

Ichthyosis

FACTS:

- Ichthyosis is a rare genetic skin disease and is not contagious. There is no cure for this condition.
- Ichthyosis causes the skin to build up and scale off.
- The skin can be extremely dry and have patches of dark scales. Other symptoms include itchy skin, difficulty sweating, thinning hair and protruded eyelids.
- This condition can be present at birth or the symptoms can develop during the first four years of life. Some people develop a milder version only in the winter.
- Because of the tightness of the skin, it may be painful to move parts of the body.
- Splitting and cracking of the skin can lead to skin infections.
- Skin may build up over the eyes or ears, leading to impaired eyesight and hearing.
- Ichthyosis is worse in cold, dry weather.



Ichthyosis is not contagious.



Extremely dry skin could be a sign of this condition.



Ichthyosis



TREATMENT:

- The best way to treat ichthyosis is to moisturize the skin. Moisturizers that contain lactic acid, salicylic acid and urea are most helpful.
- Do not take hot baths or showers; they will dry out the skin. Use warm water.
- Use mild, non-drying soaps.
- Antibiotics or antibiotic ointment may be needed if skin infection develops.
- Some people with ichthyosis have a problem sweating. Watch for overheating, flushed skin and lethargy. Have the child wear lightweight clothes and spray cool water on them to moisten the skin and cool it.



Using a moisturizing lotion is very important.



Give warm (not hot) baths to prevent overdrying the skin.