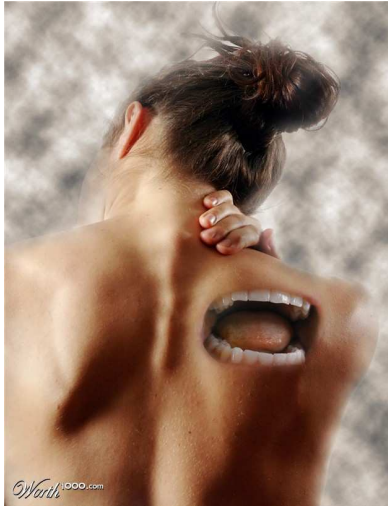




Skin Rashes Got You Up in Arms?



A skin rash can begin with an itch, a sense of dryness, or a change of color. It may be a few days before a rash can become something you can see. Skin rash can happen because you have changed your soap, detergent, or shampoo. You might be allergic to the new product you just started using. There are many food allergies that can also bring on a rash. Let your doctor know if you start having a rash—there may be some things that are also happening inside your body that you can see. A change in your meds may also cause a rash. Insect bites, an allergy to flowers or animals can all lead to skin rashes. Sometimes the medication you'll be given will help the discomfort you can feel, but may not help the rash go away as quickly as you'd like.



Suggestions: Just as it can take a few days for you to notice a skin rash, it may take a few days for it to go away. In the mean time, there are several things you can do to make yourself more comfortable. Some members find taking a warm bath and adding Epsom salts will ease the itching and dryness you may feel. Some doctors will also suggest Eliderm or other skin care lotions you can find at most drug stores. You can also buy benzocaine and calomine lotions that will make your skin feel better. Always remember a rash can make your skin more open to different types of infection. This is why it a skin rash may not seem very serious, but ignoring it can lead to much worse problems. Your doctor can help tell you if this is something you can easily get rid of by changing your detergent, or if you'll need to change medications. Some members find even wearing new clothes without first washing them may cause a skin rash. Many members may also experience Shingles, which looks like a terrible rash, and can be very painful. Shingles will often come with stress.

For Additional Resources:

<http://www.mayoclinic.com/health/search/search>