

## SSDV:s National Meeting for Residents 2016

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### Introduction

The yearly meeting for the Swedish residents was held in December 6–7, 2016. The venue for this meeting was new. It has for several years been situated just outside Stockholm but this time it took place in the south of Sweden: Ystad Saltsjöbad. Around 60 residents as well as 10 pharmaceutical companies participated. The theme for this year was “Diagnostic tools in dermatology” and the lectures were presented by *Dr Amilios Lallas* from Thessaloniki, Greece who presented a talk on inflammatory dermoscopy, *Dr Adriana Rakowska* from Warsaw, Poland who talked about trichoscopy, *Dr Natalia Kuzmina*, Stockholm, Sweden who talked about vasculites and *Dr William Troensegaard*, Lund, Sweden, who presented a talk about outpatients diagnostics. The two former lectures are presented below. At the start of day 1, the initiator of these meetings, *Dr Margareta Lirvall* presented some information useful for the residents on how to act and what to be aware of during their time as residents.



### Principles of inflammatory dermoscopy

*Amilios Lallas*

*First Department of Dermatology, Aristotle University, Thessaloniki, Greece*

Although traditionally used for evaluation of skin tumours, dermoscopy continuously gains appreciation in other fields of dermatology.

The dermoscopic patterns of several inflammatory and infectious skin diseases have already been described, and the technique has been shown to improve clinical performance in terms of differential diagnosis in the daily practice. The increasing use of dermoscopy in general dermatology was significantly enhanced by the development of the new generation hand-held dermatoscopes, which can be easily placed in every dermatologist's pocket and do not require use of immersion



The venue of the Swedish Residents' meeting 2016: Ystad Saltsjöbad, Ystad, Sweden.

fluid. Four main categories of dermoscopic criteria should be considered when applying the technique in inflammatory diseases: 1) vascular features, including purpuric structures (morphology distribution); 2) color variegations; 3) follicular abnormalities and 4) specific features. Nowadays, the dermatoscope should not be regarded a second-level diagnostic equipment, but an irreplaceable diagnostic tool in every-day clinical setting, similarly to the stethoscope in general medicine. In this article, we provide an up-to-date summary of data on dermoscopy in general dermatology, attempting to assist clinicians to profitably utilize and apply the available knowledge in the everyday practice.



### Trichoscopy

*Adriana Rakowska*

*Dermatology Department, Warsaw Medical University, Warsaw, Poland*

Trichoscopy (hair and scalp dermoscopy) is a rapid in-office technique, which has become a standard procedure in the differential diagnosis

of hair loss. The procedure can easily confirm alopecia areata due to its particular trichoscopic features: exclamation mark hairs, yellow and black dots, and cadaver hairs. The trichoscopic features of trichotillomania (flame hairs, tulip hairs, coiled hairs, hook hairs, v-sign and irregularly broken hairs) have been described, while the characteristic findings in tinea capitis (comma hairs, zig-zag hairs, cork-screw hairs, block hairs, morse-code like hairs) have also been documented. It is one of the best methods in diagnosing female pattern hair loss (in frontal area can be observed: decrease of triple follicular units and increase of follicular units with single hair, yellow dots, hair shaft thickness heterogeneity, peripilar sign). Perifollicular scaling and white areas lacking of follicular openings are typically seen in lichen planopilaris. In discoid lupus erythematosus trichoscopy shows follicular plucking, coiled and serpentine vessels, thick arborizing vessels, diffuse hyperpigmentation, red dots, feature called “red spider in a yellow dot” (for non-active lesions). The trichoscopic features of folliculitis decalvans are: tufted hairs, starburst pattern hyperplasia, yellow discharge, yellow pustules.

### Social contacts

These meetings are a very welcomed possibility to meet and discuss with other residents and time is given for social contacts among the residents during breaks, lunches and dinner. During these breaks the residents could also visit the



The Organizing group of this meeting: Aleandra Fisch, Max Nordgren, Markus Danielsson, Magdalena Komuda, Anahita Attaran.

exhibition where the pharmaceutical companies showed their products and welcomed all questions from the participants.

The meeting of this year was very much appreciated by the residents who also were in favour of the new venue.

At the end of this meeting it was decided that also next year's meeting should be held in Ystad Saltsjöbad. The theme of the meeting will be Dermoscopy. Note the date in your calendar: **November 14–15, 2017.**



The group of participants in the Swedish Residents' meeting 2016.