



The skin is the large organ that covers and protects your body. The skin has many functions. It works to:

- Hold in fluid and prevent dehydration.
- Help you feel sensations, such as temperature or pain.
- Keep out bacteria, viruses and other causes of infection.
- Stabilize your body temperature.
- Synthesize (create) vitamin D in response to sun exposure.

Skin diseases include all conditions that clog, irritate or inflame the skin.

Often, skin diseases cause rashes or other changes in the skin's appearance. Skin conditions are common among people of all ages.

Typically, skin disorders are easy to treat or are so mild that they require no treatment at all. There are, however, some skin conditions that are so rare and severe that they require specialized medical treatment. Let's take a look at some common highlighted skin disorders with images.



Rashes is a change in the look of the skin that can refer to a wide variety of different conditions. Most rashes are brought on by harmless skin irritation, but others are brought on by medical disorders.

Skin rashes can be red, inflamed, bumpy as well as dry, Itchy or painful, There are many factors responsible for rashes and this includes virus, bacteria and most people can be allergen to skin condition like eczema. Let's take a look at the different types of rashes lets quickly analyze few.

TYPES OF RASHES

- **CONTACT DERMATITIS: This** form of dermatitis occurs when your body is reacts to substances that it does not like, this can be fragrances, preservative in skincare products, jewelry, detergent and other common irritants.
- **EZCEMA: This** also be called atopic dermatitis, It often develops in infant as a baby but gets better as the child grows older, in most cases it is genetic, people with asthma or allergies are likely prone to atopic dermatitis. EZCEMA may cause rashes on or around the face, scalp, elbows, neck, wrists, ankles, or legs. The rashes are very itchy and may become bumpy, change color, or thicken. In adults, the rashes may cover more of the body, leading to widespread dry, itchy areas.

The symptoms may be less noticeable in people with darker skin, compared with those who have lighter skin. However, in People of Color, eczema can cause discoloration, making the affected areas lighter or darker. This may last, even after the eczema symptoms are no longer present.

There is no known cure for eczema. It may resolve on its own, but medications that relieve the symptoms are available and natural cosmetic products can also improve this skin condition.

SEBORRHEIC ECZEMA

- This condition is characterized yellow or white scaly patches that flake off.
- Affected areas may be red, itchy, greasy, or oily.
- People with darker skin may also notice hypopigmentation, or loss of skin color, in affected areas.
- Hair loss may occur in the area with the rash.

HIVES– This is also called Urticaria ,hives cause raised,red,itchy skin welts, you may contract hives if you have an allergic reaction to airborne allergens or insect stings, extreme temperature changes and certain bacterial infections can also bring hives.

PSORIASIS – This lifelong skin disorder causes a thick, scaly rash, the rash often forms on the elbow, knees, lower back, scalp, and genitals. This skin disorder can be genetic or inherited, Psoriasis is an autoimmune disorder.^{[1][2]}
Areas of skin affected by psoriasis can vary in size and severity. In a person with white skin, the affected areas are typically red or pink with white scales.

African Americans may have patches that are violet, gray, or dark brown. They may be more difficult to see.

There are five main types of psoriasis:

- **Plaque psoriasis causes thick patches of skin.**
- **Pustular psoriasis causes pustules surrounded by skin that may be red.**

- **Erythrodermic psoriasis causes widespread areas that appear severely burned.**
- **Inverse psoriasis causes a shiny rash in skin folds, such as in the armpits or around the genitals.**
- **Guttate psoriasis causes small spots on the scalp, face, torso, and limbs.**

Doctors can treat the symptoms with various medications, including creams and ointments. A dermatologist can recommend the most appropriate treatment plan and certain botanical skincare products can work for it.

ICHTHYOSIS is a group of about 30 skin conditions that cause skin dryness and scaling. The condition gets its name from the Greek word for fish because the skin looks like fish scales. You might also hear it called fish scale or fish skin disease.

