

## Dermatology Winnipeg

Dermatology Winnipeg - A rash on the skin is normally defined as a change to the skin in its appearance, texture or color. A skin rash could affect the whole skin or may be localized on one specific part of the body. Rashes can often cause the skin to itch, become bumpy, dry, cracked, painful, blistered, warm or swollen. Usually, rashes could cause the skin to change color. The treatments and causes for rashes vary considerably depending on the diagnosis. The diagnosis is formed by considering various elements like the rashes' overall appearance, what the patient's occupation is, other signs, family history and what the individual may have been exposed to. The diagnosis can in fact confirm whichever number of health problems.

The rash may help to indicate some connected symptoms and signs which are common to particular diseases. Measles for instance, could give a rash that is referred to as an erythematous, morbilliform, maculopapular rash. This normally presents itself a few days after the fever begins and naturally it presents at the head and then works its way downwards.

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

A skin rash can likewise become present due to a bacterial or viral infection. Like for example, the viruses that result in chickenpox, smallpox, measles and cold sores can be uncomfortable and distinct. There are several uncommon causes of rashes including: Lyme disease, pregnancy, lead poisoning, autoimmune disorders such as psoriasis and of course repeated and frequent scratching on a particular part.

Because there are a lot of probable causes of a rash, the evaluation can be rather difficult. A health provider may have to do a completely thorough history in order to obtain an accurate evaluation. Like for example, what is the individual's occupation? Are they taking any kind of medication regularly? Has the patient recently traveled to whichever exotic locations? Normally, a complete physical examination will help in order to determine the cause and origin of the rash.

Certain Factors to Include in the Examination Are:

The appearance of the rash, for example, is it sandpaper and fine as found with scarlet fever, is it purpuric, which is typical for vasculitis and meningococcal disease? Is the rash consisting of plaques with silver scales that is usually seen with psoriasis? Or does the rash consist of circular lesions with a central depression, that is usual of small pox and molluscum contagiosum?

What is the distribution of the rash? For example with chicken pox, the vesicles normally follow the hollows of the body; thus, 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 armpits, groins and neck. These lines are known as Pastia's lines. There are not many rashes that affect the soles of the feet or the palms of the hands, however this can be seen in rickettsia or spotted fever, secondary syphilis, foot, mouth and hand disease as well as guttate psoriasis and even in keratoderma blenorrhagica. The symmetry of the rash is one more feature to think about. For instance, herpes zoster normally just affects one side of the body during an outbreak and does not cross the midline.

Normally, 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 softly rub the affected area to be able to provide temporary relief but it is better to avoid contact with the affected parts completely.

Symptom Overview:

Skin diseases can present signs anywhere on the body. Amongst the prevalent forms comprise Acne Vulgaris which consists of nodules, papules, pustules, comedones. This condition is usually found on the back, chest and on the face. Acne Rosacea is defined as an area of redness or flushed appearance, normally found on the nose, chin, cheeks or forehead. Boils are a skin condition that could take place anywhere as a painful red bump or a series or cluster of painful red bumps. Cellulitis could be found all-around a skin breach like for instance in a scrape or cut. It presents as a swollen, red and tender part of skin. Insect bites can occur anywhere on the body and are found as itchy and red, usually swollen bumps on the skin.

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

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

Other common kinds of rashes consist of: warts, Erythema nodosum, Psoriasis, Chickenpox, Shingles, Fifth Disease, diaper rash, Ringworm, yeast infection, Jock itch, Impetigo, Tinea versicolor, Scabies, Rocky Mountain spotted fever, Lupus erythematosus, and many others.

Treatment

There are a variety of treatment options depending on what type of rash the person has been diagnosed with. Some rashes are easily fixed with non-steroidal treatments like for example salves made with sage, aloe vera, comfrey or tea tree oil. Other topical steroid creams like hydrocortisone are prescribed. Various medications can be found over the counter and some could be

specially blended from a Herbalist or Naturopathic Doctor.