



# Sports Dermatology

*Brian Adams*

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## **Sports Dermatology** Brian Adams

Millions of people participate in sporting activities every day, from the daily runner to the three-times-a-week "gym rat," to members of myriad sports teams. Sports injuries are among the most commonly presenting issues in emergency rooms and physician's offices. During these events, the most common injuries affect the skin. Cutaneous manifestations afflict all athletes from the recreational neophyte to the professional. Conditions ranging from innocuous skin injuries to skin disease that can bench a nationally ranked wrestling team occur with alarming frequency.

Review articles and book chapters that discuss sports-related dermatoses are too general and often offer only cursory information. *Sports Dermatology: Handbook Of Diagnosis And Management* gathers the most clinically relevant and badly needed information in this emerging area of sports dermatology. With the increased emphasis on evidence-based medicine, that construct serves as the basis for much of the book, providing the most current and practical approach for treatment options. Both common and unusual disorders related to sports are reviewed in detail. Each sports-related skin condition is discussed with attention to the following subheadings: epidemiology, clinical presentation, diagnosis, treatment, and prevention. The author has separated the sports-related dermatoses into categories including infections, benign and malignant neoplasms, traumatic conditions, environmental hazards, and inflammatory reactions. On the inside covers of the book, for quick reference and easy access, we have listed dermatologic conditions affecting athletes, first by sport and then by specific skin condition. Photographs of the sports-related dermatoses will help the clinician visualize the different clinical morphologies apparent in athletes. In many cases, the use of summary tables will help the clinician organize their thinking regarding prevention and treatment of various infectious conditions. *Sports Dermatology* will assist the many clinicians faced with these issues to chose the most appropriate treatment and prevention plan for their specific athlete population.

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