

Chapter 1 : Skin problems from stomas | DermNet New Zealand

The skin is often described as the largest organ in the body. As a woman, I understand and empathize with how important it is to feel healthy not just on the inside, but on the outside as well.

A healthy skin can easily be achieved by a proper diet and adequate skincare. But sometimes it has been observed that in spite of a proper skin care and all the efforts skin shows problems. A healthy and effective skincare for skin problems is part of overall good health. A proper skin care reduces the skin damage and thus reduces the premature aging of skin. The article summarizes few of the most common types of skin problems observed in women and their precaution to avoid or minimize these problems: Open and enlarged pores Oil glands present in the skin sometimes results in excessive oil discharge from the skin resulting in blockage of the pores. These blocked pores lead to elasticity loss of pores which makes the rough and coarse. The best prevention for open pores is to keep the skin oil free: A rose based toner is ideal. Apply it with cotton on your face after cleansing to give a toning effect. On exposure to sun the pigment present in the inner layer of skin increases causing tanning. In fairer people the pigment gets accommodated in an irregular and patchy form showing in the form of dark spots. Always wear a sunscreen before going out in sun. Given Below are few tips to reduce freckles: Apply and leave for mins. Wash it off with cold water. Apply once or twice a week. It is advisable to use a face scrub twice a week. Apply cold milk on dry skin after scrubbing to get desired results. Whiteheads A collection of dead cells and oil under the skin is called as white heads. They can appear on any skin type i. Drinking plenty of water is advisable. The best precaution against white heads is to follow a daily cleansing and scrubbing routine. It is advisable to consult a dermatologist for wart. Sometimes homeopathy can also give good results. The best precaution is to avoid pulling out of warts from nails and squeezing them. Soak these pieces overnight in water. Apply this water on wart in the morning. Develop a habit of applying vinegar to warts daily. Leave me a comment and share tips on how to prevent and reduce skin problems. The symptoms are pretty clear but there is a need to spread the awareness about it. Let me know what you think about it. Subscribe to our RSS for latest updates for free.

Chapter 2 : How To Deal With Skin Problems - Featured, Skin Care

Dealing With Fibromyalgia Rash Often when we think about fibromyalgia, we think of muscle pain, fatigue, sleep problems, digestive complaints and mood issues. However, many fibromyalgia sufferers also deal with rashes and other skin changes, which can be distressing and uncomfortable.

Sunday, February 7, , Is your skin prone to a lot of skin issues ever since you became a teenager? In our teenage years, we all go through a myriad of emotional as well as physical changes. In addition to these changes, you become even more distressed when you suffer from a number of skin problems. By knowing the cause of a particular skin problem, it becomes easier to deal with it. Therefore, read on the article, which emphasises on the top 7 teenage skin issues and how to deal with them: Sunburn Sunburn is one of the most general teenage skin problems, and is experienced by a majority of people in their teenage days. Sunburn is caused by extreme exposure of the skin to the harmful UV rays of sunlight. Oily Skin In the process of knowing the 7 teenage skin issues and how to deal with them, an oily skin type can also be a very important skin problem. Sometimes, oily skin can also be hereditary in nature. In order to get rid of an oily skin, use a mild cleanser, oil-free cosmetics and a mild moisturiser. Some blotting products like paper sheets are also available in the market that you can use to absorb the extra oil from your face. Dry Skin Due to lack of moisture, you may experience a dry, flaky, cracked and peeling skin in your teens. Dry skin can be caused by using too much of makeup, excess exposure to the sun, dry environment, certain medical conditions, excessive washing of the face, particular medicines or chemicals, using rough soaps, etc. In order to deal with dry skin, use an odour-less moisturiser, avoid too much of sun exposure and drink at least 2 litres of water daily. Spots Spots are common teenage skin problems and almost every teenager suffers from it. During the teenage years, there are hormonal changes in teenagers that cause the skin glands to secrete excess oil sebum , which results in the appearance of spots. Always keep your skin clean and make sure to remove your makeup before going to bed. Spot-removal creams and facewashes can be helpful to some extent. Warts Warts are fleshy coloured bumps and lumps that can appear on your fingers, under your fingernails, under the feet or on the back of your hands. Warts can occur due to a viral infection and mostly teenagers get affected by them. There are various treatments for warts such as chemical or laser treatment and freezing the development of warts using liquid nitrogen. Acne In the process of understanding the 7 teenage skin issues and how to deal with them, the next teenage skin problem is "Acne". During puberty, the teenagers experience increased hormonal levels that give rise to acne. These hormones foster the size of sebaceous glands to increase and this results in an increased oil production by these glands. There are several gels, lotions and creams that can help you in getting rid of acne. In severe cases, you must get your skin checked by a good dermatologist. Eczema Eczema is among the most familiar teenage skin problems that appears on the skin in the form of red, dry and itchy rashes. Generally, these rashes emerge on your knees and elbows and, in worst cases, they can appear on your scalp and face. Apply an odour-free, strong moisturiser instantly after swimming, bathing or showering. In case of extreme itchiness or redness, consult a dermatologist.