People with this condition lose the protective barrier that keeps moisture in their skin. They also make new skin cells too quickly or shed old cells too slowly. This leads to a buildup of thick, scaly skin. Most cases of ichthyosis are mild, but it can be more severe. Some types of ichthyosis can affect your other organs, too.

Ichthyosis can't be cured, but treatments can relieve the scaling and make you feel more comfortable.

Ichthyosis is a genetic condition. That means it's passed down to you from your parents. Sometimes, parents who don't have ichthyosis can still pass it down. Genes are the codes that tell your body to make proteins, which determine how your body looks and functions. When there are changes or mutations in a gene, it can cause disease. Ichthyosis gene mutations

affect the proteins that protect your skin and keep it moist. They also affect how quickly your body gets rid of or grows new skin cells.

Ichthyosis usually shows up in infancy or early childhood. If both of your parents have a mutation that can cause it, you're likely to have a more serious condition than if only one of them has it. Sometimes, ichthyosis is genetic without being inherited. This can happen when a new mutation comes up in a developing fetus. In this case, the baby won't have enough of a protein (filaggrin) they need for their outer skin layer. They also won't shed dead skin cells the way they should.

Acquired ichthyosis shows up in adulthood. Doctors don't know why it happens, but people with it often have other conditions.

Viral – Some skin rashes and common skin condition like chickenpox, measles and molluscum and contagiosum.

Mole -Moles are growths that form when skin cells bunch together with surrounding tissue. Most are called “common moles” and cause no harm. Many people have moles and a person may have as many as about 40 moles through out their body.

Check moles regularly for any changes in their appearance, such as an increase in size or change in color. Anyone who notices changes should let their doctor know so that they can screen for skin cancer.



ROSACEA

Rosacea most commonly causes redness on the face. In people with dark skin, the affected area may be darker and warmer than surrounding skin.

There are four subtypes, and these includes:

ERYTHEMATOTELANGIECTATIC ROSACEA MAY CAUSE:

- **Redness**
- **Visible blood vessels**
- **Flushing**

OCULAR ROSACEA MAY CAUSE:

- **redness and irritation of the eyes**
- **swollen eyelids**
- **what looks like a stye**
- **the sensation that something is in the eye**

PAPULOPUSTULAR ROSACEA MAY CAUSE:

- **Swelling**
- **An irregular appearance**
- **Breakouts that may look like acne**

PHYMATOUS ROSACEA CAUSES:

- **Thickening of the skin**
- **A bumpy texture**

There is no known cure for rosacea but there are skincare ingredients that can help improve the skin barrier and minimizes reddish appearances, under ingredients analysis we went dip into this ingredient and how they can improve rosacea.

LUPUS

Lupus -is a complex autoimmune disorder. It causes inflammation and pain, and the specific effects can vary from person to person.

Lupus can affect any part of the body. Symptoms on the skin tend to include red patches or rings, sunburn-like rashes on the nose and cheeks, and circular rashes that do not itch or hurt. These may accompany headaches, fever, fatigue and swollen, stiff, or painful joints.

Nine out of 10 people with lupus are women, and women with darker skin are three times more likely to get it.

In addition, the symptoms in African American people may be more severe than those in other people. Understanding what causes this requires further research.

RINGWORM

- This condition circular, scaly rashes with a raised border.
- Skin in the middle of the ring might appear clear and healthy, and the ring's edges may spread outward.
- The skin often feels itchy.
- The ring is usually red or pink on light skin and brown or gray on darker skin.

CELLULITIS

Cellulitis requires urgent medical conditions.

- Cellulitis is caused by bacteria or fungi through a crack or cut in the skin.
- It causes painful swollen skin with or without oozing that spreads quickly.

- The skin might appear red on lighter skin. However, this may be less noticeable on darker skin tones.
- The skin may feel hot and tender to the touch.
- Fever, chills, and red streaking from the rash might be symptoms of a serious infection requiring medical attention.

