

SKIN DISEASE

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- Your skin acts as a protective barrier that protects delicate tissue, nerves and organs from environmental exposure. Because of this, it is exposed to several harmful organisms and substances, like germs, bacteria, chemicals, pollutants, allergens and so on. There are more than 7 million pores on your skin and it is important for you to follow strict hygienic measures.
- Many skin diseases are caused by environmental factors like the presence of bacteria or viruses. However, genetic factors could also contribute to the development of a number of problems. Some of the skin diseases are relatively minor, as they do not lead to any pain or discomfort. However, in several instances, a skin disease could be quite serious and perhaps even life threatening.
- Skin diseases can be mainly of four types:

- **1- Bacterial Skin Diseases:** A bacterial skin disease occurs when bacteria enter your skin, through a cut or a break. Most of the bacterial skin diseases in humans are caused by the Staphylococci or staph bacteria. Studies indicate that bacteria belonging to this genre are responsible for more than 40% of all skin diseases in humans. Some of the most common examples of bacterial skin diseases include:
 - Acne vulgaris
 - Impetigo
 - Acne rosacea

2- Viral Skin Diseases Viral skin diseases, like the name suggests are caused by certain types of viruses. While these diseases may last for a short period of time, the symptoms can be a lot more severe and uncomfortable. Some of the most common example of viral skin diseases or rather viral infections that cause skin rashes include:

- Chicken pox
- Measles
- Herpes (herpes simplex and herpes zoster)

3- Fungal Skin Diseases: The presence of microscopic fungi on the skin can lead to fungal infections in case there is an overgrowth. These diseases are not usually a cause for concern, but they could become a problem, if they are not controlled in time. Given below are some of the most common types of fungal skin diseases:

- Tinea corporis, manus, pedis
- Folliculitis
- Boils and furuncles

4- Congenital Skin Diseases These are common types of skin diseases affecting people of all ages. They are usually caused by genetic or environmental factors. Given below are some of the most common types of congenital skin diseases:

- Dermatitis
- Psoriasis
- Eczema
- While these are the most common types of skin diseases, there are others too. Skin cancer is an example of other types of diseases affecting the skin too.

• Symptoms of Skin Disease

- There are several different types of skin diseases that can affect you and the symptoms for each are different. In case of superficial skin disorders, the symptoms are usually visible and can be identified by sight. Given below are some of the most common symptoms for skin diseases:
 - Appearance of sores on the skin, which may ooze, rupture or crust over
 - Itchiness on the skin, which may increase in intensity during the night
 - Fluid-filled blisters appearing on the skin
 - Changes in the color of the skin
 - Tiny bumps or pustules
 - Blood vessels that seem visible on the cheeks and nose
 - Gritty or burning sensation in the eyes

- Easy flushing of the skin
- Eruption of small white spots with a bluish-white center, found mainly within the mouth, especially on the inner lining of the cheek .
- Patches that are brownish or grayish in color.
- Scaling or thickening of skin, with the formation of cracks in them.
- Rawness or increased sensitivity in the skin because of itching.
- Swelling on certain patches of skin.
- Bleeding from cracks and dry patches on the skin.
- Discoloration on the nails, fingertips and certain parts of the skin.

- In many cases, skin diseases can trigger off symptoms that are not visible. There are several other signs and symptoms too that could accompany skin diseases, such as:
 - Stiffness in the joints
 - Fever, which could vary from moderate to high
 - Running nose
 - Dry cough
 - Soreness and irritation in the throat
 - Conjunctivitis or inflammation in the eyes
 - Increased sensitivity towards light

• Causes of Skin Disease

- Skin diseases are widely prevalent all over the world, even though most of them can be prevented. In many instances people suffer from skin diseases, because it runs in their family. However, many a times, skin diseases are a result of environmental factors. The causes for each type of skin disease could vary. Some of the common causes of skin diseases include:
 - Exposure to harmful chemicals that can damage the skin and lead to severe disease, such as skin cancer. You could be at a high risk of a skin disease, in case you deal with substances like coal, creosote, tar, arsenic, paraffin or radium on a regular basis.
 - Getting a cut, scrape or a wound on the surface of the skin. Bacteria can enter the body through these open lesions and can lead to an infection or a disease
 - Close contact with a person who already suffers from a skin disease and has open sores on the skin.
 - Sharing personal items, like food, utensils, clothes, linen, towels, combs and toys with an infected person, because of which the disease-causing germs spread