Chapter 3 : How to Deal With Fibromyalgia Rash and Skin Problems – Women With Fibromyalgia

Acute Skin Problems. Many skin problems are temporary and can be treated with medications or simply with time. Learn more here. Cold Sores Cold sores -- also called fever blisters -- are a painful.

Meat by-products Cheap fillers The elimination diet consists of a trial period in which you expose your pet to foods one at a time to rule out possible allergens. In fact, it will probably be easier if you prepare fresh ingredients from scratch so no artificial preservatives are introduced. Just because a source of food is considered hypoallergenic does not rule out the possibility that it will cause an allergy in your dog. Dogs all have their unique immune systems, and hypoallergenic ingredients are just a starting point. If itching persists, switch out the bison for cooked ground turkey. If itching persists, switch out the turkey for cooked white fish. You can also swap out the sweet potatoes for millet. At this point, you can also add in some cooked greens like kale, broccoli, or spinach. Be sure to note any sensitivities to new foods as you introduce them. High-quality hypoallergenic foods will also have fewer ingredients, making it easier to find potential allergens. When you choose a commercial dog food, be sure to feed your dog ONLY that food for a full week. Try antihistamines – Antihistamines, like Benadryl, can alleviate allergic reactions in some situations. If you decide to try Benadryl, be aware that there are some mild side effects. Always follow the recommendation of your veterinarian. We covered the pros and cons of giving your dog Benadryl in this article. Always provide fresh drinking water. Immunotherapy – This treatment works well for dogs who are allergic to inhalants or antigens that come into contact with the skin. It must be used in conjunction with intradermal skin testing. Once the allergens have been confirmed, your veterinary dermatologist can desensitize your dog to the allergen by injecting an altered, weekend version into the skin. Shots are usually administered weekly over the course of several months. Cyclosporine – This medication can be used successfully for seasonal allergies or other types of atopy. Steroids – Steroids will help relieve extreme itching and inflammation, but they do have short and long-term side effects. They should be used sparingly and reserved for very serious conditions. Oclacitinib – This is a relatively new treatment that shows promise for treating allergic reactions to fleas, food, and environmental allergies. Cytokines help cells communicate with each other and promote itching and inflammation in dogs who have allergies. Read more about Oclacitinib on Pet MD. Vitamin E – If your dog has small problem spots, you can open up a vitamin E capsule and massage it into the skin. This will moisturize, alleviate some of the itching, and help prevent infection. Aloe Vera – This plant is commonly used to soothe sunburn in humans, but it is just as useful when treating skin conditions in dogs. If you buy commercial aloe vera, be sure that aloe vera is the first ingredient, and stay away from harsh chemicals. Calendula Tea Compresses – Calendula flowers have been used to treat skin conditions for centuries. Steep the dried flowers in hot water to make a strong tea. Apply the cooled tea directly to problem areas using a washcloth. You can also buy calendula salves and sprays commercially. Epsom Salt Soak – This is helpful for paws that are red and raw. Fill a tub with warm water and a few tablespoons of Epsom salt. Have your dog stand in the water for soothing relief. Final Thoughts on Dealing with Dog Skin Allergies Diagnosing and treating dog skin allergies is a complex and difficult task, but with patience and perseverance, it will be a life changer for your dog. Your dog will thank you. Disclaimer All content on this site is provided for informational and entertainment purposes only. It is not intended to be nor can it be considered actionable professional advice. It must not be used as an alternative to seeking professional advice from a veterinarian or other certified professional. Please consult a professional before taking any course of action with any medical, health or behavioral related issue. November 12th, by LTHQ.

