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## Preface

This is the first book fully dedicated to prevention in dermatology. It seems almost counterintuitive to take on this task, because so much of what we do in dermatology is based on repair and restructuring of skin maladies. But with the shortage of dermatology providers and the shift to cosmetics and procedures, it is urgent to make sure our patients are given a fair chance to succeed in the fast-changing world of modern health care. Although we are specialists in skin care, we are health care providers first, and should treat our patients with a holistic and caring approach that includes prevention.

We live in a world between expectation and reality – and our goal as providers is to help ourselves and our patients anticipate problems and provide solutions. A smoker may have expectations of invincibility. Like many of you, I have succeeded most often in getting the person to quit by appealing to the vanity of the smoker by pointing out the accumulated wrinkles if he or she persists. If that method works, it is a success!

Time's arrow only moves in one direction – forward – and chronological aging takes a toll on all of us, especially visible on the most recognizable features of our facial skin. A rising tide of boomers are arriving daily at the shores of older age and demanding more help, including prevention of skin problems.

Much can be done to prevent the disfiguring effects brought on by the abuse of sun, nicotine and alcohol, excess weight, mobility and exercise difficulties, dysfunctional nutrition, improper hygiene, lack of immunizations, poor reading and comprehension skills, inadequate cosmetic repair, and many other problems. Preventive dermatology focuses on ways we can minimize skin problems, and maximize and enjoy the time we have been given.

We have highly effective sunscreens, a plethora of information about skin care on the internet, and more prevention and treatment modalities than ever before. But even the most informed patients need guidance, and that is why you need the information included in this book. I hope you share this information with your colleagues and patients, and this first book on prevention in dermatology is a springboard for many more books, ideas, and discussions to improve the quality of our lives.

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Dr. Robert A. Norman



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