

## **Skin disorders, including cysts, acne and dermatitis.**

### **Skin disorders**

#### **1. Acne**

Acne is a skin disorder that causes pimples when the passageway that connects the skin's pores to the oil glands becomes clogged.

Acne, which appears most often on the face, neck, shoulders, chest and back, can come in many forms.

Whiteheads and blackheads are the most commonly known; nodular and cystic acne are more severe because they form deep in the skin and can cause scars.

Treatment:

1. Over the counter creams
2. Over the counter facial washes
3. Prescription creams
4. Prescription medication
5. Antibiotics

#### **2. Eczema**

There are three common forms of eczema:

Atopic dermatitis is the most common and is seen most often in children, which causes itchy rashes in the crook of the elbows and behind the knees.

Allergic contact dermatitis begins to show in adulthood and is caused by environmental factors such as cosmetic agents, fragrances and the metals in jewelry.

Nummular dermatitis looks like red and flaky coin-shaped patches of skin and is due to dry skin. This can be very itchy.

Treatment:

1. Antibiotics
2. Steroids

3. Antihistamines
4. Phototherapy

### **3. Seborrheic Dermatitis**

Seborrheic dermatitis, which causes oily, waxy patches to develop on the scalp, is distinct from other forms of dermatitis.

It can affect babies, typically in the first six months of their lives in the form of "cradle cap" -- a flakey, dandruff-like condition on the scalp. After the symptoms clear up, it rarely appears again until puberty.

Treatment:

1. Antifungal agents
2. Steroids
3. Certain over the counter shampoos

### **4. Skin Cancer**

Skin cancer is the most common type of cancer in the United States.

According to the American Academy of Dermatology, one million people are diagnosed with skin cancer annually, and 1 in 5 Americans will develop skin cancer in their lifetime.

Basal cell carcinoma and squamous cell carcinoma are the most common types of skin cancer. But 75 percent of skin cancer deaths are from melanoma, the third most common form.

Tests:

1. Examination of skin
2. Removal of suspicious lesions

Treatment:

1. Freezing
2. Excisional surgery
3. Radiation therapy

4. Chemotherapy
5. Laser Therapy

## **5. Psoriasis**

Psoriasis is a chronic and disfiguring genetic disease.

It is a buildup of excess skin tissue that looks red and thick and is covered with silvery scales.

It first appears on the elbows and knees, but can spread to other parts of the limbs and even the trunk.

Certain forms affect particular areas like the hands, scalp or the joints.

Although there are an array of skin conditions that can plague humans, treatment options for some, including acne, eczema and dermatitis have improved.

Treatment:

1. Steroids
2. Light Therapy

## **6. Skin Cysts**

Cysts are noncancerous, closed pockets of tissue that can be filled with fluid, pus, or other material.

Cysts are common on the skin and can appear anywhere.

They feel like large peas under the surface of the skin.

Cysts can develop as a result of infection, clogging of sebaceous glands (oil glands), or around foreign bodies, such as earrings.

### **Common Symptoms:**

- a. Slow-growing
- b. Painless
- c. Smooth to the touch when they are rolled under the skin

### **Treatment:**

Cysts usually do not cause pain unless they rupture or become infected or inflamed.

Most cysts do not disappear on their own without treatment.

Some cysts may need to be drained to relieve symptoms.

That involves piercing the cyst with a sharp object and draining it. That doesn't cure the cyst, however.

Some inflamed cysts can be treated with an injection of cortisone medication to cause it to shrink.

Cysts that do not respond to other treatments or reoccur can be removed surgically if they cause troublesome symptoms.