These changes can cause a variety of skin problems, including bumps, itchy skin, and stretch marks. To deal with these skin problems, use products that are approved for use during pregnancy, wear loose clothing, keep your skin moisturized, and talk to your doctor before using any medicated products.

But skin that is very dry can be extremely uncomfortable and even painful. Dealing with really dry skin can be a problem, too and can affect your daily life, especially if it is unbearably itchy. If you are not sure if your skin is really dry, ask yourself a few questions. Does your skin feel tight after going swimming, taking a bath or a shower? Does it seem dehydrated or seem to be shrunken? Is your skin prone to redness, cracks or fine lines? Does your skin flake, peel or look scaly? Does your skin itch, sometimes intensely? Do you get fissures that are deep, sometimes breaking open and bleeding? If you answer yes to one or more of these questions, you most likely have very dry skin that needs treatment. Knowing what causes your very dry skin will help in knowing what to do to ease the dryness. Causes of Really Dry Skin Just like many other skin problems, extremely dry skin can be the result of one of many causes. Some causes only require adjustments to your skin care routine. Others might also require changes to your environment, to your diet and some require medical treatment. Some of the more common and easily treated causes of very dry skin are weather, air conditioning and central heating, harsh detergents and soaps and hot water, often in the form of baths and showers. These all have relatively simple solutions to ease really dry skin. Weather or climate can be the cause of very dry skin at opposite ends of the spectrum. Cold, dry winter air in more northern regions and hot, dry summer air in desert areas cause seasonal dry skin. Air conditioning and central heating cause skin dryness in much the same way as humidity is removed from the air. Using good rich moisturizing creams and lotions will help but getting and using a humidifier will stop a lot of the dryness from even starting. Do you like to take hot showers or long hot baths? You might want to think that over. Your skin has a natural oil barrier that helps keep it moist. Hot water causes this barrier to break down, leaving your skin to dry out. The same thing happens when you go swimming in pools that are heavily chlorinated. Even just spending a lot of time in water can cause this. So you will want to take warm, not hot showers and baths, and limit your time in any water, especially if it has a lot of chlorine. Many of the leading brand name soap and detergents are harsh on your skin and will strip away the natural oils that protect it. Many shampoos will do the same thing to your scalp. The soaps that are the worst are the antibacterial and deodorant soaps. With all these harsh soaps and detergents, your skin can be left very dry and itchy. To remedy this, look for mild soaps designed to moisturize and follow washing your skin by applying a good moisturizer or learn how to make your own. Abella Skin Care Dual Cleanser, 6. Patting yourself dry rather than rubbing after cleaning will also help to preserve the natural oils on your skin. Other causes of really dry skin are dehydration drug and alcohol use skin disorders such as psoriasis and thyroid disease For dehydration, increasing the amount of fluid intake will go a long way to remedy dry skin. Alcohol and caffeine should be eliminated or reduced. Other drugs, such as antihistamines, diuretics and Accutane, which might be required for the treatment of health problems, will need their effects to be remedied by keeping well hydrated and using moisturizers. For thyroid disease and psoriasis, you can consult your doctor for advice in addition to using moisturizers and making sure you keep hydrated. Really dry skin is not pleasant to have but can be dealt with, usually effectively, if you are diligent in using the methods necessary to relieve it. Summary How To Deal With Really Dry Skin Description Many of the leading brand name soap and detergents are harsh on your skin and will strip away the natural oils that protect it leaving really dry skin.

