Stimulation of microcirculation

Improving tissue and cell metabolism

Stimulation of epithelialization

References

Chapter 9. Scars (Paramonov B.A., Kalashnikova N.G., Urakova D.S., Vavilov V.V.)

9.1. Scar classification (Paramonov B.A., sections 9.1–9.4)

9.2. Scar evaluation and diagnostics

9.2.1. Physical examination

9.2.2. Instrumental analysis

Color

Metrical parameters

Biomechanical properties

Acoustic properties

Additional research

9.3. Scar prevention and reduction

9.3.1. Topical preparations

Factors affecting the skin permeability

Drug penetration enhancement

9.3.2. Physical methods of drug delivery

Phonophoresis (sonophoresis)

Electrophoresis (ionophoresis)

Electroporation

Photo- and laser-assisted phoresis

9.3.3. I intralesional drug injections

9.4. Scar management according to the phase of development

9.4.1. Scar prevention

Silicone-based topical products

Antihistamines

Retinoids

9.4.2. Intensive growth phase

Glucocorticosteroids

Enzyme preparations

Onion extract and heparin

Compression therapy

Bucky therapy

Cryosurgery

Balneotherapy

9.4.3. Post-formation period

9.5. Laser treatment (Kalashnikova N.G., Urakova D.S.)

Vessel coagulation

Ablation

Fractional photothermolysis

Removal of hyperpigmentation

9.6. Scarring (cicatricial) alopecia (Vavilov V.V.)

9.6.1. Pathogenesis

9.6.2 Diagnostics

9.6.3. Management

References

Chapter 10. Skin neoplasms (Stirshneider Y.Y., Kusaya N.V., Dubensky V.V., Dubensky V.V.)

10.1. Classification of skin neoplasms (Stirschneider Y.Y., sections 10.1, 10.2)

10.2. Diagnostics

10.2.1. Melanoma diagnostics: clinical case

10.2.2. Pathomorphological assessment of biopsy specimen

10.2.3. Additional diagnostic methods

10.2.4. Rare form of melanoma: clinical case

10.3. General principles of neoplasms management (Kusaya N.V., sections 10.3–10.9)

10.4. Skin cancer prevention

10.5. Epithelial neoplasms

10.5.1. Actinic keratoses

10.5.2. Cutaneous horn

10.5.3. Seborrheic keratoses

10.5.4. Keratoacanthoma

10.5.5. Skin cancer

- 10.5.6. Squamous cell carcinoma
 - 10.6. Benign tumors of the sebaceous glands and hair follicle
 - 10.6.1. Atheroma
 - 10.6.2. Xanthelasma
 - 10.6.3. Bourneville–Pringle disease
 - 10.6.4. Rhinophyma
 - 10.6.5. Nevus sebaceus of Jadassohn
 - 10.6.6. Sebaceous gland hyperplasia
 - 10.6.7. Milia
 - 10.7. Viral skin diseases
 - 10.7.1. Human papillomavirus (HPV)
 - 10.8. Melanocytic skin neoplasms
 - 10.8.1. Melanoma precursors
 - 10.8.2. Melanoma
 - 10.9. Vascular neoplasms
 - 10.9.1 Clinical types
 - 10.9.2. Diagnostics and treatment
 - 10.10. Undesirable phenomena in the removal of skin neoplasms (Dubensky V.V, Dubensky VI.V.)
 - 10.10.1. Purposes of neoplasms removal
 - 10.10.2. Scarring
 - 10.10.3. Other undesirable consequences of minimally invasive treatments
 - 10.10.4. most typical errors in tumor removal
- Misdiagnosis
Management mistakes
Wrong choice of the energy-based removal technique

References

Part II. ADJUNCTIVE SKINCARE IN DERMATOPATHY

Chapter 1. Endocrinopathy (Piankova E.Yu.)

- 1.1. Human constitution
 - 1.1.1. Height
 - 1.1.2. Weight
 - 1.1.3. Waist and hip circumference
- 1.2. Skin signs of endocrinopathy
 - 1.2.1. Color
 - 1.2.2. Turgor and wrinkles
 - 1.2.3. Acne
 - 1.2.4. Striae
 - 1.2.5. Hair distribution on the body
 - 1.2.6. Posture

Sarcopenia
Osteoporosis

References

Chapter 2. Gastrointestinal diseases (Novoselov A.V., Novoselov V.S.)

- 2.1. Most common dermatosis and their relationship with gastrointestinal diseases

- 2.1.1. Other comorbid disorders
- 2.1.2. Skin–nervous system interactions
- 2.1.3. Skin–gastrointestinal system interactions
- 2.2. Diagnostic approaches
- 2.3. Therapeutic approaches

References

Chapter 3. Immune system disorders (Batkaeva N.V.)

