

Book Review

Treatments for Skin of Color

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A review by Edidiong Celestine Ntuen Kaminska, MD; Maria Tsoukas, MD, PhD

A basic dermatology textbook with practical features, *Treatments for Skin of Color* presents common diseases and concepts of dermatology. Special considerations of how skin of color patients differ in clinical presentation and treatment are discussed. In addition, quality photographs of skin of color patients are provided. The full text also is offered at the Expert Consult Web site (www.expertconsult.com).

The book is divided into 6 major sections including medical dermatology, pigmentary disorders, follicular disorders and alopecias, tumors (benign and malignant), cosmetics, and complementary and alternative medicine. The chapters in each section are organized according to a standard format. The first 4 sections include succinct clinical information, applicable photographs, and valuable pearls pertaining to skin of color. The authors describe how treatment practices may need to be tailored to cultural practices. For example, frequent use of shampoos for seborrheic dermatitis may be harsh on chemically treated hair or tightly coiled hair in women with skin of color; therefore, weekly use of a medicated shampoo may be more appropriate. Pearls in this book such as this one help to expand the clinician's understanding of skin of color practices.

A section on management and therapy follows a portion of the text on diseases affecting skin of color patients. Colored boxes are used to distinguish each line of therapy. First-line therapies are green, second-line therapies are purple, and third-line therapies are blue, making it convenient to find desired information. Treatments are based on the current level of evidence in the literature labeled A to E, with level A signifying the best level of evidence supported by double-blind controlled trials and level E signifying support by anecdotal case reports involving fewer than 5 participants. Next, commonly encountered

pitfalls and special management and counseling consideration subheadings are provided; they present challenges, debunk misconceptions of diseases that affect skin of color patients, and discuss high-yield practical management options.

The fifth section focuses on cosmetics and the content is brilliant. Hair care practices and common products used on ethnic skin are described. Images of products are presented for tangible understanding. Organized tables containing the type of product, key and active ingredients, and manufacturers also are provided. A glossary of terms for hair care practices is given to describe familiar and unfamiliar terminology that practitioners may encounter and that patients may use when describing hair care. Postinflammatory hyperpigmentation, which may cause psychosocial distress in skin of color patients, also is addressed and several treatment options are offered. The second half of the fifth section discusses botulinum neurotoxin, chemical peels, fillers, hair transplantation, lasers, light sources, and other devices, all relating to skin of color patients and the differences in therapeutic approaches and management.

The final section discusses complementary and alternative medicine used to treat dermatologic diseases. This section educates practitioners about the unconventional treatments that skin of color patients often seek because of either dissatisfaction with conventional treatments or the desire for natural therapy. From Chinese herbal medicine for the treatment of acne to hypnotherapy for atopic dermatitis, the information is presented in a focused and interesting manner.

Treatments for Skin of Color is a succinct reference for general practitioners and dermatologists who treat skin of color patients. It covers a broad scope of dermatology, while highlighting important features of disease and treatment. The text is a handy clinical tool for dermatology practices.