Chapter 5 : Understanding Dog Skin Allergies: Remedies, Treatment and Skin Care Tips

Read ahead to find out about the common skin problems in dogs, the factors that can cause them, and how you can deal with them best. Pattern Baldness (or Canine Pinnal Alopecia) Pattern baldness is likely to affect most dachshunds at one point or another, and it is a harmless condition.

Causes of, and dealing with skin problems Self-care method for a stoma that you have to understand Causes of, and dealing with skin problems Possible causes of skin problems are determined according to the site where they occur. The main causes of skin disorders which can occur at the respective sites are shown Figure 1 and Table 1. Classification of skin surrounding the stoma Possible main causes of skin disorders by site of skin surrounding the stoma Site of skin surrounding the stoma Main causes of skin disorders A: Proximal section Region from the junction of the stoma to the skin barrier of the ostomy appliance Chemical irritation due to adhesion of excrement or intestinal fluid B: Skin barrier region Region where the skin barrier of the ostomy appliance touched Chemical irritation by contact of skin barrier Irritation from detachment action of skin barrier Skin appendage inflammation folliculitis , miliaria, fungal infection Physical irritation by excessive washing or friction, etc. Outside of skin barrier region Region where accessories including medical tape, ostomy bag, belt, etc. Skin problems in proximal section It is said that the main causes of skin problems commonly observed are attachment and embedding of excrement Figure 2. In such cases, it is necessary to cut the ostomy hole on the faceplate according to the stoma size Figure 3. Skin problems due to adhesion of excrement Left: Occurred due to adhesion of urine Figure 3. Identification of stoma size 2. If maceration occurs, the barrier function of the skin will be impaired, and bacterial infection is likely to occur. Because of inappropriate replacement frequency and incorrect skin care when the appliance is replaced, moreover, skin problems may occur. In such cases, replace the appliance at an appropriate timing, peel off the appliance gently using the remover , or use a skin barrier of not so high adhesibility, etc. Skin problems at the outside of skin barrier region Because the skin is pulled due to friction between the outer edge of the skin barrier and the skin, weight of excrement, etc. In such a case, change the position of the faceplate or the size of the faceplate. Moreover, skin problems may occur due to irritation by tape Figure 4. In such a case, it is also necessary to reconsider the need for tape. When the patient produces a large amount of sweat in the abdomen, the sweat may accumulate at the outer edge of the skin barrier, the skin barrier may therefore be dissolved, or miliaria or fungal infection may also occur Figure 5. In such a case, wipe the sweat off frequently, and if the patient produces a large amount of sweat, the replacement interval should be shortened. Skin problem due to tape used at the outer edge of the faceplate Figure 5. Sweat and miliaria at outer edge of skin barrier.

Chapter 6 : Causes of, and dealing with skin problems | Stoma Life

We talked with Dr. Monica Carezani-Gavin, owner and medical director of Azani Medical Spa in Bethlehem, Pennsylvania, about how to deal with common skin problems and what to do when something pops.

