

Table II. Medications prescribed for fungal and bacterial nail infections

Medication	No. (%)
Onychomycosis/nail fungus*	(n = 25)
Topical antifungal creams (nonspecific)	9 (36)
Clotrimazole	3 (12)
Tolnaftate	4 (16)
Itraconazole [†]	2 (8)
Griseofulvin, 500 mg ^{†,‡}	1 (4)
Terbinafine [†]	1 (4)
Carmol cream	1 (4)
Bacitracin	1 (4)
Selenium sulfide, 2.5%	1 (4)
Corticosteroids	1 (4)
Vick's VapoRub [§]	1 (4)
No medication was prescribed	5 (20)
Unspecified	3 (12)
Nail infection/paronychia	(n = 11)
Bactrim DS ^{,¶}	1 (9)
Keflex ^{,¶}	1 (9)
Doxycycline	1 (9)
Bacitracin	1 (9)
Antibiotic (nonspecific)	1 (9)
Pain medication	1 (9)
No medication was prescribed	4 (36)
Unspecified	1 (9)

*Four patients specifically requested terbinafine (Lamisil, Novartis Pharmaceuticals Corp, Hanover, NJ), and 1 requested griseofulvin for their onychomycosis but were denied the medication because defendants claimed their condition was either untreatable and/or "cosmetic." They were given other antifungal creams or no medication was prescribed.

[†]United States Food and Drug Administration approved for onychomycosis.

[‡]The plaintiff suffered an allergic reaction to griseofulvin and sued the defendant for failing to test for allergies to griseofulvin before use and to warn the plaintiff of possible adverse effects.

[§]Procter & Gamble, Cincinnati, Ohio.

^{||}Prescribed for a suspected methicillin-resistant *Staphylococcus aureus* infection and tinea pedis in 1 patient.

[¶]Sun Pharmaceutical Industries Inc, Cranbury, New Jersey.

[#]Fera Pharmaceuticals, Locust Valley, New York.

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The current landscape of dermatology podcasts: A descriptive analysis



To the Editor: Podcasts—audio or video recordings distributed via the Internet and platforms such as web pages, iTunes, and other apps¹—have become popular in the general population and medical community. The field of dermatology has embraced podcasting, with considerable excitement surrounding podcast use in trainee education and continuing medical education for clinicians.^{2,3} However, the overall state of podcasting in dermatology has not been well-characterized recently. We sought to describe the current landscape of publicly available dermatology-related podcasts.

We searched the popular podcast broadcasting platforms of Spotify, Stitcher, Google Play Music, and Apple Podcasts for dermatology-related podcasts available as of August 2019 using "dermatology," "dermatologist," and "skin" as search terms. Results (n = 1277, including 254 duplicates) were screened to identify unique English-language, playable podcasts that met the following inclusion criteria: (1) substantial coverage of dermatology-related topics, defined as clinical dermatologic conditions, procedures offered by dermatologists, matters related to running a dermatology practice, or the dermatology training process, and (2) at least 3 episodes. Show notes (descriptions that accompany episodes) were reviewed, and at least 2 episodes of included podcasts were played to further characterize content. We excluded 62 non-English podcasts, 893 nondermatology podcasts, and 35 dermatology-related podcasts with fewer than 3 episodes.

We found 33 unique podcasts that met inclusion criteria (Table 1). All podcasts were free. Several institutions, dermatology journals, and specialty organizations produced their own podcasts,

Table I. Dermatology-related podcasts reviewed*

Podcast name	Associated with journal?	Episodes, No.	Date of first episode	Date of last episode	Includes video?	Host	Target audience	Content category	Sources listed explicitly? ¹	Evidence of industry?	Notes
AAD's Dialogues in Dermatology	Yes (<i>Journal of the American Academy of Dermatology</i>)	198	1/1/14	7/25/19	No	MD/DO	Clinicians	Clinical dermatology	Yes	None/not disclosed	Interviews with authors of <i>Journal of the American Academy of Dermatology</i> publications. Produced by the American Academy of Dermatology.
Beyond Skin Deep: Impacts of Psoriatic Arthritis	No	18	6/17/18	10/3/18	No	MD/DO	Clinicians	Clinical dermatology	No	Sponsored by a pharmaceutical company	Monologues and interviews with physicians on aspects of psoriatic arthritis. Produced by ReachMD.
CDA 2019 Annual Conference- Interviews with Presenters	No	4	7/31/19	8/13/19	No	MD/DO	Clinicians	Clinical dermatology	No	None/not disclosed	Interviews with participants at the Canadian Dermatology Association's 2019 Annual Conference.
ACMS Podcast	No	8	9/19/18	6/26/19	No	MD/DO	Clinicians	Clinical dermatology	Yes	None/not disclosed	Interviews with authors of recent publications pertaining to Mohs micrographic surgery. Produced by the American College of Mohs Surgery.
Derma-to-login En	No	8	3/3/19	4/21/19	No	Other/not stated	Trainees	Clinical dermatology	No	None/not disclosed	Quick bites about dermatologic conditions.
Dermalogues	No	7	3/27/19	6/13/19	No	MD/DO	Trainees	Clinical dermatology	No	Supported by an educational grant from a pharmaceutical company	Interviews with dermatologists, designed for resident education. Produced by the Canadian Dermatology Association.
Dermasphere-The Dermatology Podcast	No	7	6/17/19	8/12/19	No	MD/DO	Clinicians	Clinical dermatology	No	None/not disclosed	Discussions on recent dermatology journal articles.
Dermatologic Oncology Update	No	33	8/28/08	1/14/19	No	MD/DO	Clinicians	Clinical dermatology	No	Supported by educational grants from various companies	Interviews with dermatologic oncology investigators. Associated with CME activities.

