

A Small Dermatology Clinic: Hudmottagningen Sturegatan 32

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In the centre of Stockholm you will find this private practice with its cosy environment. Four doctors, a specially trained nurse and two competent assistants work at Hudmottagningen Sturegatan 32.

The dermatology clinic Hudmottagningen Sturegatan 32 is centrally located in Stockholm, with an enchanting view over Humlegården, one of Stockholm's oldest and most beautiful parks. We are a small clinic with a homely atmosphere and a personal patient approach, which patients tend to appreciate. Our central location makes it easy for patients from the Greater Stockholm area to reach us by public transport.

The clinic was founded in 1983 by Dr Lena Berglund. She was joined in 1998 by Dr Marie Friedman and in 2005 by Dr Birgitta Gezelius. During the last 6 months, Dr Ingvar Lengstam has worked one evening a week with us. The other staff members are a specially trained dermatology nurse, Mona Otterhem, and two experienced assistants.

All doctors work on a tariff ("*nationella taxan*"), which is regulated by the state, and which limits our revenue. We use the premises effectively and keep costs down, and thus we make ends meet. Since we perform effective specialist care within the state-regulated national tariff, the cost per visit is less at our clinic than at clinics run under other types of agreements.

We treat all types of skin diseases. In addition to general dermatology, which all doctors deal with, Lena Berglund has a special interest in venereology and genital dermatology, such as lichen sclerosus, vestibulitis, widespread condylomas, and malignancies localized in the vulva and the penis. Marie Friedman is interested in surgery, as is Ingvar Lengstam, while Birgitta Gezelius has a special interest in investigating complicated cases.

A referral is not necessary, but the waiting time is longer for non-priority cases without a referral. Patients without a referral that we consider to be priority cases are: especially acute cases, suspicious skin malignancies, young people with severe acne, and patients with genital skin disorders, since only a few clinics receive this patient group. Referred patients come primarily from their general practitioner, but also from company doctors and other specialists.

The patients who seek us are a very heterogeneous group; they represent all age groups and many have an immigrant background.



Fig. 1. Dr Lena Berglund founded the clinic in 1983.



Fig. 2. In 1998 Dr Marie Friedman joined the clinic.



Fig. 3. Dr Birgitta Gezelius investigates complicated cases.



Fig. 4. Dr Ingvar Lengstam works at the clinic one evening a week.



Fig. 5. Mona Otterhem, specially trained dermatology nurse at the clinic.



Fig. 6. Lisbet Rolfsdotter, one of the two assistants at the clinic.

The most common diagnoses are the assessment of suspected malignant naevi, basal cell carcinomas, and other malignant and premalignant skin tumours. This category also includes malignant and potentially malignant lesions of the genitalia in men and women. Other common diagnoses are: severe acne, skin diseases of the face, psoriasis, eczema, allergies, and genital skin disorders, as well as venereology. A few times a week we operate on smaller skin tumours.

Every Wednesday we hold an internal educational meeting for doctors and staff. After the meeting the doctors show difficult cases to each other. We have a large and well-functioning network of colleagues and we regularly participate in meetings at the dermatology clinics of the Stockholm hospitals. As all clinics, we have a quality certificate, in our case through Kvalpråk.



Fig. 7. The cosy environment contributes to a personal atmosphere.

The small size of our clinic leads to continuity of doctors and staff, which is much appreciated by the patients.

In conclusion, our clinic can offer personal care with a great breadth of skills in a cosy environment, centrally and easily accessible in Stockholm.

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