Contact Us How to Deal with Common Skin Problems in Dachshunds Dachshunds are some of the most popular house pets around the world, and for good reason too. They are adorable, fun loving, good companions, and protective. However, as with most pets, there are several health conditions that these pooches are at risk for. Read ahead to find out about the common skin problems in dogs, the factors that can cause them, and how you can deal with them best. Pattern Baldness or Canine Pinnal Alopecia Pattern baldness is likely to affect most dachshunds at one point or another, and it is a harmless condition. This involves the thinning and sometimes loss of fur, usually in specific areas. Most commonly, this condition can be seen around the neck, ears, temples, and stomach area. The thinning and loss of fur can begin as early as puberty in these dogs, and the skin becomes darkened. If you notice this in your pet, it is important to go to a vet to rule out any other conditions. Since this condition is harmless and will not cause any pain or discomfort to your pet, it is not a cause of worry. However, there are melatonin supplements and dietary supplements for fur and skin can sometimes promote regrowth of the fur. Acanthosis Nigricans This pigmentation condition is a lifelong skin condition that can develop when the dog is still a puppy. It is possible that the dog may develop a condition known as seborrhea, a flaky and itchy skin problem like dandruff. This dermatological issue can be seen first in the armpit areas, and later the groin and abdomen. Though there is no cure, there are several ways to manage the condition, as well as steps that you can take to prevent complications. Most often, this involves prescription shampoos that your vet will suggest, along with steroids and supplements for dermatological health. Malassezia Dermatitis Yeast Infections Yeast infections of the dermis in dogs are not uncommon with this breed, and often co-occur with acanthosis nigricans. It is caused by a fungus, and can be identified by the development of a rash, which your pet may itch at frequently. This rash soon becomes infected, giving off a musty, foul odor. The skin may become thick and dark, or redden with itching. This is not a contagious condition and it can be treated. You may also be given ointments for daily use, and anti-fungal oral medications. Skin Tumors It is possible for your pet to develop lumps on the dermis that can be dangerous but are most often benign. Generally, it is not uncommon for malignant and benign tumors in dogs to be removed with surgery. While you cannot prevent a tumor from developing, you can take care to watch for any signs of lumps or bumps, and see a vet at once if you should come across any. This way you will be able deal with potentially malignant growths as early as possible. You can, however, reduce the risk involved with a few simple steps. Mostly, all you need to do is make sure your pet is getting the right kind of diet to promote healthy skin. You should also keep him or her well groomed and clean, and frequently check for signs of abnormalities. Long-haired dogs will need more frequent baths than short haired-dogs, but it is generally best to bathe a dachshund once every three months. You would only need more or less frequent bathing if the vet recommends it because of a condition. If you bathe your dog too frequently, it can remove healthy natural oils and dry out the skin. Make sure you use the correct shampoo and not human soaps or shampoos, as it is easy to cause a dermal irritation. Be sure to brush your dog once a week, or daily if the fur is long, to prevent matting and tangling. First use a wide-toothed comb and then a brush. Look through the fur for tick and fleas, as well as any signs of developing or worsening dermatological problems. These parasites and mites can cause rashes and infections. Keep an eye out for any allergic reactions caused by any environmental factor such as fabric or plants. It is important that you give your dog a little treat after every bath, inspection, and brushing. Make sure that they are getting a healthy diet specific to their breed. It should contain plenty of good fatty acids to promote healthy skin. If you have any concern about the health of your dachshund, do not hesitate to consult a vet.

Chapter 7 : Dealing With Skin Reactions to Radiation Treatment for Breast Cancer

You are right about the challenges a person with skin problem has to face. A person facing skin problems is not only challenged on physical level but also www.nxgvision.com like lack of confidence.

