

Treating skin disease without consulting a doctor is dangerous

Many skin diseases produce similar symptoms like itching, redness and swelling. When these occur, one should consult a doctor instead of treating oneself. Using drugs to treat skin diseases without a doctor's diagnosis can be dangerous.

There are many kinds of creams and ointments for skin diseases. They can be bought easily over the counter. A lot of these drugs contain steroids, particularly topical steroid which is often used to treat skin diseases. Misuse of steroids can cause a wide range of side effects depending on the strength of the steroid used, the length of time it is used, and the area of skin treated.

The side effects of steroids may show on the applied areas. The thin skin on face and skin folds are most vulnerable to side effects. Thinning of the skin, permanent stretch marks, easy bruising may develop. Increase in hair growth and susceptibility to infections may occur in these areas.

Misuse of steroids could also affect one's general health. One side effect is abnormal weight gain. Others include hypertension, diabetes, peptic ulcer, decrease in bone density, and growth suppression in children.

To prevent side effects or allergies, do not use drugs without prescription, especially those you are not sure about. Stop using the drug and consult a doctor immediately if the skin condition does not improve.