ACTINIC KERATOSIS

- This condition causes a thick, scaly, or crusty skin patch.
- It's typically less than 2cm or about the size of a pencil eraser.
- It often appears on parts of the body that receive a lot of sun exposure, such as the hands, arms, face, scalp, and neck.
- The skin patch is usually pink in color but can have a brown, tan, or gray base. This patch may appear the same color as the surrounding skin in people with darker skin.

CARBUNCLE

- This causes a red, painful, and irritated lump under your skin.
- It may be accompanied by fever, body aches, and fatigue.
- It can also cause skin crustiness or oozing.
- It may appear more violet on darker skin.

LATEX ALLERGY

This condition is considered a urgent medical attention.

- This causes a rash, which may occur within minutes to hours after exposure to a latex product. It may be less visible on darker skin or appear lighter or darker than surrounding tissue.
- It also causes warm, itchy wheals at the site of contact, which may take on a dry, crusted appearance with repeated exposure to latex.

- Airborne latex particles may cause cough, runny nose, sneezing, and itchy, watery eyes.
- A severe allergy to latex can cause swelling and difficulty breathing.

KERATOSIS PILARIS

- This common skin condition is most often seen on the arms and legs but might also occur on the face, buttocks, and trunk.
- It often clears up on its own by age 30
- It often causes bumps of skin that appear bumpy, appear slightly red, and feel rough.
- Symptoms may get worse in dry weather.
- The hair follicles may look darker than the surrounding skin on darker skin. They'll usually look red or purple on lighter skin.(how to treat this watch skin diet video)

ACANTHOSIS NIGRICANS- This is a fairly common skin pigmentation disorder. Dark patches of skin with a thick, velvety texture characterize the condition. The affected areas of your skin may also itch or have an odor.

Acanthosis nigricans may be a sign of a more serious health problem, such as prediabetes ,The most effective treatments focus on finding and resolving medical conditions at the root of the problem.

These skin patches tend to disappear after successfully treating the root condition.

Where does acantosis Nigricans appear:

These patches may appear on skin folds and other areas, such as the following:

- armpits
- back of your neck

- groin, particularly increases and skin folds
- elbows
- face
- knees
- knuckles
- lips
- navel
- palms
- soles of the feet
- underneath female breasts

TRIGGERS: The most frequent trigger for acanthosis nigricans is an excess of insulin in your bloodstream. When you eat, your body converts carbohydrates into sugar molecules, such as glucose. Your cells use some of this glucose for energy, while your body stores the rest. The hormone insulin must allow glucose to enter cells so that the cells can use glucose for energy. People with overweight tend to develop resistance to insulin over time. Although the pancreas makes insulin, the body can't use it efficiently. This creates a buildup of glucose in the bloodstream, which can lead to high levels of both blood glucose and insulin in your bloodstream.

Excess insulin causes skin cells to reproduce at a rapid rate. For people with skin that has more pigment, these new cells have more melanin. This increase in melanin produces a patch of skin that's darker than the skin surrounding it. The presence of acanthosis nigricans is a strong predictor of future diabetes.

ACNE.

Acne is one of the most widespread skin conditions. Symptoms can include:

- Pustules, which are pimples with pus at their tips.
- Papules, which are raised bumps that stem from an infection in hair follicles.
- Nodules, which are painful lumps beneath the surface of the skin.
- Cyst which are larger, painful, pus-filled bumps beneath the skin's surface.

Any person can get acne. People of Color may also develop dark spots, known as post-inflammatory hyperpigmentation as a result of acne.

WARTS- The human Papillomavirus better known as HPV, causes wart which are contagious. These bumps can appear on any part of the body, typically on the hands, feet, and joints. They tend to be the color of a person's skin or are darker. Warts sometimes go away on their own, but a dermatologist may recommend removing them, depending on their type and location.