Skin problems are common among the elderly. Some skin conditions are considered a normal part of aging, while others may indicate an underlying health problem. Here are the most common skin conditions that affect elderly people, and how to treat them: The loss of oil glands which help to keep the skin soft is the main cause of dry skin. Dry skin gets itchy, which results in lots of scratching or picking at the skin. Dry skin can also become cracked and in severe cases, can bleed or become infected. Use a cleansing soap that has moisturizer or is formulated for dry skin Use body lotion with containing Eucerin If you are applying the appropriate moisture and not noticing an improvement, try gently exfoliating to slough off old skin cells. Bathe your loved one every other day, rather every day Check water temperature. Water that is too hot can dry out the skin Choose cotton clothing, rather than polyester or other synthetic fabrics and avoid tight clothing Use a soft washcloth for bathing and showering, rather than loofahs or products that contain Increase water consumption to keep the skin hydrated Avoid caffeine, which can cause itching Use humidifiers and vaporizers to get more moisture in the air Bruising While it may take quite a bit of force to cause a bruise in a young child, even minor bumps and scrapes may cause extensive bruising in an elderly person. Blood vessels become more fragile as we age, and bruising may even occur without prior injury. Apply a cold compress to the bruise. This reduces the blood flow to the area, reduces the size of the bruise and decreases inflammation. Avoid medications that cause bruising, such as non-steroidal anti-inflammatories ibuprofen, Advil, and naproxen. People who take medicines that reduce clotting " blood thinners " or have clotting abnormalities should seek the advice of a physician or other health-care provider immediately, If the bruise takes up a large area of the leg or foot, the leg should be kept elevated as much as possible Be on the look-out for other signs of elder abuse Pressure Sores and Bed Sores A pressure ulcer or bed sore is an open wound on the skin that occurs as a result of the person lying in the same position for extended periods of time. Pressure sores typically happen when a person is confined to bed or a chair. Avoid long periods of time being in the same position. Turn the person over every few hours. Gel mattresses or alternating air pressure mattresses can help alleviate pressure sores. Massage the body occasionally to increase circulation. Brush Liquid Band-aid over the wound to help it heal. Call the doctor when you notice severe redness developing. This is an indicator that sores are about to surface. Shingles Shingles is a disease that affects nerves and causes pain and blisters. It is caused by the same virus that causes chickenpox. The first sign of shingles is often extreme sensitivity or pain on one side of the body. Symptoms include burning, tingling, pain, numbness and fluid-filled blisters. If you suspect your loved one has shingles, call your doctor for treatment. Skin Cancer Skin cancer begins in the cells that make up the outer layer of the skin. It often develops on skin exposed to the sun, but skin cancer cells can also occur on areas of the skin not ordinarily exposed to sunlight. There are 3 types of skin cancer that typically impact older people: Melanoma Basal cell skin cancer Squamous cell skin cancer To be on the lookout for skin cancer, check moles twice a year. Here are some warning signs to look for: Changes in the appearance, including the size, shape and color of a mole Moles with irregular edges or borders More than one color in a mole An asymmetrical mole if the mole is divided in half, the 2 halves are different in size or shape Moles that itch, ooze or bleed Ulcerations holes that form in the skin when the top layer of cells breaks down and the underlying tissue shows through A "changing mole" or new skin growth deserves evaluation by a dermatologist, perhaps with a biopsy if skin cancer is a concern. Arteriosclerosis or other blood vessel diseases.

Chapter 8 : Really Dry Skin Problem

A Natural Approach to Dealing with Skin Problems in Cats. Cats, just like dogs, are susceptible to itchy skin issues. Cat skin problems can most often be attributed to a nutritional dysfunction in their bodies due to the poorer foods and treats which use too many ingredients that convert to sugar.

Vitamin C Castor Oil Of course, with age spots being triggered by a deeper change within the skin, you are not going to notice improvements right away. Wondering how long you have to wait until you see a difference in your skin? It can take up to a year, so you will need to be patient. You may also need to try a few of the different ingredients mentioned above, or even a combination of them, but make sure that whatever you use is not too harsh on your skin.

Rosacea It is estimated that around 16 million Americans suffer from rosacea, with millions more in temporary remission, making this such a common skin condition. The actual symptoms of this chronic condition can vary, but tend to consist of either: Red or pink facial flushing Dilated blood vessels underneath the skin Small red bumps that are sometimes mistaken for acne Wondering what causes it? Frustratingly, the exact cause of rosacea is still unknown, although it is believed to be linked to inflammation within the body. While rosacea itself does not really pose any problems to your overall health, it can still really affect your appearance, and leaving it untreated will only make the condition worse. So, what can you do about it? Prescription drugs are usually the answer, although there are many preventative steps that you can take too. These include minimizing exposure to the many common rosacea triggers out there, from sunlight to certain foods to harsh skin care products.

