Impetigo

Impetigo (im-pet-i-goh) is a very contagious skin condition. It occurs on the face, neck, and hands of children and babies. Children who wear diapers usually get it around the diaper area. Impetigo is rare for adults, but it usually follows another skin condition or an infection.

Abby Wilson and Katrina Washington

Symptoms

- Small red spots that turn to blisters and break open
- Spots aren’t painful but can be itching
- Ooze fluid and look crusty
- Spots range in size from the size of a pimple to a coin
- Swollen lymph nodes
- Skin lesions

Causes

Impetigo occurs when types of bacteria infect the skin. It can occur with:

- Skin-to-skin contact with an individual who has impetigo
- Touching things that someone with impetigo has had contact with, such as towels, bedding, and toys
- Injury to the skin
- Insect bites
- Animal bites

Treatments

- Practice good personal hygiene and maintain a clean environment
- Wash regularly with warm soapy water.
- Get prescription topical mupirocin ointment
- If you have a more severe case you may need oral medication prescribed by your doctor.
- Do NOT use over-the-counter ointments!
- Don’t pick at the rashes.

Duration of Treatment

- Child can return to school after 24 hours of treatment
- If pills or ointment are taken exactly as prescribed, treatment should be done in 1 week

Other facts

- There are two different types of impetigo non-Bullous and Bullous, they have different symptoms.
- It is easier for a child with an open wound or scratch to contract impetigo.

Works Cited

National Skin Center [https://www.nsc.com.sg/Patient-Guide/HealthLibrary/Types%20of%20Skin%20Conditions/Pages/Impetigo.aspx](https://www.nsc.com.sg/Patient-Guide/HealthLibrary/Types%20of%20Skin%20Conditions/Pages/Impetigo.aspx)

By Serena Johnson and Jordan Brown
Herpes

- Herpes is a viral infection.
- Herpes can infect oral or genital skin

HSV 1 (Herpes 1)- usually causes cold sores in and around the mouth.
HSV 2 (Herpes 2)- is most often found with herpes down below.

Causes of Herpes

- HSV-1 (Herpes 1)- Can be spread from the same utensils, sharing lip balm, or kissing a person with herpes. The virus can also spread to an infected person through an outbreak. It is possible to get genital herpes from HSV-1 if the virus has not been tested and performed well.
- HSV-2 (Herpes 2)- is contracted through forms of sexual contact with a person who has HSV-2.

Herpes - Treatment

- Most people are treated with an antiviral cream to help the sores disappear.
- Doctors also prescribe an oral antiviral medicine or an antiviral shot to shorten the outbreak.
- There are three major drugs commonly used to treat genital herpes:
  - Acyclovir (Zovirax)
  - Famciclovir (Famvir)
  - Valacyclovir (Valtrex)

Herpes - Duration of Treatment

- Herpes cannot be cured, but medicines can reduce the amount of outbreaks.
- A herpes outbreak usually lasts 2 to 3 weeks.
- Antiviral medicines can reduce the amount of outbreaks to 1 or 2 a year.

Herpes - References

- Herpes Simplex: [http://www.healthline.com/health/herpes-simplex#Causes2](http://www.healthline.com/health/herpes-simplex#Causes2)

Vitiligo

Causes

- Melanocytes begin to die, they control color of skin
- Autoimmune- body mistakes own cells to be foreign
- Kills off the cells
- Also occurs when body’s nervous system goes away, or not normal

Treatments

- No medical treatment: Includes using cosmetics to temporarily regain lost color
- Topical medicines: prescribed for small areas
- Light treatment: uses light to repigment the skin. Includes either a light box or receiving excimer laser treatments.
- PUVA light therapy: uses UVA light and a medicine called psoralen to restore skin color.
- Surgery: an option when light therapy and topical creams fail. Different surgeries are available, all replacing unaffected skin to affected areas.
- Unconventional Treatment: some vitamins, minerals, amino acids and enzymes have been known to restore skin color.
- Depigmentation: treatment removes the remaining pigment from the skin, leaves skin completely white.