- There are several other day to day factors too, that could aggravate or even trigger off skin diseases, infections and disorders. These everyday factors include:
 - Consumption of hot food and beverages
 - Being under a tremendous amount of stress
 - Eating high amounts of spicy food
 - Engaging in unhealthy practices like smoking
 - Sitting in the hot sun for a long period of time and getting too much sunlight
 - Exercising strenuously for longer periods than is recommended
 - Spending too much time in saunas and hot tubs
 - Using certain drugs and medication, like corticosteroids
 - Consuming an excessive amount of alcohol

- **Chronic Skin Conditions**
- Chronic skin conditions typically aren't curable, but they can be managed using drugs and by paying close attention to your lifestyle.
- 1- Eczema is a term for a group of medical conditions that cause the skin to become inflamed or irritated. The most common type of eczema is known as atopic dermatitis, or atopic eczema. Atopic refers to a group of diseases with an often inherited tendency to develop other allergic conditions, such as asthma and hay fever .
- Eczema affects about 10% to 20% of infants and about 3% of adults and children in the U.S. Most infants who develop the condition outgrow it by their tenth birthday, while some people continue to have symptoms on and off throughout life. With proper treatment, the disease often can be controlled.



- **Athlete's Foot**
- This fungal skin infection causes your feet to peel, turn red, itch, and burn. You may also get blisters and sores. Athlete's foot is contagious and passed through direct contact.




- **Cold Sores (Fever Blisters)**
- The herpes simplex virus causes small, painful, fluid-filled blisters on your mouth or nose. Cold sores last about 10 days and easily spread from person to person. Triggers include fever, too much sun, stress, and hormonal changes like periods. You can treat cold sores with antiviral pills or creams.



- **Eczema**
- Eczema is a blanket term for several non-contagious conditions that cause inflamed, red, dry, and itchy skin. Doctors aren't sure what makes eczema start in the first place, but they do know that stress, irritants (like soaps), allergens, and climate can trigger flares. In adults, it often appears on the elbows, hands, and in skin folds. Several medications treat eczema. Some are spread over the skin, and others are taken by mouth or as a shot.

• What Causes Eczema

- The exact cause of eczema is unknown, but it's thought to be linked to an overactive response by the body's immune system to an irritant. It is this response that causes the symptoms of eczema.
- In addition, eczema is commonly found in families with a history of other allergies or asthma. Also, defects in the skin barrier could allow moisture out and germs in.
- Some people may have "flare-ups" of the itchy rash in response to certain substances or conditions. For some, coming into contact with rough or coarse materials may cause the skin to become itchy. For others, feeling too hot or too cold, exposure to certain household products like soap or detergent, or coming into contact with animal dander may cause an outbreak. Upper respiratory infections or colds may also be triggers. Stress may cause the condition to worsen.
- Although there is no cure, most people can effectively manage their disease with medical treatment and by avoiding irritants. The condition is not contagious and can't be spread from person to person.

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- The current thinking is that eczema is caused by a combination of factors that include:
 - genetics
 - abnormal function of the immune system
 - environment
 - activities that may cause skin to be more sensitive
 - defects in the skin barrier that allow moisture out and germs in

- The Role of Triggers in Eczema
- A trigger is not something that causes eczema. But it can cause it to flare or make a flare worse.
- The most common triggers are substances that irritate the skin. For instance, in many people with eczema, wool or man-made fibers that come in contact with the skin can trigger a flare.
- Examples of other things that can irritate the skin include:
 - soaps and cleansers
 - perfume
 - makeup
 - dust and sand
 - chlorine
 - solvents
 - irritants in the environment
 - cigarette smoke

- Flares can also be triggered by certain conditions that have an effect on the immune system. For instance, things that can trigger or worsen a flare include:
 - cold or flu
 - bacterial infection
 - allergic reaction to something such as mold, pollen, or pet dander
 - Stress has also been identified as a possible trigger.
 - Actions and environments that cause the skin to dry out or become otherwise sensitive can trigger flares. Some examples include:
 - prolonged exposure to water
 - being too hot or too cold
 - sweating and then becoming chilled
 - taking baths or showers that are too hot or last too long
 - not using a skin lubricant after a bath
 - low humidity in the winter
 - living in a climate that is dry year-round