Dark, Under-Eye Circles While a few dabs of concealer may be able to temporarily hide your dark, under-eye circles from the rest of the world, this is not something you should have to be doing every single day. Instead, finding the cause for your under-eye circles will help you to finally banish them for good. So, what actually causes them? Genetics actually play a huge role, but so do many lifestyle factors. A poor diet, allergies and stress, as well as a lack of quality sleep, can all result in these dark circles, as can the habit of frequently rubbing your eyes. It goes without saying that improving your diet, getting more sleep, keeping allergies under control, and not rubbing your eyes will all help to minimize dark circles. You may think that rubbing your eyes does not have much of an impact, but the skin around your eyes is so thin and delicate that rubbing with force ends up breaking the blood vessels beneath, leading to dark circles in the area. Fortunately, wearing a pair of UV-blocking sunglasses is an easy way around this.

Eczema Eczema is actually one of the most common skin concerns out there, affecting more than 30 million Americans. This skin condition manifests as dry, scaly and itchy skin, which, when scratched, only becomes so much worse. While many people who experience eczema as a child often outgrow this, the condition still has an impact on millions of adults, and, sadly, there is no cure for eczema. This does not mean that you need to suffer with eczema for the rest of your life! Just like with every other skin condition out there, there are preventative steps that you can take to minimize the severity of your eczema flare-ups. Taking lukewarm baths with colloidal oatmeal to soothe your skin Keeping your skin constantly moisturized, and making sure to apply this moisturizer to damp, rather than dry, skin Wearing soft fabrics that will not irritate your skin Using mild skin care products that have been designed for sensitive skin Using a humidifier to help add moisture back into your skin There are also a number of medications that you can use, both orally as well as topically. It can often seem as though eczema is so hard to beat, but with the right combination of treatments, you will be able to keep this skin condition well under control. What exactly is it? These dimpled areas of skin are caused by pockets of fat that group together and bulge out from in between the connective tissue underneath the skin. It tends to be much more visible in thinner skin, which is why this becomes something you notice more as you age and your skin naturally thins out. Unfortunately, cellulite is quite a difficult skin issue to fix. Losing some weight can help make cellulite less visible, but it will not get rid of it completely. There are many topical cellulite creams out there that work by hydrating the skin, but this tends to only be a very temporary fix. More effective treatment options include the use of lasers, which help to rearrange the fibrous bands beneath the skin, meaning that the pockets of fat will not bulge through in the same way any more. However, this is still a relatively new treatment for cellulite, and the long term results of this are not yet known.

Wrinkles Wrinkles

are something that so many dread, yet they are pretty much an inevitable part of getting older. Of course, the severity of your wrinkles, as well as the age at which they begin to appear, are all factors that you can have some control over. Well, wrinkles are caused when the skin becomes thinner and drier with age, but there are many ingredients out there that can help to boost skin thickness and moisture. Retinol is one of the most potent anti-aging ingredients when it comes to wrinkles, as this vitamin A derivative can make a huge difference in just a few weeks. You also need to be aware of the lifestyle factors that contribute to wrinkles, because everything from smoking to squinting to drinking through a straw will deepen any lines you have. This may seem hard to believe but it is true. If you are diligent about sun protection throughout your life, you will be able to avoid most of the wrinkles that you would have otherwise developed.

Enlarged Pores Enlarged pores can be so frustrating to deal with, because they really detract from a clear and smooth complexion. In many cases, the size of your pores is down to genetics, which is something that you cannot change. However, enlarged pores are also commonly linked to oily skin. Since oily skin has an excess flow of oil, pores end up more dilated, which makes them more visible. They are also far more liable to get clogged, which stretches them out and makes them appear much larger than they really are. The key to solving this skin issue is keeping your pores clear. There are a couple of ways in which you can do this! The first is with regular cleansing, not only with a standard cleanser but also with an effective exfoliant, as this will help to clear out any debris from within your pores. Peels can also really help to give your pores a deep clean.