- 3.1. What is immunity
- 3.2. Immunodeficiency disorders
 - 3.2.1. Primary immunodeficiencies
 - Clinical picture
 - Skincare
 - 3.2.2. Secondary immunodeficiencies
 - Clinical picture
 - Skincare
 - 3.3. Autoimmune diseases
 - 3.3.1. Skin vasculitis
 - Skincare
 - 3.3.2. Lupus erythematosus
 - Skincare
 - 3.3.3. Scleroderma
 - Skincare
 - 3.3.4. Dermatomyositis
 - Skincare
 - 3.3.5. Vesicular rashes (pemphigus, pemphigoid, dermatitis herpetiformis, etc.)
 - Skincare
 - 3.4. Allergic diseases
 - 3.5. Tumors of the immune system
 - Skincare
 - 3.6. Features of dermatologic care for patients with immune disorders

References

Chapter 4. Pregnancy and breastfeeding (Albanova V.I., Rakhanskaya E.M.)

- 4.1. Common skin conditions associated with pregnancy (Albanova V.I.)
 - 4.1.1. Skin changes during pregnancy
 - 4.1.2. Skin disorders observed in pregnancy only
 - 4.1.3. Skin abnormalities that may occur or worsen during pregnancy
 - 4.1.4. Postpartum skin problems
- 4.2. Aesthetic treatment for pregnant and nursing mothers. What is possible? What is impossible? (Rakhanskaya E.)
 - 4.2.1. General recommendations
 - 4.2.2. Pain relievers
 - Topical anesthetics
 - Injectable anesthetics
 - 4.2.3. Cosmetic injections
 - 4.2.4. Chemical peel
 - 4.2.5. Skincare products
 - 4.2.6. Energy-based technologies

4.3. Medicinal and aesthetic treatment of the most common skin disorders during pregnancy and breastfeeding (Albanova V.I.)

4.3.1. Acne

Topical treatment

Systemic therapy

4.3.2. Hyperpigmentation

4.3.3. Allergic response and allergic diseases

4.3.4. Hair disorders

Unwanted hair

Hair loss

Hair care

4.3.5. Skincare during breastfeeding

References

Chapter 5. Mental disorders (Dorozhenok I.Y.)

5.1. Mental disorders provoked by skin diseases

5.1.1. Depressive nosogenic disorders

5.1.2. Sensitive nosogenic disorders

5.1.3. Social phobia nosogenic disorders

5.1.4. Beauty hypochondriasis-like disorders

5.2. Somatoform and psychotic disorders with auto-destructive behavior

5.2.1. Neurotic excoriations

5.2.2. Impulsive excoriations syndrome

5.2.3. Restricted hypochondriasis

5.2.4. Ekbom syndrome

5.3. Management of psychodermatological disorders

References

Chapter 6. Cutaneous adverse drug reactions (toxidermia) (Dubensky V.V., Dubensky VI.V., Avtomonova A.V., Shuginina E.A., Rassokhina O.G.)

6.1. Vitamin A and its derivatives (Dubensky V.V., Dubensky VI.V., Avtomonova A.V., sections 6.1– 6.4)

6.1.1. Retinol (Retinol)

Trade names

Indications

Adverse cutaneous reactions

Treatment of adverse effects

Isotretinoin

Trade names

Indications

Adverse cutaneous reactions

Treatment of adverse effects

6.1.3. Acitretin

Trade names

Indications

Adverse cutaneous reactions

Treatment of adverse effects

6.2. Glucocorticosteroids (GCSs)

6.2.1. Systemic GCSs

Indications

Adverse systemic reactions

Adverse cutaneous reactions

Treatment of adverse effects

6.2.2. Topical GCSs

Adverse cutaneous reactions

Treatment of adverse cutaneous effects

6.3. Combined oral contraceptives (COCs)

Classification and pharmacological effects

Adverse cutaneous reactions

Treatment of adverse cutaneous effects

6.4. Antiretroviral drugs

Adverse cutaneous reactions

Treatment of adverse cutaneous effects

6.5. Drug therapy for oncological diseases (Shuginina E.A., Rassokhina O.I.)

Adverse cutaneous reactions

Treatment of adverse cutaneous effects

References

Part III. EXPRESS SKIN ANALYSIS (Hernandez Jimenez E.I., Gileva Y.Y.)

1.1 Assessment of skin barrier function (Hernandez E.I., sections 1.1–1.7)

1.1.1. Hydrolipid mantle evaluation

1.1.2. Stratum corneum formation analysis

1.1.3. Stratum corneum damage estimation

1.2. Assessment of pigmentation and natural protection time

1.3. Assessment of inflammation

1.4. Assessment of skin biomechanical properties

1.5. Skin structure evaluation

1.6. Skin relief analysis

1.7. Clinical imaging and photo documentation

1.8. Clinical cases (Gilyova Y.Y.)

References