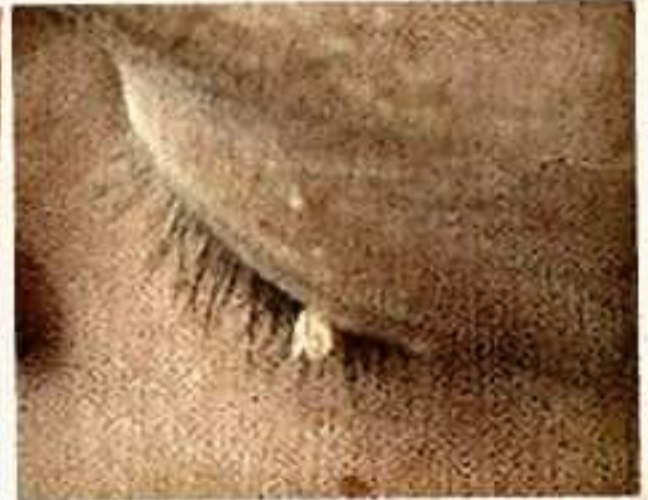


Common Skin Diseases



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Skin Facts

- An average adult's skin
 - spans 21 square feet,
 - weighs nine pounds, and
 - contains more than 11 miles of blood vessels.
- Your skin is your ***largest organ***.
- Blowin' in the wind: Globally, dead skin accounts for about a billion tons of dust in the atmosphere. Your skin sheds 50,000 cells every minute.

- The skin is often referred to as the largest body organ and serves as the main protective barrier against damage to internal tissues from trauma, ultraviolet light, temperature, toxins and bacteria. The skin is also responsible for sensory perception, temperature regulation, production of vitamin D and excretion of waste products.
- The thickness of the skin varies depending on the site, with thicker skin being present on areas of the body that experience friction or wear and tear, such as the soles of the feet and palms of the hand.
- The skin is supported by a layer of fatty tissue, sometimes known as the hypodermis. This fatty area helps to act as a cushion to protect the body and is also important for insulation.

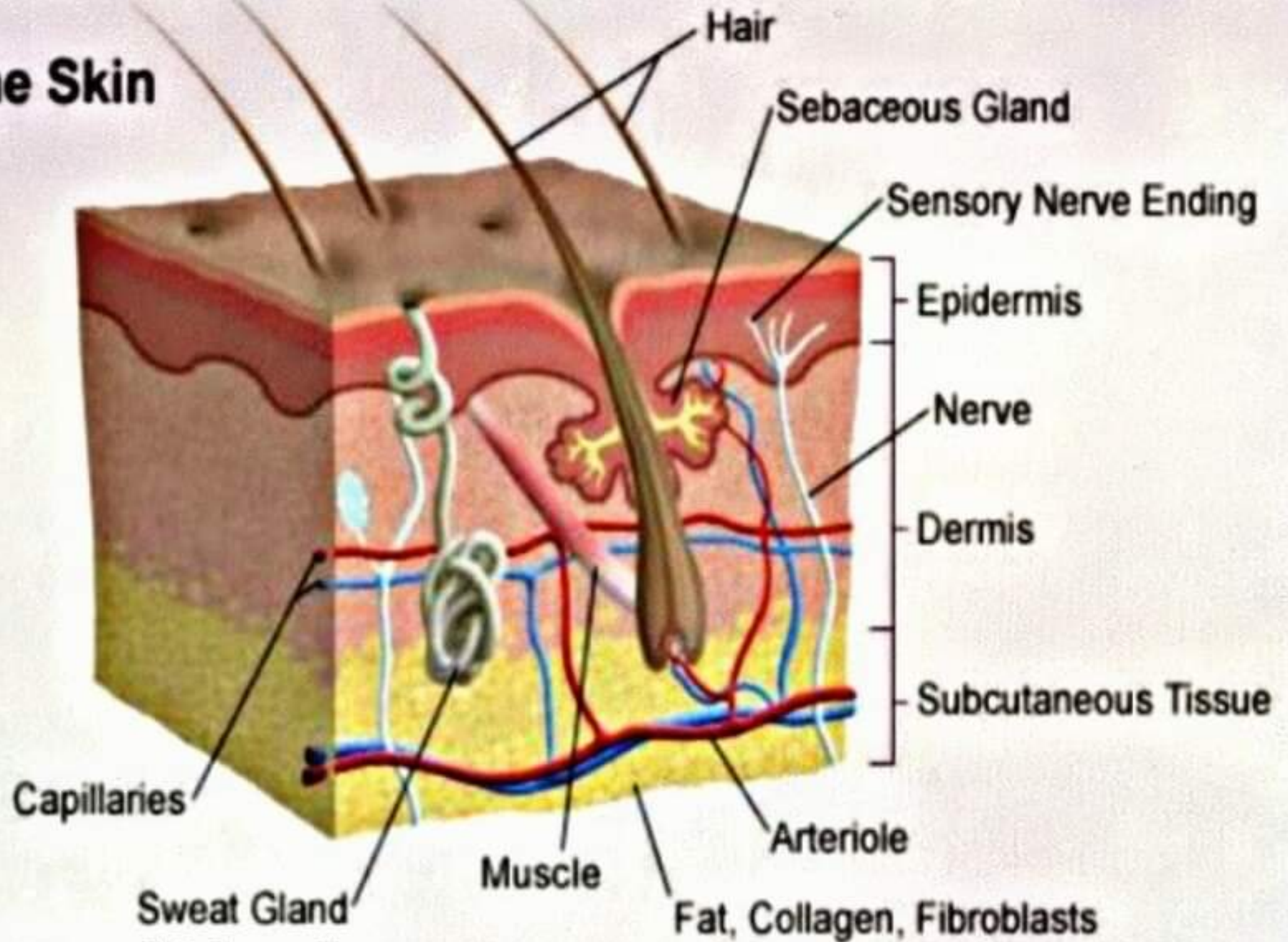
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cont.