Duration of Treatment

- Anywhere from one session, to your entire life
  - No medical treatment: Put on makeup for entire life
  - Apply medicated 4-6 months
  - Light Treatment: several sessions
  - PUVA Light Therapy: close to a year
  - Surgery: one day, not including recovery time
  - Unconventional Treatment: amount of time is not known, depends on body
  - Depigmentation: 1 to 4 years
Rosacea

Affects facial skin
Begins after age 30
Redness of the cheeks, nose, chin, neck, scalp, or ears
Worsens over time. Redness more persistent, skin swells, blood vessels appear and small bumps occur
Eyes could become watery or bloodshot

Causes
- The exact cause of Rosacea is unclear.

Treatments
- There is no permanent cure for rosacea.
- Medical therapy is available to control or reverse signs and symptoms.
- Different oral and topical medications may be prescribed to treat the bumps and redness often associated with the disorder.
- Avoiding the sun could help prevent sudden flares of rosacea.
- Antibiotics that contain anti-inflammatory ingredients could be taken.
- Laser and light therapies help reduce redness.

Duration of Treatment
- Duration of treatments is unpredictable
- Depending on personal skin triggers treatments may be different
- Creams and antibiotics may be used to reduce

Works Cited
American Academy of Dermatology
- https://www.aad.org/dermatology-a-to-z/diseases-and-treatments/

Rosacea

Em and Tay

Works Cited
National Skin Centre
- Rosacea Treatment and You
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National Skin Centre
Rosacea Treatment and You

Melasma

Brown patches appearing on the face, neck, or forearms

Causes

- Pregnancy (change in hormones)
- Overexposure to sun
  - often why it is worse in the summer
  - also why it returns
- No exact cause, thought to be due to melanocytes overproducing color
- Cosmetics

Treatments

- Can fade away on its own
- Prescription creams containing hydroquinone
- Possibly a chemical peel
- Laser treatment
- Avoid being in sun

Duration of treatment

- May take several months
- Follow doctor's orders (different for each patient)

WHO GETS MELASMA

- Anyone can get it:
  - more common in Asian heritage
  - those who live in tropical climates
  - people with darker skin are more prone due to more active melanocytes
Scabies
By: Tielar Jacobsen & Evy Sprick

Causes of Scabies
- This condition is caused by the scabies mite, which is a parasite that burrows into the skin of people.
- It is usually transmitted by close person-to-person contact, and by sharing the same bed or clothing, most popular with children and people with poor hygiene.
- The whole family can be affected because scabies is quite infectious.

Causes:
- Viral - Human Papillomavirus (HPV)
- Boosted - Drinking/Feeding, People who bite their nails/pick hangnails, People with weakened immune system
- Easier to catch if you have a cut/skin

Treatments:
- Some warts go away without treatment (mostly in children)
- Caustic: paint warts; form blisters, cut off
- Cryotherapy: freezing (common to need repeat treatments)
- Electrosurgery/Curettage: burning, cut off wart with sharp knife or spoon
- Excision: cut off wart
- Salicylic Acid: apply directly on warts

Treatments of Scabies
- Scabies can be treated with certain medications that will kill the mites rapidly.
- Treatment is a cream/lotion that is applied to the entire body, usually from the neck down.
- A doctor may even prescribe pills.
- Benzyl Benzilate emulsion or Malathion or Permethrin are some of these treatment options.

Duration of Treatment
- For 3 days it needs to be treated
  - First night: Right after a shower, put the lotion on your whole body from neck downwards, also the unaffected areas. Don’t forget your parts not seen. Don’t put it on your face. Don’t wash away the lotion until the next evening. Re-apply lotion on your hands when you wash them.
  - Second and Third night: Repeat everything you did the first night. Also wash any bed sheets, clothes, practically and material and put them all in the sun.

Duration of Treatment
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Work Cited
- www.nsc.com
- www.medscape.com
  www.medscape.com/viewarticle/805780_2
- www.google.com

Subungual and Periungual Warts
Sawyer Davis & Mia Nielsen

Causes:
- Virus - Human Papillomavirus (HPV)
- Nickel/Phone - Children/Fence, People who bite their nails/pick hangnails, People with weakened immune system
- Easier to catch if you have a cut/skin

Treatments:
- Cantharidin: paint warts; form blisters, cut off
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- Benzyl Benzilate emulsion or Malathion or Permethrin are some of these treatment options.
**Duration of Treatment**

- Cantharidin: 24 hours
- Cryotherapy: 1-3 weeks
- Electrosurgery/Curettage: one treatment and done
- Excision: one treatment and done
- Salicylic Acid: every day for many weeks

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**Causes**

No one knows the exact cause of Psoriasis but doctors think it’s from the immune system causing inflammation which causes new skin cells to grow every 3-4 days causing a buildup. It cannot be transferred from person to person but may be transmitted in a family because of genes.

