

## **Minor Skin Disorders**

<b>Disorder</b>	<b>Description</b>	<b>Recommendations</b>
Ashy Skin	<ul style="list-style-type: none"> <li>• Skin that has a gray or white and dusty appearance when dry.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply moisturizing lotion or cream to affected areas (see additional information on handout for Ashy Skin).</li> </ul>
Dandruff	<ul style="list-style-type: none"> <li>• Caused by the overproduction of scalp cells, which tend to stick together and form flakes.</li> </ul>	<ul style="list-style-type: none"> <li>• Use of a medicated shampoo especially designed to eliminate dandruff. Particularly look for the ingredient zinc pyrithione in the shampoo, which helps to slow down the collection of cells on the scalp (Laude &amp; Russo, 1983).</li> </ul>
Razor Bumps	<ul style="list-style-type: none"> <li>• Hairs that grow back into the skin (ingrown hairs). Because facial hair of males of African heritage spirals as it grows, the hair turns into the face more frequently.</li> </ul>	<ul style="list-style-type: none"> <li>• Young males who experience this problem should try different methods of hair removal, including shaving with a safety razor, letting the beard soften after applying shaving cream, shaving only in the direction of the hair growth and not against the stubble, and not shaving too closely (Laude &amp; Russo, 1983).</li> </ul>
Acne Keloidalis	<ul style="list-style-type: none"> <li>• Characterized by the development of firm circular elevations of the skin and visible pus beneath the skin on the nape of the neck. In severe cases, large lesions can form, which can result in significant scarring and permanent balding.</li> </ul>	<ul style="list-style-type: none"> <li>• Acne keloids can be treated with topical antibiotic and anti-inflammatory agents that can only be prescribed by physicians (Laude &amp; Russo, 1983).</li> </ul>

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Keloids	<ul style="list-style-type: none"> <li>A mass of shiny, bubbly skin that usually forms after a cut or another injury to the skin. They are usually hairless and sometimes shiny, ranging in color from pinkish red to purple to almost black. Piercing the ears or other body parts may induce keloids. In addition to being disfiguring, keloid scars can hurt, become itchy, and even become infected. They are most commonly found on the earlobes, face chest, or back.</li> </ul>	<ul style="list-style-type: none"> <li>Keloid scars may heal with redness or a discoloration initially and then gradually fade over time.</li> <li>Seeking the consultation of a physician and/or dermatologist is suggested (Laude &amp; Russo, 1983).</li> </ul>
Pityriasis Alba	<ul style="list-style-type: none"> <li>Commonly found in children, it manifests itself in round, light patches of skin covered with fine scales. These patches are the result of mild eczema. They can occur on any part of the body but are more noticeable on the face and upper arms.</li> </ul>	<ul style="list-style-type: none"> <li>Although color loss is usually temporary, it is still advisable to consult a dermatologist (Laude &amp; Russo, 1983).</li> </ul>
Vitiligo	<ul style="list-style-type: none"> <li>A disorder that occurs with the same frequency in blacks and whites, is characterized by depigmentation, or loss of color in the skin. The affected areas have the appearance of white patches surrounded by normal skin. The contrast in skin tones can make Vitiligo very traumatizing to children with darker skin.</li> </ul>	<ul style="list-style-type: none"> <li>Treatments are available for this disorder, although doctors do not recommend aggressive treatments for children (American Academy of Dermatology, 1994).</li> </ul>
Café-Au-Lait Spot	<ul style="list-style-type: none"> <li>A light tan spot (color of coffee with milk) that appears on the skin surface in a small percentage of children of African descent. The spots are caused by an excess of pigmentation in the skin, and are generally harmless, though they may increase in size and number with age.</li> </ul>	<ul style="list-style-type: none"> <li>These spots are generally harmless and do not warrant treatment; however five or more spots that are larger than ¼ inch in diameter, or spots that occur along with freckles in the armpit may suggest other health problems (www.webMD.com).</li> </ul>

