



## Skin rashes

---

A rash is a rash is a rash, right?

Wrong. In fact, there are so many different types of skin rashes, you may find it hard to keep track of them all.

Here's a brief overview of just 10 of the more common types of skin rashes.

**1. Eczema** is a chronic skin condition that causes itchy, dry, scaly, inflamed skin. Fluid-filled blisters may also form. You can't catch it from other people, but a family history of allergies can increase your risk. Over-the-counter (OTC) cortisone-containing creams or ointments may help.

**2. Contact dermatitis** shows up as red, dry, itchy patches—often on your hands and face—areas that have been exposed to an irritant, such as soap or detergent. Poison oak or ivy is an allergic cause of contact dermatitis, which brings on itchy, red blisters. Avoid the irritant or allergen. A variety of newer OTC products can help prevent and treat poison oak or ivy. Sometimes oral corticosteroids are prescribed.

**3. A drug rash** can occur if you're allergic to a medication, such as antibiotics. Red, itchy spots that spread, covering a large area develop within two weeks of starting a new medication. Certain foods may cause a similar reaction. See your doctor right away if you suspect an allergy.

**4. Ringworm** actually involves no worms at all. This itchy, red, slightly raised ring is caused by a fungus. You can pick up ringworm from other people or animals. Topical antifungals can usually clear up this rash.

**5. Impetigo** is a bacterial infection. It sometimes develops in open cuts or bites. A red sore quickly ruptures and oozes, forming a crust. The infection spreads easily from person to person or to other areas of skin. You might need OTC or prescription antibiotics.

**6. Swimmer's itch** can lead to itchy, red, raised areas. You may get it if you swim in water that's contaminated with parasites. If it worsens or doesn't clear up without treatment, see your doctor.

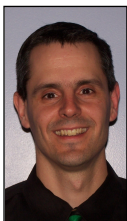
**7. Rosea**, though usually mild, leads to large scaly, pink areas of skin. It may become itchy and red or inflamed. Oral antihistamines, such as Benadryl, can sooth itching. The cause of rosea is unknown.

**8. Heat rash** can flare up if you spend too much time in the heat. Red clusters of blister-like bumps can pop up in areas that get very warm, such as your neck, upper chest, or groin. Try to stay cool and dry, and wear loose clothing.

**9. Psoriasis** is a chronic condition that causes a rapid buildup of rough, dead skin cells. It shows up as thick, silvery scales or itchy, red patches—often on knees, elbows, or scalp. Depending on its severity, your doctor may need to prescribe medication.

**10. Lichen planus** is another common skin rash. It's not contagious, though it's linked to certain conditions and medications. It appears as shiny, flat-topped bumps. Anti-itch products, such as antihistamines, may bring relief.

Bottom line? Many rashes clear up with a little time. But if yours doesn't, I can help point you to the right products or let you know when a doctor's care is the best idea.



If you have any questions please feel free to contact me @ 873-3244 or [mcglynnrx@tds.net](mailto:mcglynnrx@tds.net)

Thanks,  
Dan McGlynn