The Skin



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- Skin is composed of two main layers.

Epidermis :

The epidermis (outer layer) contains no blood vessels and is divided into five layers.

Stratum corneum, lucidium ,granulosum,spinosum, germinativum(basale).

- Skin containing four layers of Epidermis is called thin skin(present in lips and eye brows), if Fifth layer Stratum Lucidium is present is called as thick skin.
- Thickness : 0.07-0.12 mm thick.
- Epidermis is avascular,means no blood supply.

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cont.

- **Dermis:**

Dermis lies under epidermis, This portion is supplied by

- The dermis also contains nerve endings, sweat glands, sebaceous glands, hair follicles and blood vessels.
- There are invaginations in Dermis called Dermal papillae and responsible for Interlocking of epidermis and dermis.

Common skin conditions in adults

Scabies Ringworm Eczema Hives
Psoriasis Acne Cold Sores Warts
Melasma Chickenpox Heat Rash

etc....

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Scabies



Ringworm

- Cause: fungus living off dead skin, hair, and nail tissue
- Symptoms: red, scaly patch or bump, it develops into itchy red ring(s) with raised, blistering, or scaly borders
- Transmission: skin-to-skin contact, sharing items like towels or sports gear
- Treatment: antifungal creams.

Ringworm



Eczema

- Cause: unknown; stress, irritants (like soaps), allergens, and climate trigger flare-ups
- Symptoms: skin is inflamed, red, dry, and itchy
- Transmission: genetics
- Treatment: cortisone creams, pills, shots, antibiotics, antihistamines, or phototherapy, cold compresses

