

## Dermatology Prince George

Dermatology Prince George - A rash on the skin is normally defined as a change to the skin in its texture, color or appearance. A skin rash can affect the whole skin or may be localized on one particular area of the body. Rashes can normally cause the skin to itch, become dry, bumpy, blistered, cracked, painful, swollen or warm. Normally, rashes could cause the skin to change color. The causes and treatments for rashes differ considerably depending on the diagnosis. The diagnosis is formed by taking into account various factors like what the individual's occupation is, the rashes' overall appearance, different signs, family history and what the patient may have been exposed to. The diagnosis could in fact confirm whatever number of health problems.

The rash could help to indicate certain connected symptoms and signs which are common to specific diseases. Measles for instance, may give a rash that is called an erythematous, morbilliform, maculopapular rash. This typically presents itself a couple of days after the fever starts and naturally it presents at the head and then works its way downwards.

There are several common causes of rashes including: food allergies, anxiety, dyes, medicines and insect stings and bites. The metals zinc and metal are commonly found in jewelry and are commonly known allergens too. Skin contact with an irritant often results in hives. These raised portions of skin can become itchy, red, inflamed, painful and swollen. Rashes can also result from a reaction to vaccination, from a fungal infection like ringworm, from sunburn or heat exposure, from friction due to chafing of the skin, and from skin diseases like for instance eczema or acne.

A skin rash could likewise become present due to a bacterial or viral infection. For instance, the viruses which lead to chickenpox, smallpox, cold sores and measles can be uncomfortable and distinct. There are some uncommon causes of rashes like for example: Lyme disease, pregnancy, lead poisoning, autoimmune disorders like psoriasis and of course repeated and frequent scratching on a specific area.

Because there are a lot of possible causes of a rash, the evaluation may be quite difficult. A health provider may have to do a completely thorough history in order to acquire an accurate evaluation. For instance, what is the patient's occupation? Are they taking any type of medication on a regular basis? Has the patient just traveled to whatever exotic locations? Normally, a complete physical examination would help to determine the cause and origin of the rash.

Particular Factors to Include in the Examination Are:

When referring to the appearance of the rash, is it like for example purpuric, that is usual for vasculitis and meningococcal disease, or is it sandpaper and fine as found with scarlet fever? Does the rash consist of circular lesions with a central depression, which is usual of small pox and molluscum contagiosum? Or is the rash consisting of plaques with silver scales which is often seen with psoriasis?

What is the distribution of the rash? Like for example with chicken pox, the vesicles often follow the hollows of the body; therefore, they are most prominent along the depression of the spine on the back as well as in the hollows of both shoulder blades. The rash presented with scarlet fever becomes confluent and forms bright red lines in the skin creases of the groins, neck and armpits. These lines are called Pastia's lines. There are not many rashes that affect the soles of the feet or the palms of the hands, however this could be seen in rickettsia or spotted fever, secondary syphilis, hand, foot and mouth disease as well as guttate psoriasis and also in keratoderma blenorrhagica. The symmetry of the rash is another feature to consider. For example, herpes zoster normally only affects one side of the body through an outbreak and does not cross the midline.

Generally, it is good advice not to scratch the rash. This is due to the scratching causing a spread of the rash. It can be tempting to gently rub the affected area in order to provide temporary relief but it is better to avoid contact with the affected areas completely.

Symptom Overview:

Various skin diseases could show their symptoms on the body. These symptoms could come in the form of Acne Vulgaris which comprises papules, nodules, pustules, comedones. Normally, this particular condition is found on the chest, face and the back. Acne Rosacea is defined as an area of redness or flushed appearance, typically found on the chin, nose, forehead or cheeks. Boils are a skin condition which could happen anywhere as a cluster or series of red painful bumps or a red painful bump. Cellulitis could be found all-around a skin breach like in a cut or scrape. It presents as a swollen, red and tender area of skin. Insect bites could occur anywhere on the body and are found as red and itchy, normally swollen bumps on the skin.

Allergic reactions can visibly appear as raised, flat or irregular red sores that appear on the skin after ingesting or being exposed to certain foods or taking medicine or drugs. Hives could happen anywhere. These are bumps that form suddenly and are often initially noticed on the face. Seborrheic Dermatitis is the definition of bumps and swelling that appear near glands. Cradle Cap is a condition on the scalp of recently new born babies which looks like dry, scaly skin. Irritant Contact Dermatitis is one more condition which becomes a red, itchy or oily or scaly rash. It could be found on the nose, eyebrows, edge of the scalp or where the body is in contact with clothing, perfume or jewelry.

Some bushes and trees like poison ivy, oak and sumac can elicit an allergic response known as Allergic Contact Dermatitis. It presents on the individual as scaly, red, oily or itchy rash that could be leathery or weeping. Allergic Purpura can occur anywhere on the body and looks like tiny red dots on the skin or even bigger, bruise-like spots that appeared after taking medicine. Pityriasis Rosea could initially start with a single red, scaly, somewhat itchy spot. Within a few days, there can be large numbers of smaller patches of red or tan rash. This is found on the abdomen and chest part. Dermatitis Herpetiformis is a condition that comprises an intensely itchy rash with red bumps and blisters, found on the elbows, buttocks, knees or back.

These are some of the common skin rashes: warts, Erythema nodosum, Chickenpox, Psoriasis, Fifth Disease, Shingles, Ringworm, diaper rash, Jock itch, yeast infection, Impetigo, Tinea versicolor, Scabies, Rocky Mountain spotted fever, Lupus erythematosus, and a lot more.

Treatment

Depending upon the type of rash the individual has, there are various treatment options accessible. Many skin rashes could be cured making use of non-steroidal treatments like salves made with aloe vera, sage, tea tree oil or comfrey. Other topical steroid

creams like hydrocortisone are prescribed. Different medications can be found over the counter and some could be specifically blended from a Naturopathic doctor or Herbalist.