Some other causes can be:
- Cuts, Scrapes, or Surgery
- Emotional Stress
- Strep Infections

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**Treatments**

Some treatments are:
- Steroid Creams
- Skin Moisturizers
- Cool Ivy
- Vitamin D Cream
- Retinoids/Retinoid Cream

There is no cure.

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**Psoriasis**

Brandon Jahnel

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**Work Cited**

- American Academy of Dermatology
  - [https://www.aad.org/dermatology-a-to-z/Diseases-and-Treatments/u---w/warts/who-gets-causes](https://www.aad.org/dermatology-a-to-z/Diseases-and-Treatments/u---w/warts/who-gets-causes) (Cause Information)
- American Academy of Dermatology
- Family Doctor

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**References**


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**Duration of Treatment**

There is no determined amount of time for treatment because it may not ever go away. But some spots might take 2-6 weeks to improve while others might take months.

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**Shingles**

by Nate Rothlisberger

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**Causes**

- Shingles or herpes zoster is caused by the same virus that causes chickenpox.
- The shingles virus is a latent form of chickenpox.
- The virus remains inactive in the nerves connected to the spinal cord.
- An outbreak of shingles can occur if the body is weakened or stressed.
- The main symptom of shingles is a painful rash that can last from two to four weeks.
TREATMENTS
- Currently there is only one approved vaccine for shingles.
- The vaccine reduces the risk of developing shingles by 51% and the lingering postherpetic neuralgia by 67%.
- Ongoing shingles infections can be stopped by using antiviral drugs and a topical antibiotic to combat infection.

DURATION OF TREATMENT
- Immediate use of antiviral drugs for 72 hours after the breakout may stop the progression of the rash.
- Using antiviral drugs immediately can lower the chance of developing long-term effects of postherpetic neuralgia.

WORKS CITED
- http://www.cdc.gov/vaccines/vpd-vac/shingles/vacc-need-know.htm

Hyperpigmentation by Xinbo Wang

Causes
- caused by an increase in production of melanin
- commonly caused by the changing hormones from pregnancy
- Addison’s disease can cause it
- exposure to sunlight
- some antibiotics, chemotherapy, antimalarials, and antiarrhythmics

Treatments
- non ablative fractioned laser treatment
- laser treatments are the most effective and powerful
- topical prescription medicine
- over the counter drugstore creams with soy or niacinamide
- hydroquinone medication bleaches the skin
- wearing sunscreen helps prevent hyperpigmentation from getting worse

Duration of Treatment
- laser treatment- 8 weeks
- topical medication- months
- sunscreen- forever

Works Cited
- http://www.healthline.com/symptom/increased-skin-pigmentation
- http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3461803/

ChickenPox
By: Molly Epperson
What is Chickenpox?

Chickenpox is a very contagious rash and red spots and blisters that appear all over the body.

Symptoms include:
- Fever around or over 100°F
- Feel sick
- Little or no appetite
- Headache or sore throat
- Red itchy spots on the body

Causes

- by the varicella-zoster virus
- if you come in contact with someone who has chickenpox
- if you touch the fluid from chickenpox blister

Treatment

- A child may only need itch medicine, fever reducer, and headache medicine because it would be less severe than if you get chickenpox as a teen or adult
- If you are 12 or older your doctor could prescribe you a medicine or vaccine
- To help with the itching you could use itch medicine, take an oatmeal bath or cool compression

Duration of Treatment

- Duration can vary
- Symptoms appear 1-2 days before the spots, that is when you would use the fever reducer and headache medicine
- when the rash/spots appear they last between 5 and 10 days, during this time you use the itch medicine, take an oatmeal bath, and cool compression to help with the itching

Work Cited

- WebMD http://www.webmd.com/vaccines/tc/chickenpox-varicella-topic-overview