Continued

Table I. Cont'd

Podcast name	Associated with journal?	Episodes, No.	Date of first episode	Date of last episode	Includes video?	Host	Target audience	Content category	Sources listed explicitly? ¹	Evidence of industry?	Notes
Dermatology (Audio)	No	15	9/26/11	4/17/19	No (see notes)	Other/not stated	Clinicians (sometimes general public)	Clinical dermatology	No	None/not disclosed	Audio of lectures and talks on dermatology given within the University of California system. Separate podcast exists with video version of each episode.
Dermatology on Pat Kenny	No	6	2/19/19	6/6/19	No	Other clinician (nurse)	General public/other	Clinical dermatology	No	None/not disclosed	Miniseries on skin recorded for a talk show (the Pat Kenny Show). Interviews with a dermatology nurse.
Dermatology Weekly	Yes (<i>Cutis</i>)	53	6/11/18	8/8/19	No	MD/DO	Clinicians	Clinical dermatology	Occasionally	Select episodes sponsored by companies	Interviews with authors of publications in <i>Cutis</i> . Produced by MDedge.
Dermcast.tv Dermatology Podcasts	No	298	2/1/15	8/4/19	Yes	Other/not stated	Clinicians	Clinical dermatology	No	Recordings sponsored by various pharmaceutical companies	Recordings from presentations at Society of Dermatology Physician Assistants (SDPA) conferences and interviews with attendees.
eMedical Dermatology Review	No	15	3/30/10	2/7/13	No	Other/not stated	Clinicians	Clinical dermatology	No	Supported by educational grants from various companies	Interviews with dermatologists on various dermatology topics. Eligible for CME.
Growing Dermatologist Podcast Show	No	38	7/26/17	2/21/19	No	Business personnel	Clinicians	Business of medicine	No	Show notes with links to wealth management firms, private practices, etc.	Interviews with dermatologists about their experiences as well as marketing and leadership advice for dermatologists. Associated with a marketing company.
Heal Thy Skin by Dermhealth.co	No	14	1/14/19	8/13/19	No	Other clinician	Patients	Miscellaneous	No	Episodes sponsored by a magazine, show notes with links to various private practices	Interviews on assorted topics including acupuncture, massage, and scar treatments. By Dermhealth.co.
Inside Cosmetic Surgery Today—Barry Lycka MD	No	200	9/10/12	3/13/17	No	MD/DO	Clinicians	Aesthetics	Occasionally	Show notes with links to private practices	Interviews with physicians focused on dermatologic cosmetic procedures as well as nondermatology procedures.