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Cradle Cap	<ul style="list-style-type: none"> <li>• Scales and crustiness on the scalp and forehead, a common problem for infants</li> </ul>	<ul style="list-style-type: none"> <li>• Apply warm mineral oil to the scalp and brush very gently with a soft baby toothbrush. Then wash the hair gently. This process may be repeated every other day. It is important to avoid picking or scraping the scales off.</li> </ul>
Infantile Acropustulosis	<ul style="list-style-type: none"> <li>• A cyclical eruption of pus-filled bumps that occurs mostly in black male infants. The breakouts tend to erupt on the palms, soles, fingers and toes, and usually start between 2 and 10 months of age. The eruption may last up to two weeks, go away, and reoccur in three weeks to a month. This cycle may continue until the child reaches 2 or 3.</li> </ul>	<ul style="list-style-type: none"> <li>• As the child gets older, the condition will go away; however some doctors may prescribe Dapsone, which is a drug that has serious side effects (Laude &amp; Russo, 1983).</li> </ul>
Leg Ulcers	<ul style="list-style-type: none"> <li>• These are festering lesions, often filled with pus, that may occur in people who have sickle-cell anemia, a hereditary, chronic form of anemia most commonly found in people of African descent. The ulcers are very painful and cause a great deal of discomfort if not treated quickly and properly.</li> </ul>	<ul style="list-style-type: none"> <li>• A physician should be immediately notified of any symptoms such as unusual sores or abrasions that don't heal normally (Laude &amp; Russo, 1983).</li> </ul>
Nevus of Ota/Nevus of Ito	<ul style="list-style-type: none"> <li>• Benign blueish-gray lesions that may be present at birth or shortly after and may persist through life. These lesions are more frequently seen in females, those of African descent and those of Asian descent. Nevus of Ota are located on the face (especially the eye area) and Nevus of Ito are found on the shoulders, sides of the neck, and upper arms.</li> </ul>	

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Tinea Capitis (ringworm)	<ul style="list-style-type: none"> <li>Characterized by itching, scaling and inflammation on the scalp, as well as possibly red bumps or pus bumps on the scalp, this condition is often mistaken for dandruff. It is a fungal condition which is highly contagious, often spread through the sharing of brushes, combs and hats.</li> </ul>	<ul style="list-style-type: none"> <li>A physician should be consulted immediately if you suspect this problem. The treatment for ringworm is prescription antifungal medication that needs to be taken for as long as six or eight weeks. Other family members should be checked for this problem if one child in the family is diagnosed with it.</li> </ul>
Mongolian Spot	<ul style="list-style-type: none"> <li>A benign pigmented lesion that is found in African American, Asian and Hispanic children, and a small percentage of Caucasian children. The color is black or blue-green, and most commonly found in the lower spinal area and the shoulder area. When the spot is present on an extremity (arms or legs) it is usually located over a muscle area.</li> </ul>	<ul style="list-style-type: none"> <li>An “inexperienced” observer may mistake a Mongolian spot for a bruise. If you are concerned, however, contacting a dermatologist or physician is recommended (Laude &amp; Russo, 1983).</li> </ul>
Eczema	<ul style="list-style-type: none"> <li>Dry skin that develops into itchy, scaly, oozing or encrusted skin. Tends to run in families, especially those who have relatives with asthma, hay fever, or eczema.</li> </ul>	<ul style="list-style-type: none"> <li>To tame the eczema itch, cleanse a baby or young child with only mild soaps and apply a rich lotion or emollient immediately after bathing. Avoid long baths, irritating fabrics (such as wool) and dry indoor heat.</li> </ul>
Pomade Acne	<ul style="list-style-type: none"> <li>A condition caused by frequent or daily use of greasy or oily hair grooming preparations, such as pomade. Hair pomades may cause an eruption of the forehead, either due to clogged pores or an allergic reaction. Acne on the forehead and temples can occur when the pomade drains down from the scalp.</li> </ul>	<ul style="list-style-type: none"> <li>If the child has acne on the scalp, forehead or temples, and he or she uses a pomade, have the child discontinue using the pomade to see if that helps clear up the breakout (Laude &amp; Russo, 1983).</li> </ul>