



Investigations of Nummular Eczematous Dermatitis

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DESCRIPTION

A pruritic eczematous dermatosis known as nummular dermatitis is characterised by many coin-shaped lesions. It could manifest as a symptom of stasis dermatitis, asteatotic eczema, or atopic dermatitis is a persistent rash that causes coin-shaped skin patches (nummular means coin in Latin). As the lesions age, they may become scaly and look like fungus (ring worm) or psoriasis, or they may become clear in the centre. The illness is typically chronic, with periods when it significantly improves or worsens. There is no known cause. Although it is frequently taken into consideration during the evaluation, this only infrequently turns out to be a pharmaceutical allergy. In the winter, it happens more frequently. Dry skin is usually linked to nummular eczema. The problem is frequently made worse by wool, soaps, and frequent bathing (more than once per day).

Eczema sufferers frequently have dry skin that is sensitive to washing, detergents, and rough fabrics. The skin may also become irritated when clothes are washed or dried using liquid or sheet fabric softeners like Kling. Eczema is frequently made worse by extremes of temperature. While they don't cause eczema, several allergies might make it worse. The considerably more prevalent and potentially allergic atopic eczema is not the same thing as this condition. Sadly, there is no remedy. There are, however, practical means of containing it. The most effective treatments for managing nummular eczema are very potent cortisone ointments administered to the skin. Periodic dermatological examinations are required when applied over vast

parts of the body or for a lengthy period of time. The cheeks, armpits, groyne, and rectal area shouldn't be treated with potent cortisone ointments. Always remember to use a small amount of cortisone ointments and to massage them in well. Most of the time, daily use is just as beneficial as using it more frequently. The pharmacist can use coal tar into an ointment to treat persistent scaly nummular eczema. Even while it may be useful, this causes odours and stains on garments. A week or two of oral antibiotics are frequently very beneficial since the locations of nummular dermatitis are prone to infection.

Cortisone injections or oral therapies can be used to treat severe instances. UV light therapies administered in a dermatologist's clinic help manage recurrent itching breakouts. Keep the skin lubricated in general. After taking a shower, massage some oil over skin, such as Neutrogena body oil or Alpha-Keri oil. If Vaseline is not too greasy, it is even more beneficial. Never take more than one shower or bath per day. Warm water should be used because hot water dries out the skin. Don't rub when towel drying; pat instead. Blot the skin to allow some water to remain there. Keep soap away from the eczema since it irritates and dries out the skin. Use soap just on face, armpits, genital area, and feet when taking a bath. Use cetaphil, oil of Olay, dove, or basis as soap. Stay away from wool and scratchy garments. The greatest clothing is 100% cotton. Use no dryer sheets, Kling, or fabric softener when washing the clothing. Use detergents like that are dye and scent free to wash the clothing. There is a therapy regimen that can be found to manage nummular eczema.

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