JAMA Dermatology Author Interviews	Yes (<i>JAMA Dermatology</i>)	48	10/17/117/24/19	No	MD/DO	Clinicians	Clinical dermatology	Yes	None/not disclosed	Interviews with authors of <i>JAMA Dermatology</i> publications.
JCMS: Author Interviews	Yes (<i>Journal of Cutaneous Medicine and Surgery</i>)	20	10/23/186/17/19	No	MD/DO	Clinicians	Clinical dermatology	Yes	Supported by an educational grant from a pharmaceutical company	Interviews with authors of journal articles, eligible for CME credit. Produced by the Canadian Dermatology Association.
JDD Podcast	Yes (<i>Journal of Drugs in Dermatology</i>)	30	7/1/16 8/1/19	No	MD/DO	Clinicians	Clinical dermatology	Unable to fully assess	Sponsored by various companies	Interviews with authors of <i>Journal of Drugs in Dermatology</i> publications. Some episodes eligible for CME credit.
Journal of Investigative Dermatology	Yes (<i>Journal of Investigative Dermatology</i>)	186	12/15/087/19/19	No	Other/not stated	Clinicians	Clinical dermatology	No	None/not disclosed	Discussions about recent <i>Journal of Investigative Dermatology</i> publications, audio abstracts, and interviews with participants at conferences.
Journey to Glow	No	35	11/9/18 8/13/19	No	Other/not stated	Patients	Alternative medicine	No	None/not disclosed	Interviews with guests on holistic medicine, natural and organic skin care.
Learn Derm Podcast	No	10	6/25/19 8/8/19	No	MD/DO	Trainees	Clinical dermatology	Occasionally	None/not disclosed	Discussions on dermatologic conditions to build foundational knowledge about dermatology.
Learn Skin with Dr. Raja and Dr. Hadar	No	17	4/18/19 8/8/19	No	MD/DO	General public/other	Miscellaneous	Occasionally	None/not disclosed	Mix of interviews and discussions on Western biomedicine and Eastern and/or alternative medicine in dermatology.
The Mind Body Beauty Show Live Happier in Your Own Skin	No	14	7/21/15 5/15/18	No	Other/not stated	Patients	Alternative medicine	No	Associated with own skin care line, show notes with links to products	Interviews with mostly nonphysician guests on holistic approaches to skin care and skin issues.
Psoriasis: What's Beneath the Surface	No	18	12/11/187/30/19	No	MD/DO	Clinicians	Clinical dermatology	No	Sponsored by a pharmaceutical company	Discussions with dermatologists on various aspects of psoriasis. Produced by ReachMD.

Continued

Table I. Cont'd

Podcast name	Associated with journal?	Episodes, No.	Date of first episode	Date of last episode	Includes video?	Host	Target audience	Content category	Sources listed explicitly? ¹	Evidence of industry?	Notes
Psound Bytes	No	31	1/7/19	8/6/19	No	Other/not stated	Patients (sometimes clinicians)	Clinical dermatology	No	Supported by educational grants from various companies	Interviews with dermatologists about psoriasis, produced by the National Psoriasis Foundation. Some episodes eligible for CME.
The Alopecia Project	No	12	9/17/18	7/30/19	No	Patient	Patients	Patient perspectives	No	Show notes with links to products	Individuals with alopecia discussing their experiences.
The Eczema Podcast	No	28	11/25/16	7/31/19	No	Other clinician (nutritionist)	Patients	Alternative medicine	Occasionally	Associated with own product line, show notes with links to products	Interviews with guests on natural eczema remedies such as lifestyle and diet changes.
The Healthy Skin Show	No	63	1/11/19	8/11/19	No	Other clinician (nutritionist)	Patients	Alternative medicine	No	None/not disclosed	Interviews with various guests discussing alternative approaches to skin conditions.
The NipTuck Talk Show: Plastic Surgery Beauty Hot Topics Wellness Aesthetic Medicine	No	36	9/2/15	2/5/19	No	Other/not stated	Patients	Aesthetics	No	Show notes with links to private practices and products	Interviews with physicians focused on cosmetic dermatology as well as plastic surgery.
The Psoriasis Geek Podcast	No	29	7/12/18	5/10/19	No	Patient	Patients	Patient perspectives	No	None/not disclosed	Interviews with guests on various topics related to living with psoriasis.
The Secret Files	No	3	4/11/19	4/25/19	No	MD/DO	Clinicians	Clinical dermatology	No	Sponsored by a medical device company	Discussions about a particular medical device.
Topical: The Dermatology Podcast	No	38	4/15/18	2/21/19	No	MD/DO	Trainees	Applying into dermatology	Occasionally	None/not disclosed	Tips for prospective dermatology applicants.

AAD, American Academy of Dermatology; ACMS, American College of Mohs Surgery; CDA, Canadian Dermatology Association; CME, continuing medical education.

*Data as of August 13, 2019.

¹Defined as explicitly listing titles of published sources for episode content in the show notes or podcast episode title.

Table II. Summary characteristics of dermatology-related podcasts

Characteristic	Podcasts, No. (%)
Content category	
Clinical dermatology	21 (63.6)
Alternative medicine	4 (12.1)
Aesthetics	2 (6.1)
Patient perspectives	2 (6.1)
Applying into dermatology	1 (3.0)
Business of medicine	1 (3.0)
Miscellaneous	2 (6.1)
Host	
MD/DO	17 (51.5)
Other clinician	4 (12.1)
Business personnel	1 (3.0)
Patient	2 (6.1)
Other/not stated	9 (27.3)
Evidence of industry	
Sponsored (explicit)	12 (36.4)
Links in show notes	7 (21.2)
Self-promotion of products	2 (6.1)
None/not disclosed	15 (45.5)
Target audience	
Clinicians	18 (54.5)
Patients	9 (27.3)
Trainees	4 (12.1)
General public/other	2 (6.1)

illustrating the popularity and acceptance of podcasting in dermatology. Six podcasts were affiliated with peer reviewed journals, and five offered continuing medical education credit. Content encompassed clinical dermatology (63.6%), alternative medicine (12.1%), aesthetics (6.1%), patient perspectives (6.1%), applying into dermatology (3.0%), business of medicine (3.0%), and miscellaneous topics (6.1%) (Table II).