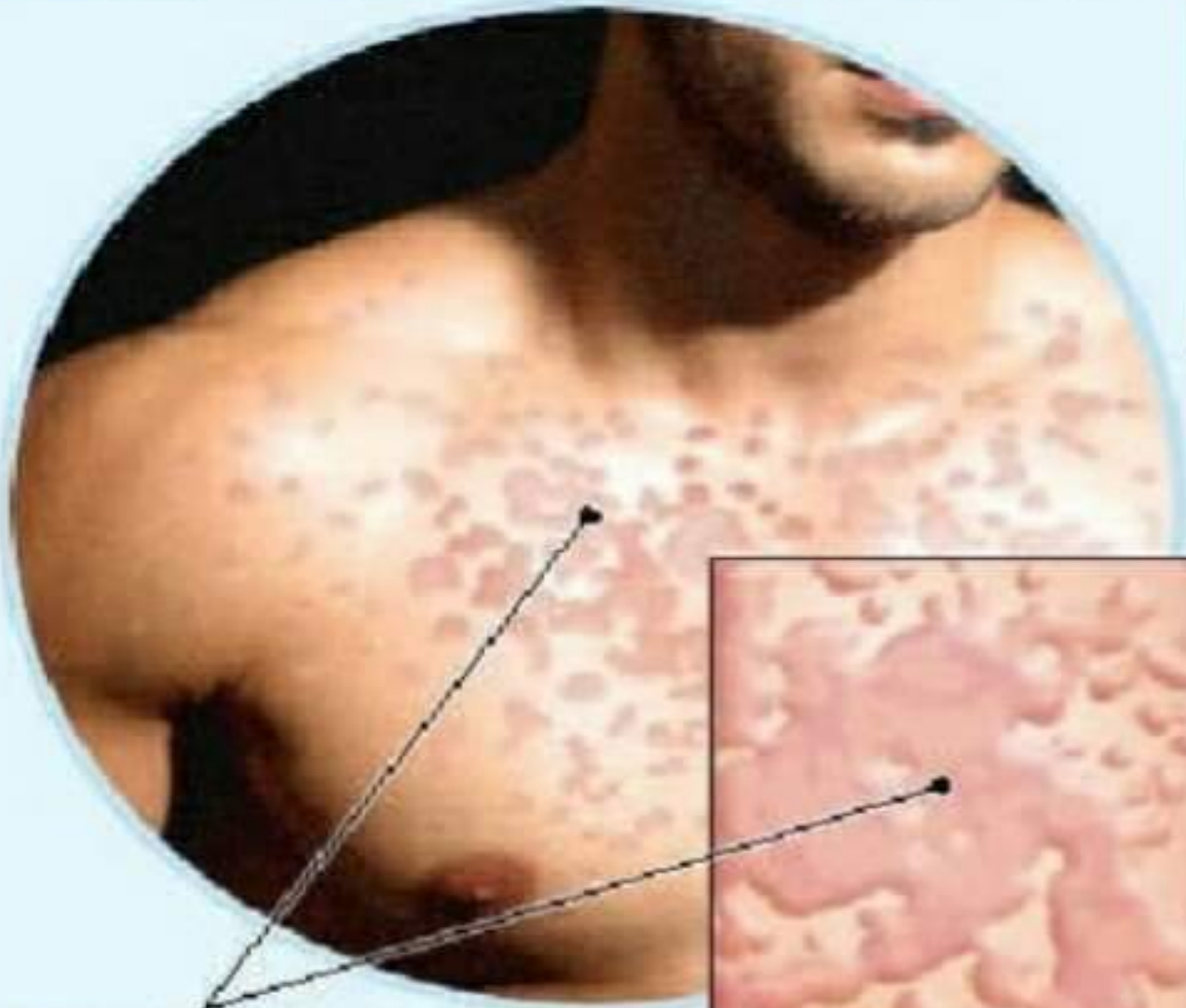
Eczema



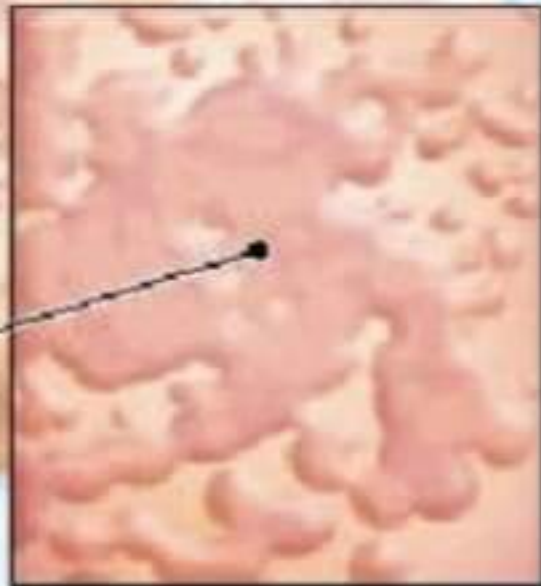
Hives

- Cause: aspirin or penicillin; foods like eggs, nuts, and shellfish; food additives; temperature extremes; and infections like strep throat
- Symptoms: looks like welts, often itchy, stinging, or burning or difficulty breathing
- Prevention: Antihistamines can provide relief

Hives



**Red, itchy, raised
areas of skin**



Psoriasis

- Cause: unknown, but skin inflammation may be triggering new skin cells to develop too quickly
- Symptoms: rash of thick red plaques covered with silvery scales
- Treatment: steroid or retinoid creams, light therapy, and medications.

Psoriasis



Acne

- Cause: many things, including hormones
- Symptoms: circumscribed, solid elevation of skin can be either brown, purple, pink or red in colour
- Prevention: keep oily areas clean and don't squeeze pimples (it may cause infection and scars).
- Treatment: three effective medication for acne- benzoyl peroxide, retinoids, and antibiotics

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Acne



Cold Sores

(Fever Blisters)

- Cause: herpes simplex virus fever, too much sun, stress, or menstruation
- Symptoms: small, painful, fluid-filled blisters on the mouth or nose
- Treatment : antiviral pills or creams, doctor consultation if sores contain pus

Cold Sores



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Warts

- Cause: human papillomavirus
- Symptoms: small, rough tumor, typically on hands and feet but often other locations, that can resemble a cauliflower or a solid blister
- Transmission: from person to person or via contact with something used by a person with the virus
- Prevention: not picking them, covering them with bandages, and keeping them dry.
- Treatment: freezing, surgery, lasers, and chemicals wash

Warts



Melasma

(Pregnancy Mask)

- Cause: pregnancy, men can also develop
- Symptoms: tan or brown patches on the cheeks, nose, forehead, and chin
- Prevention: stay away from sunlight- it worsens the condition.
- Treatment: prescription creams and over-the-counter products

melasma



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Chickenpox

- Cause: primary infection with varicella zoster virus (VZV)- one of eight herpes viruses
- Symptoms: itchy rash and red spots or blisters
- Transmission: personal contact
- Prevention: chickenpox vaccine
- Treatment: rest and medication, to reduce itching, fever and other flu-like symptoms

Chickenpox



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Heat Rash

(Prickly Heat)

- Cause: blocked sweat ducts, dress baby too warmly
- Symptoms: rash resembling small red or pink pimples.
- Prevention: dressing lightly as an adult who is resting, avoiding hot and humid weather
- Treatment: medical assistance, topical antibacterial (including the use of antibacterial soaps)

Heat Rash



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Conclusion

- Skin diseases are a bit like the common cold.
- They vary enormously from mild conditions which may affect only the appearance of the skin to severe diseases which are totally incapacitating.
- The degree of treatment required, or even sought, varies accordingly