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Impair Healthy Healing In People Over The Age Of 30!

Common Skin Conditions: Dermatitis and Moles

By Claire Bowes

Two of the most common skin conditions are the presence of moles and dermatitis. Moles can have more serious consequences than the irritation of dermatitis.

Moles occur when the cells in the skin that give it its pigment, called melanocytes, grow in clusters. These cells normally grow throughout the skin, but when too many grow in the same place a mole occurs. Most moles appear before the age of 25, but some may appear much later. Moles can remain static or change over time. Although most are not dangerous, some can be malignant and lead to melanoma. Any mole that oozes or becomes painful or sensitive should be checked out by a dermatologist. Moles that suddenly appear after the age of 25 or begin to change or grow should also be evaluated.

When evaluating your moles, keep the following in mind. Moles should be round. If your moles are asymmetrical, or irregular in shape, have it evaluated. If you find a mole that is larger than ¼", mention it to your doctor or dermatologist. If you find that your mole has an irregular or jagged edge, or is not all one color, have your doctor look at it. Finally, any mole that is red or blue may be cause for concern.

Treating moles is not difficult. If a mole is embarrassing, or becomes irritated under your clothing, you may ask your doctor to remove it. Moles can be frozen with a chemical, after which they dry up and fall off. Other moles can be simply cut off of the skin. Often, doctors will remove entire moles that seem suspicious and test the tissue for cancer. If any malignancy is found, they may cut out a slightly larger area of skin and then suture the site closed.

Check your skin regularly for changes in your moles. If any seem suspicious, or any changes have occurred, let your doctor know. Preventing a problem is as easy as going on "mole patrol."

Claire Bowes is a successful Webmaster and publisher of

Eczema Causes & Cures

. Claire provides

more information on her site about

Dermatitis & Moles

that you can research at home.

What To Do When Infected With Contact Dermatitis

By Charlene J. Nuble

Contact dermatitis is a physical reaction of the skin to certain allergens or substances that potentially cause allergies or reactions.

The skin infection is brought about by the effects on the skin of certain irritants.

There are basically four kinds or classifications of contact dermatitis that are usually diagnosed by doctors and dermatologists. These are irritant contact dermatitis (ICD), allergic contact dermatitis (ACD), photocontact dermatitis (PCD) and contact urticaria.

Those types or classification of contact dermatitis can be hardly identified and distinguished by ordinary people, but the nature and cause of the skin infection can be determined through them.

A trivial fact about contact dermatitis is that in the United States, most recorded and diagnosed cases occur more in adults than children and the elderly.

Causes of contact dermatitis

Various allergens or allergy-causing substances can be cited for the onset of contact dermatitis. But reported cases of such skin infection points out to several factors or things that trigger the reaction.

The most common sources of contact dermatitis allergens are soaps and perfumes. It is because the use of such substances is somehow inevitable that make the problem hard to contain.

Contact dermatitis can also be caused by your skin's reaction to drool, to detergents, to several allergy-causing foods and to lotions especially those with harsh ingredients.

Some plants are also identified to produce enzymes that may lead to the onset of contact dermatitis. Among these plants are poison ivy.

There are also about 3,000 chemicals that are identified to cause contact dermatitis. Among them are those that are based on common metals like mercury, chrome and nickel.

Some cosmetics can also irritate the skin and trigger the appearance of contact dermatitis manifestation in the skin. Permanent hair dyes, eye shadows, lipstick, clothing dyes, sunscreens and nail polishes are the identified cosmetic lines that cause such skin infection.

Manifestations of contact dermatitis

Several symptoms are pointed to the onset of contact dermatitis. However, it should be noted that for different individuals, the symptoms may vary. To be sure, further advice and check up from a dermatologist should be obtained.

Contact dermatitis occurs when there is swelling or mild redness in the skin. The appearance of the infected spot could clearly not be mistaken for common insect bites.

There is also blistering in the affected skin area, as well as itching. It is surely contact dermatitis when there is a temporary thickening or scaling in the infected skin portion.

Treatment and prevention

To treat contact dermatitis, the American Academy of Allergy, Asthma and Immunology advises people diagnosed that have the skin infection to do the following simple, yet effective remedies.

- Wash thoroughly the infected skin part with soap and ample water. Immediately do this at the initial appearance of symptoms.
- Throw away or carefully wash all clothing and objects that have come into contact or touched plants or chemicals that contain contact dermatitis allergens.
- Relieve and soothe skin inflammation or the infected part with a cold compress especially if the blisters break or crack.
- If the symptoms show severity, do not hesitate to consult a physician or dermatologist.

Baths using lukewarm water are also known to help soothe and rapidly control the skin infection.

As for the prevention, the best way is to avoid all identified allergens.

Charlene J. Nuble 2006. For answers to All your frequently asked questions about contact dermatitis, please go to:

<http://contact-dermatitis.allergyanswers.net/>

or go to:

<http://allergyanswers.net/>



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