

# Preface

Millions of people participate in sporting activities every day. During these activities, the most common injuries affect the skin. Cutaneous conditions afflict all athletes from the recreational neophyte to the professional. For years, dermatologists, primary care physicians, orthopedic surgeons, coaches, athletes, parents, public health officials, and the media have inundated me with questions and consultations regarding the diagnosis, treatment, and prevention of simple and occasionally complex skin diseases related to sports. Epidemics of antibiotic resistant bacterial skin infections in high school, college, and professional teams throughout the country have prompted extensive media coverage.

In my capacities as a researcher and clinical care physician, I have worked with high school and college teams, professional athletes, and the “weekend warriors.” The breadth of skin disease surpasses even the myriad sports that exist. Conditions ranging from innocuous skin injuries to skin disease that can bench a nationally ranked wrestling team occur at alarming rates. To help educate medical professionals, I have written multiple case reports and several review articles in peer-reviewed journals, but these venues have their limitations. Review articles and book chapters that discuss sports-related dermatoses are too general and often offer only cursory information. Enormous interest blossomed from my national lectures (at the American Academy of Dermatology annual meeting and at University departments) and media presentations over the past few years and gave me the impetus to explore a novel adventure.

Experiencing the dearth of information in the literature and recognizing the enormous interest in this incipient field, I ventured to construct a book that served to fill that void. As such, this book exhaustively reviews and summarizes the various skin disorders resulting from sports participation. The 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. I have separated the sports-related dermatoses into categories including infections, benign and malignant neoplasms, inflammatory reactions, traumatic conditions, and environmental hazards. Clinicians will be able to review myriad conditions affecting athletes of a specific sport and, at the same time, have the ability to investigate the many sports affected by a specific skin condition. Two separate indices direct the reader by disease and sport. 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. Hopefully using these tables, the clinician will be able to choose the most appropriate treatment and prevention plan for their specific athlete population. All recent advances and up-to-date information are included; evidence-based medicine is a key feature of this book.

This book is the first of its kind and it will be the resource book for the latest information on sports dermatology. Sports discussed in this book include all the sports on the Olympic programme, nearly all of the recognized sports by the International Olympic Committee, and several recreational sporting activities.

Individuals using this book will find that they can quickly locate current data on sports-related dermatoses. This book is intended for clinicians who deal with sports-related skin injuries such as dermatologists, primary care sports medicine specialists, athletic trainers, orthopedic surgeons, public health officials, and other physicians who wish to keep up with the current advances in the diagnosis, treatment, and prevention of sports-related skin conditions. Those individuals who are fascinated by and committed to sports and its impact on the well-being of the athlete will find this book to be all they ever need in order to care for their athletic patients' skin complaints.

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