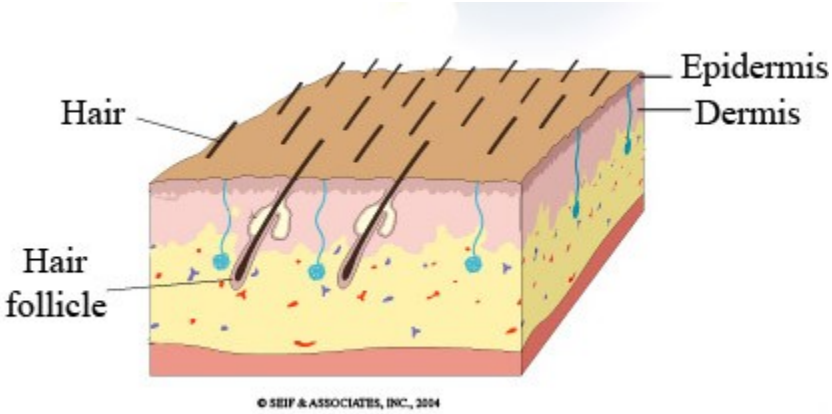
Dermatitis

Dermatitis is *inflammation* of the skin. There are many different causes of dermatitis. Dermatitis usually appears in the form of a rash. The skin appears:

- Red.
- Blotchy.
- Swollen.



Skin from dermatitis may also be:

- Dry.
- Itchy.
- Cracked.
- Painful/burning.
- Moist.

Dermatitis is usually not life-threatening. It cannot be passed from one person to another. Dermatitis usually causes discomfort and people may be bothered by the way their skin looks.

Common examples of dermatitis are:

Atopic dermatitis
Atopic dermatitis is also known as eczema and is a life-long problem. It is a dry itchy rash that comes and goes. It tends to get better with age.

Contact dermatitis
This is a rash that comes from repeated contact with a substance that irritates the skin. Examples include:

- Soap.
- Poison Ivy.
- Perfume.

Seborrheic dermatitis
This is normally found on the scalp and face as a yellowish rash with a greasy scale that looks like dandruff.

Stasis dermatitis
This is a rash caused by having excess fluid under the skin of the legs from poor blood circulation. It appears pink to tan or brown in color. This rash is usually accompanied by swelling of the legs.

Diaper rash
This appears in the diaper area of children as a result of constant contact with urine and feces trapped between the skin and diaper.

Hand dermatitis
This occurs on the hands and appears as small, raised, itchy bumps. Some may be filled with clear fluid.

Neurodermatitis
This is a life-long, severely itchy skin condition that occurs in a specific area of your body, such as the:

- Back of your neck.
- Wrists.

- Ankles.

It leads to dry, thickened skin from scratching or rubbing the affected areas.

Perioral dermatitis

This is a rash that appears around the mouth as small, red bumps. It can be made worse by food or saliva getting on the skin around the mouth.

HOME CARE

Most dermatitis can be treated using steroids you put on your skin. These may be prescribed by your doctor or may be bought over the counter. Medicine to help with the itching can also be prescribed. If the dermatitis is dry, keep the skin well moisturized with ointments twice a day. You may also have to give up certain activities that make your rash worse.

GET HELP IF:

- Your skin does not get better with prescribed or over-the-counter medicine.
- You develop signs of infection like fever, pus, redness, or swelling.
- Your skin rash affects your activities of daily living.

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