



6 Common skin conditions



Prickly Heat

What is Prickly Heat ?

Excessive perspiration may result in skin pores (sweat ducts) getting clogged with sweat and dirt. The sweat then gets trapped beneath the skin and causes a rash to develop.

There are red rashes (red milium) and white rashes (crystalline milium). The red rashes (red milium) are red and itchy and occur deep within the epidermis. The white rashes (crystalline milium) appear as clear, shallow blisters and are not itchy.

Treatment

Topical Medication : Medication to relieve itching is prescribed.

Home Care

- Wipe perspiration or flush with warm water and keep area dry.
- Avoid hot and humid environments. Keep cool by using indirect ventilation through electric fans and air conditioners.
- Use clothing made of cotton fabrics as these absorb sweat well.
- Too much baby powder can clog the skin pores even more. Apply it lightly.

Precaution

If the rash is severe and gets to be very itchy, scratching may rupture the lesions. This can cause an infection and could lead to severe swelling (boils) or impetigo.



Diaper Rash

What is diaper rash ?

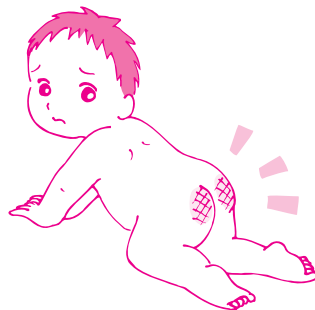
Dampness from sweat and urine inside the diaper makes the baby's skin sensitive. This may result in small scratches when diapers touch the baby's bottom, and even slight dampness can trigger diaper rash. The skin in the diaper region becomes red, painful and itchy. The thigh and groin areas are usually not affected.

Treatment

Proper care and hygiene of the baby's bottom will cure an ordinary diaper rash. When the rash is at its worst, zinc ointment or non-steroid ointment is recommended.

Home Care

It is important to keep the baby's bottom clean and dry at all times. Whether you use cloth or disposable diapers, always change as soon as it is necessary. Wash the baby's bottom with lukewarm water and make sure to wipe it dry. (Do not rub the skin too hard) Apply baby powder lightly. Avoid using poor quality diapers and fasten diaper covers lightly.



Skin Candidiasis (Cutaneous Candidiasis)

What is it ?

It is a chronic overgrowth of a fungus called Candida. This organism normally exists, in an inactive state, on the skin and in the stools of healthy people. It proliferates and produces sore red blisters similar to heat rash or diaper rash in the warm moist conditions of a baby's diaper, on the back, under the armpits and other skin areas. Cutaneous Candidiasis thrives in the deep folds of the skin, a distinct feature that makes it different from the diaper rash condition.

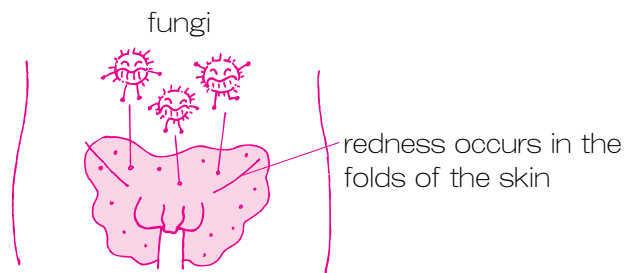
Treatment

Anti-fungal (Anti-Candida) ointment is prescribed.

Home Care

Change diapers often. Wash the baby's bottom with lukewarm water, rinse and dry well before using a fresh clean diaper. Use a light and cool diaper and diaper cover.

Steroid medications are effective for diaper rash and heat rash but should not be applied on babies with Cutaneous Candidiasis, as they will only worsen the condition.



Seborrheic Dermatitis in Infants

What is Seborrheic Dermatitis ?

This type of eczema is common among infants during the first three months after birth. Yellowish scab-like flakes and red patches appear on the head (scalp), eyebrows, ears and other parts of the body where sebaceous glands are concentrated.

The flakes form because of an excessive excretion of oil that irritates the skin due to the hormones passed from the mother to the child during conception. Dandruff and oil stick together forming greasy flakes that are hard to remove by simple washing.

Treatment

Before giving the baby a bath, apply some olive oil to soften the yellow scabs or flakes then wash gently and thoroughly using baby shampoo. Washing the hair thoroughly everyday can help clear up flaking.

Topical Medication : If the affected area is red and severely inflamed, steroid or non-steroid ointments are prescribed by a doctor.



Home Care

Always use baby soap and make sure to maintain cleanliness at all times.

