

Skin Diseases

Eczema, also known as dermatitis, is a general term for describing inflammation or allergic response of the skin. Atopic dermatitis is the most common type of dermatitis. It is often due to a combination of dry, irritable skin and a rapid change in weather temperature, or humidity. Exposure to allergens or irritants may also bring about the infection.

Symptoms of atopic dermatitis include scaling, itching and reddening of the skin. Topical corticosteroids are medicines for treating this skin condition. Proper skin care can prevent some skin diseases from occurring frequently. People should moisturise their skin and use mild soaps that clean the skin without removing excessively natural skin lipid layers.

Tinea is a skin disease caused by fungal infections. Fungi like to grow in moist, damp places. Heat, humidity and perspiration create the perfect condition for fungal infections. It is most prevalent in summer.

Tinea may be contracted through contact with dirty, damp surfaces such as shower floors. Fungal infections can occur on different parts of the body, while tinea pedis (athlete's feet) occurs in the feet and is very common. It causes itchiness and great discomfort. It causes redness and scaling on the soles of the feet and the skin between the toes to crack and peel off. Anti-fungal creams can help treat this condition.

Tight shoes or socks, sweaty or damp feet and warm temperatures are contributing factors. While it is not easy to prevent the disease from occurring, keeping your feet dry is one way to reduce its occurrence.