We observed a range of quality across podcasts. Sound quality, number of episodes, and regularity of posting were variable. Quality indicators for medical education blogs and podcasts based on consensus recommendations by health educators were also inconsistently present, in particular, author qualification, reference citation, and differentiating between advertisement and content.⁴ To illustrate, multiple podcast hosts were not dermatology clinicians, particularly among alternative medicine podcasts. Most podcasts did not explicitly list published sources for material covered in the podcast. Industry involvement was also prevalent, with explicit mention of sponsorship by or financial support from companies in 36.4% of podcasts (Table II).

Study limitations include an inability to evaluate undisclosed industry influences and financial partnerships or to formally assess the accuracy of all podcast content. Furthermore, we only examined podcasts on the mentioned platforms.

Podcasts in dermatology are diverse and have undergone explosive growth. However, the dermatology community must be aware that podcasting may be subject to outside influences, which may remain undisclosed. Pharmaceutical manufacturers, for example, can incentivize positive portrayal of products by sponsoring podcasts⁵—requiring healthy vigilance by listeners. Clinicians should also be aware that podcasts now likely represent a source of information for patients that is not necessarily peer reviewed or regulated for accuracy. To promote the legitimacy of podcasts for education and information distribution, discussions regarding how best to ensure quality of podcast content are warranted.

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A comparative study of dermoscopic features and monitoring of congenital and acquired nevi of the nail apparatus in pediatric patients



To the Editor: A conservative approach for melanonychia in children is generally recommended because the vast majority are benign; however, the occasional presence of melanoma-like features in pediatric nevus of the nail apparatus (NNA) can complicate management.¹ In addition, few data have been reported previously.²

We describe and compare clinical and dermoscopic features of congenital and acquired NNA in 32 Colombian children who presented with melanonychia between 2008 and 2018. Inclusion criteria were age <15 years and a clinical and dermoscopic diagnosis of congenital or acquired NNA. Congenital NNA (including late onset) was defined as brown melanonychia appearing before 3 years of age.

Clinical and dermoscopic features of pediatric NNA are presented in [Table I](#). Compared with acquired NNA (n = 13), congenital NNA (n = 19) were found to be wider (mean, 4.6 ± 2.9 mm vs 2.5 ± 1.6 mm; *P* = .025) and more likely to have irregular bands (47.4% vs 7.7%; *P* = .020) and a pseudo-Hutchinson sign (84.2% vs 46.2%; *P* = .29). Periungual pigmentation (Hutchinson sign) was found only in congenital NNA (31.6% vs 0%; *P* = .030), whereas a triangular sign (wider pigmentation proximally) was observed in 21.9% of all cases, without a significant difference between groups.

The Cohen κ showed moderate to good agreement between 2 observers (F.P. and C.M.) for most dermoscopic variables. In the 16 patients monitored over time, with mean follow-up of 13.2 ± 22.2 months, increased width and new structures with dynamic changes were observed ([Fig 1](#)). Biopsy specimens in 2 patients confirmed the diagnosis of melanocytic nevus of the nail matrix.

Previous reports have shown a benign dermoscopic acral pattern for periungual pigmentation in congenital melanonychia.^{2,3} In other studies,

Hutchinson sign and other melanoma-like features were observed in pediatric NNA.^{1,4}

Although this is a retrospective analysis with a small sample size and only 2 cases confirmed by pathology, we have found significant differences between congenital and acquired NNA in children, with substantial changes during follow-up. As dynamic changes in melanocytic nevi at other anatomic sites are often observed during childhood,⁵ evolution of pediatric NNA over time is not surprising.

In conclusion, congenital NNA is more likely than acquired NNA to present with melanoma-like dermoscopic features in pediatric patients. The diagnostic approach should include a thorough clinical history and careful examination including dermoscopy. Follow-up with digital dermoscopy can help to avoid unnecessary biopsies that may lead to emotional distress and nail dystrophy. A biopsy should be performed in uncertain cases with concerning features and evolution. However, specific criteria for pediatric melanoma of the nail apparatus have not been defined. More research is needed to identify signs of high-risk lesions and the significance of changes seen in follow-up.

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