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## IMAGES

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### Follicular Eczema: A Commonly Misdiagnosed Dermatitis

A 12-year old boy presented with a 2 months history of an itchy eruption over the extremities. The patient complained of a cyclic course with exacerbation in winter. There was no history of asthma, rhinitis or atopic dermatitis. Examination revealed grouped follicular papules forming discoid patches (**Fig 1**) predominantly over the extensor aspect of forearms and legs. The papules were skin colored, dome shaped and topped with pityriasisiform scale. There was associated generalized xerosis. Skin biopsy showed spongiotic dermatitis localised to the upper portion of hair follicle. The patient was given a midpotent steroid with emollient with complete resolution of the lesion in three weeks.

This condition is appropriately called follicular eczema as the biopsy shows spongiosis while the morphology shows follicular lesions. Other common differentials include keratosis pilaris (diffuse, follicular keratotic lesions with perifollicular erythema), lichen spinulosus (grouped, spiny, keratotic, papules) and



**FIG.1** A discoid patch formed due to coalescence of the follicular lesions with excoriation marks on the periphery.

phrynoderma (diffuse, large, pigmented, keratotic papules).

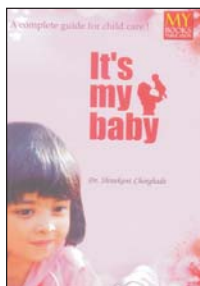
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## BOOK REVIEW

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### **It's My Baby**

SW CHORGHADE

*My Books Publication;*

*Nagpur, Maharashtra.*

*Pages: 179; Price: 150/-.*

This book is an English translation of a very popular Marathi book on parenting called *Adgula Madgula*, first published in 1984 and a bestseller. The pink colored cover of the book has been aesthetically and artistically designed. The blip on the last cover page quotes lines of Khalil Gibran. The special feature of this book is simple, lucid, and easy to understand language. The text is interspaced with suitable charts and sketches. The book guides parents on ideal technique of parenting which will help them in bringing up a physically and psychologically healthy baby. There are 15 chapters that highlight planning before having a baby, care of the fetus and the

mother, important tips for the father and other family members, process of normal delivery, physical growth and developments, milestones, diet of the infant, neonatal behavior, early danger signs, common symptoms of illnesses in infancy along with measures for early intervention, including immunization. There is a separate chapter on adolescent growth and development. Important guidelines are given on parenting skills and positive discipline. The author also deals with the epidemiology of personality development and signs of healthy personality. It also describes essentials of life skill development in children which are necessary for healthy personality. Overall, it is a must read for any would be parent and those who already are parents!

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