

Skin Diseases: 3 Commonly seen skin diseases

1. **Ring worm**-a common fungal infection resulting from dermatophytes, which are microscopic organisms that live on the dead outer layer of skin.

-No actual worm is involved.

-Transmitted by direct contact with infected person or from the soil and house hold pets.

-Ring worm forms a red, elevated, rapidly growing, ringlike sore on the skin usually found on the trunk, legs, arms, neck, and face.

RX- nonprescription antifungal medications and if this treatment fails after using for 1 week, must see physician to ensure it is ring worm and to start prescription medications.



2. Impetigo- a highly contagious skin condition caused by two bacteria - streptococcus pyogenes and staphylococcus aureus and occurs when certain types of bacteria infect the skin

-Transmitted by skin-to-skin contact with an individual who has impetigo, touching things an individual with impetigo has had contact with such as towels, bedding, and toys, injury to the skin, insect bites, or animal bites.

-Symptoms include: red sores that pop easily and leave a yellow crust, fluid-filled blisters, itchy rash, skin lesions, or swollen lymph nodes.

-RX-must seek medical attention to correctly diagnose and once diagnosed, treatment depends on the severity of the symptoms as well as the type of bacteria. Cleanse skin several times/day; a topical and/or oral antibiotic may be prescribed.



3. **Tinea Pedis (athlete's foot)**-common skin infection of the webs of the toes and soles of the feet caused by a fungus and may spread to the palms, groin, and body.

-Transmitted by person to person or by walking on contaminated objects/floors.

-Symptoms include itching, burning, pain, and scaling.

-RX-over-the-counter antifungal medication in powder, lotion or spray form. For severe cases a physician may prescribe oral antifungal medicine. Keep feet dry, use cotton socks and wear breathable shoes.