Chapter 9 : Senior Skin Problems - www.nxgvision.com

Causes of, and dealing with skin problems Possible causes of skin problems are determined according to the site where they occur. The main causes of skin disorders which can occur at the respective sites are shown (Figure 1 and Table 1).

Pyoderma gangrenosum Irritant contact dermatitis Unfortunately many people with a stoma suffer from skin irritation from time to time. The main causes are: Skin bathed in stoma effluent bowel content or alkaline urine Skin stripped by repeatedly removing the appliance Occlusion and humidity Friction or pressure from the appliance or clothing Pre-existing sensitive skin or dermatitis especially atopic eczema Application of irritating chemicals such as detergents, deodorisers or bleach in wipes and cleansers The appliance may leak for the following reasons: It may be the wrong size It may be incorrectly sited There may be skin folds due to obesity or scarring from surgery Excessive sweating prevents sticking Underlying skin rash prevents it sticking to the skin properly The effluent may be excessive It may corrode the hydrocolloid The result is irritant contact dermatitis i. The dermatitis may affect a crescent area below the appliance or affect the whole area in contact with it. It may be very sore or itchy. Treatment of the dermatitis may include: Modification of the appliance to improve the fit Filler paste to achieve a flat surface on which to stick the bag Hydrocolloid dressing under the bag Sucralfate powder dusted onto erosions Roll-on antiperspirant to reduce sweat Prolonged irritation may result in over-granulation moist red thickened areas , warty papules and pseudoepitheliomatous hyperplasia cancer-like growths. Acidification of the urine and acetic acid compresses dilute vinegar Chemical cautery silver nitrate stick or cryotherapy freezing to destroy granulation tissue Surgery to refashion the stoma rarely required. Allergic contact dermatitis Allergy to acrylic adhesive or resin components of the appliance is rare. The appearance is similar to irritant contact dermatitis but allergic contact dermatitis affects all areas in contact with the appliance, and may also spread more widely to surrounding or distant skin. Allergy may also be due to a deodoriser, fragrance or preservative such as parabens , kathon cg or imidazolidinyl urea in a cleanser. If dermatitis is very persistent, patch tests should be performed to relevant allergens such as the standard series, glues and plastics, preservatives, fragrances and medicaments. Granulomas Granulomas are lumpy lesions due to inflammation in the dermis. Stomal granulomas may be due to: Granulation tissue poor wound healing and infection Bowel metaplasia stomal skin morphing into bowel tissue Crohn disease a type of inflammatory bowel disease Colour changes The skin surrounding the stoma may be discoloured. Brown colour is usually due to postinflammatory pigmentation and fades in time Red, pink or mauve colours may be due to the growth of new blood vessels Other coloured stains may be due to urinary compounds Psoriasis Psoriasis presents as patches of scaly red skin. It may arise around a stoma in patients who have psoriasis in other sites or who have a genetic predisposition to it. It is particularly common in patients who have inflammatory bowel disease. Stripping off the skin when the appliance is changed may provoke psoriasis this is known as the Koebner reaction. Plaques of psoriasis are generally sharply defined. They tend to extend beyond the stoma and may be more prominent outside it because the moist environment under hydrocolloid may be beneficial in treating psoriasis. Psoriasis relating to a stoma may be treated with topical steroids see below. Occasionally other treatments such as phototherapy , methotrexate or ciclosporin may be necessary. Pyoderma gangrenosum Pyoderma gangrenosum is a painful ulcerating skin disorder. It is sometimes associated with inflammatory bowel disease or cancer. The ulcers may be triggered by an injury to the skin, such as trauma from a tight appliance or surgery. This is known as pathergy. The ulcers may be shallow or deep They have a bluish undermined and ragged edge Surrounding skin tends to be red and swollen.