

Dermatology Halifax

Dermatology Halifax - A skin rash is defined as a change of the skin which affects its appearance, texture or color. Rashes could be localized in one part of the body or they may affect the entire skin. Typically, rashes can cause the skin to itch, become bumpy, dry, painful, blistered, cracked, swollen or warm. Often, rashes may cause the skin to change color. The treatments and causes for rashes differ considerably depending on the diagnosis. The diagnosis is formed by considering various elements like what the person'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 whichever number of health issues.

Having a rash appear anywhere on the body can indicate related symptoms and signs that are common of particular diseases. For instance, the rash in measles is called an erythematous, morbilliform, maculopapular rash. This usually presents itself a few days after the fever begins and naturally it presents at the head and after that works its way downwards.

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

Viral and bacterial infections could lead to a rash on the skin. The chickenpox, smallpox, cold sore and measles viruses could cause uncomfortable and distinct rashes. There are several uncommon causes of rashes like for example: pregnancy, lead poisoning, Lyme disease, autoimmune disorders such as psoriasis and of course frequent and repeated scratching on a particular area.

As there are so many probable causes of a rash, the evaluation could be somewhat hard. A health provider may need to do a completely thorough history to be able to acquire an accurate evaluation. Like for instance, what is the patient's job? Are they taking any type of medication regularly? Has the individual recently traveled to whatever exotic locations? Usually, a complete physical examination would help 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, that is usual for vasculitis and meningococcal disease? Is the rash consisting of plaques with silver scales that is often seen with psoriasis? Or does the rash consist of circular lesions with a central depression, that is usual of small pox and molluscum contagiosum?

How is the rash distributed on the body? With chickenpox, for example, the vesicles will follow the hollows of the body. They are thus more prominent in the hollows of both shoulder blades as well as on the depression of the spine on the back. 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 known as Pastia's lines. There are not many rashes which 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 likewise in keratoderma blennorrhagica. The symmetry of the rash is one more feature to think about. Like for instance, herpes zoster often only affects one side of the body during 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 softly rub the affected area so as to provide temporary relief but it is better to avoid contact with the affected areas completely.

Symptom Overview:

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

Allergic reactions can visibly appear as raised, flat or irregular red sores that appear on the skin after being exposed to or ingesting some foods or taking medicine or drugs. Hives can occur anywhere. These are bumps which form all of a sudden 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 newly born babies which looks like dry, scaly skin. Irritant Contact Dermatitis is another condition which becomes a red, oily or scaly or itchy rash. It can be found on the nose, eyebrows, edge of the scalp or where the body is in contact with jewelry, clothing or perfume.

Some trees and bushes like for instance sumac, poison ivy and oak may elicit an allergic response known as Allergic Contact Dermatitis. It presents on the individual as scaly, red, oily or itchy rash that can be weeping or leathery. Allergic Purpura could happen anywhere on the body and looks like small 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 may be large numbers of smaller patches of red or tan rash. This is found on the abdomen and chest area. Dermatitis Herpetiformis is a condition which consists of an extremely itchy rash together with red bumps and blisters, found on the elbows, buttocks, back or knees.

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

Treatment

There are different treatment options depending on what kind of rash the individual has been diagnosed with. Some rashes are easily fixed with non-steroidal treatments like for instance salves made with sage, aloe vera, comfrey or tea tree oil. Other topical steroid creams such as hydrocortisone are prescribed. Various medications could be found over the counter and others could be

specifically blended from a Naturopathic doctor or Herbalist.