HIVES

Hives is an allergic disorder characterized by sudden skin eruptions and itching. It can appear anywhere and the sizes of the affected area vary. Hives are usually red or white in color. Some hives disappear in a day, but some take about a week or two to disappear completely. Acute hives usually disappear within a week, but some may be present for as long as a month.

There are several causes of hives including the common cold, sudden changes in the weather, certain foods and undetermined factors.

Treatment

1. Oral medication : to stop itchiness either antihistamines or anti-allergy drugs will be prescribed.
2. Ointment : anti-itch cream should be applied externally.
3. Injection : when hives are severe, an injection will be given to stop the itching

Home Treatment

Medication : take all the prescribed medicines to prevent any recurrence.

Bath : taking a bath is not recommended because hot water causes hives to multiply.

To keep the child comfortable, give him a warm shower. When hives have disappeared completely, a tepid bath is fine.

Food : Eggs and dairy products such as milk, yogurt, cheese, and butter should be avoided for a while.

Others : Keep the room cool and dress the child in light clothing.

Do not let the child exert himself in order to avoid sweating.

To reduce itchiness, put a cool towel on the hives.



Impetigo "Tobihi"

* also known as "Bushfire" (i.e. it can spread quickly)

This is a bacterial infection commonly found on the skin. It often starts when a small cut or scratch, such as a skin abrasion or insect bite, becomes infected

It may appear as a single blister or groups of blisters that can spread rapidly. It may cause pain and itching, and scratching the sores may spread impetigo to other parts of the body.

This is a contagious disease prevalent in hot humid environments. Since there's no immunization for this kind of disease, a person may be infected more than once.

Treatment

- ① External medicine : Apply enough antibiotic ointment to cover the entire infected area 2-3 times a day. Then cover the skin with a soft cloth or gauze.
- ② Internal medicine : If impetigo shows no signs of improvement with the topical treatment, or additional infected areas have appeared, oral antibiotics should be administered.

Home Care

- ① Take a shower once or twice a day, then scrub gently with a washcloth and antibacterial soap. Gently pat dry before applying any ointment.
- ② Wash your hands with soap and water. Keep your fingernails short and clean.
- ③ An infected person with infected wounds or sores on the skin should avoid swimming.

Day-care center/Kindergarten/School

A child infected with impetigo may have to stay home until the condition has completely cleared up (2-3 days).

Prevention

- ① Once the impetigo spreads and covers more of the body, the medicine may no longer have any effect. In such cases, you should go back to the hospital.
- ② If the skin becomes red, it may be a sign of SSSS (Staphylococcal scalded skin syndrome), a condition that causes a severe "burning sensation."



MIZU IBO (Molluscum Contagiosum)

What is it ?

Molluscum Contagiosum is a virus infection of the skin caused by a pox virus. It features round, shiny, reddish-white nodules about 1 to 5 mm. in diameter that may occur on all skin parts of the body. It is contagious and can be transmitted through the bathtub or swimming pools, thus it is popularly known as MIZU IBO (MIZU=water IBO=wart).

Treatment

Molluscum contagiosum is a chronic infection. It may persist for six months to one year, but it will disappear on its own.. If surgical removal is advised, make sure the lesion is completely cured before attending swimming clubs or joining day care center activities.

① Removal of lesions

Pull out the nodules using a special type of tweezers with a round tip. As this process is very painful, remove nodules while they are still few in number. Take note that the nodules may reappear even after all of them have been removed.

② There are many topical medications available, but there is no particularly special medicine for treatment.

③ Oral medication

Ordinary medication for warts, like the herbal medicine Hatomugi extract (Yokuinin)[®], may be effective.

Home Care

Draw a separate bath for the infected child as this virus can be acquired in the tub.



Erythema Multiforme

This is a skin lesion, varying in size, surrounded by a ring-like red and pink rash. It usually occurs during bouts of colds. The rash may not be as itchy as nettle rash, but it spreads all over the body upon onset. In most cases, it takes about a week to completely heal. The rash disappears as the patient's condition improves, but extra precaution should be taken and a proper medical examination should be done, as there can be underlying causes or illnesses.

KAZE BORO (Viral Rash)

When a child comes down with certain types of colds, red rashes may appear on the body depending on how the cold virus is caught or treated. Some cold viruses may lead to contagious diseases such as German measles or rubella, and some may result in a more common condition known as KAZE BORO (viral rash).

The rash usually takes about 4-5 days to disappear on its own. However, medical tests may be needed if the condition persists or when unexplained symptoms associated with the rash occur.

