

skinfacts

Suggestions and tips for skin patients and their families...



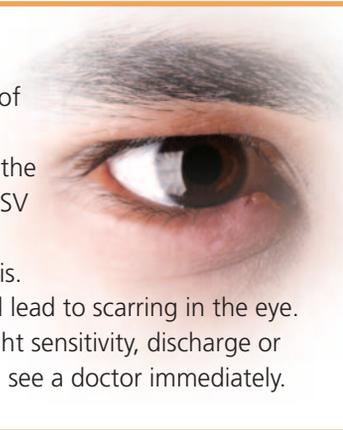
Treating vitiligo

Some patients with vitiligo choose to even their skin tone. There are two medical treatments that minimize discolouration.

Repigmenting, which brings the white patches back to their original colour, and **depigmenting**, which fades unaffected skin to match the white patches.

Feeling gritty

The most common areas of herpes simplex infections (HSV) are the mouth and the genital areas. However, HSV can also infect the eyes, resulting in herpes keratitis. Improper treatment could lead to scarring in the eye. If you experience pain, light sensitivity, discharge or a gritty feeling in the eye, see a doctor immediately.



Breastfeeding and eczema

Despite popular belief, the amount of time a child is breastfed has no correlation to the likelihood that they will develop eczema. Recent studies have shown that infants who were breastfed for four months or more were as likely to develop eczema as infants who were weaned earlier.



Odd circular rash?

A circular rash can be the first signs of Lyme disease. It begins at the site of the tick bite after a delay of three days or more. Other common symptoms include fatigue, fever, headache and muscle pain. If left untreated, patients can develop neurologic or arthritic complications.

Prevention:

- When walking in wooded areas, wear clothing and shoes that will keep ticks away from bare skin.
 - Insect repellents containing DEET can effectively repel ticks.
 - Check yourself and pets for ticks on clothing and skin after being in tall grass or wooded areas.
 - Carefully remove attached ticks using tweezers.
 - Disinfect the area with household antiseptic.
- Contact a doctor immediately if you develop symptoms.



Preventing scars

Cuts and bruises are a normal part of life but often, even a small cut can cause a scar. Want to leave your injuries in the past? Use a mild soap and cool water when cleaning a wound and avoid irritants

such as harsh soap, hydrogen peroxide, iodine and alcohol, as they can actually delay healing in minor wounds.

Soak your psoriasis away

Want a reason to bathe? A 15-minute soak can minimize the severity of psoriasis flare-ups. To make the most of your bath, add bath oil, colloidal oatmeal, Epsom or Dead Sea salts to lukewarm water. Wash with mild soaps that contain added oils and fats. After bathing, blot your skin and apply a heavy, ointment-based moisturizer or oils if you have very dry skin.



Goodbye, warts!

Children, young adults and those with compromised immune systems are more likely to be infected by common warts. Your physician can suggest the best methods to remove existing warts. To avoid spreading the disease, keep the wart confined to one area. Don't brush, clip, comb or shave any area that has a wart and never use the same tool for your wart and your healthy skin.