FUNGAL NAIL INFECTION,

This involves an overgrowth of fungus near, under, and around the nails. Usually it affects the toenails. The nails' edges may crumble away, and their surfaces may have whitish-yellowish scaling and flaking.

Different types of fungi can cause this infection, and the treatment may depend on the type. Doctors can prescribe oral or topical medications. In some cases, they may need to remove the affected nail.

Cold Sore- A Cold Sore is a red, fluid-filled blister. These blisters usually appear near the mouth, and the affected skin may feel painful or delicate. Before the blisters appear, there may be itchiness or a burning sensation.

The herpes simplex virus causes cold sores, which may last for up to 2 weeks then return periodically. While there is no cure, various treatments can reduce outbreaks.

Candidiasis- The overgrowth of the *Candida albicans* fungus causes this issue, and when it affects the skin, it is called cutaneous Candidiasis or cutaneous Moniliasis.

The areas may be irritated and have lesions or small pustules. Candidiasis typically develops in skin folds, such as the armpit or around the groin. Sometimes, it affects the face.

People can usually prevent Candidiasis by boosting their skin hygiene and avoiding the overuse of antibiotics.

To treat it, doctors may prescribe antifungal and corticosteroid creams.

Athlete's foot.- Athlete's foot is a fungal infection. The fungus responsible thrives in warm, damp conditions, such as inside sneakers.

Symptoms may include dry, itchy, peeling skin. There can also be blisters and bleeding, and the skin between the toes or under the foot may be soggy, pale, cracked, or scaly.

Doctors usually treat athlete's foot with antifungal creams or sprays.

Skin Cancer- involves cells growing uncontrollably, and it can happen anywhere. When it begins in the skin, doctors call it skin cancer. Although skin cancer can be life threatening, treatments can be effective if a doctor diagnoses the issue early.

These cancers tend to occur after prolonged exposure to the sun. Darker skin produces more melanin, which gives the skin more protection from harmful sun rays.

Still, research shows that skin cancer tends to be diagnosed later in People of Color. This results in delayed medical care and a higher likelihood of death.

There are several types of skin cancer, and some are more common than others.

BASAL CELL CARCINOMA

This is the most common kind of skin cancer. It typically develops on the neck, arms, or head but can affect any area of the body.

In a person with lighter skin, Basal cell carcinoma may appear as a pink, round bump or patch. In someone with darker skin, the bump may be brown or black and may look like a common mole.

SQUAMOUS CELL CARCINOMA.

This is the second most common type of skin cancer. It often forms from dry, scaly patches called actinic keratoses. If a doctor does not detect squamous cell carcinoma early, it may grow deeper into the skin and cause disfigurement.

People with lighter skin tend to develop this cancer in areas often exposed to the sun. People with darker skin tend to develop it on the legs, genitals, and anus.^{[1][2]}

[1][2]
[SEP]

It is a good idea to let a doctor know about any lesion that grows, changes, bleeds or looks unusual in any other way.

MELANOMA.

Melanoma is the most serious of the skin cancers because it spreads most easily to other parts of the body. It can develop from a mole or another pigmented area of skin. If any mole is asymmetrical, has ragged edges or an uneven color, or changes in size, let a doctor know.

In people with darker skin, melanoma may be harder to see, so checking carefully is especially important. Remember to include the toenails and fingernails, as this type of cancer is more common in these areas for People of Color.

CAUSES OF SKIN DISORDERS

Commonly known causes of skin disorders include-

- **bacteria trapped in skin pores and hair follicles**
- **fungus, parasites, or microorganisms living on the skin**
- **viruses**
- **a weakened immune system**
- **contact with allergens, irritants, or another person's infected skin**
- **genetic factors**
- **illnesses affecting the thyroid, immune system, kidneys, and other body systems**

Numerous health conditions and lifestyle factors can also lead to the development of certain skin disorders. Some skin conditions have no known cause.

INFLAMMATORY BOWEL DISEASE

Inflammatory bowel disease is a term for a group of intestinal disorders that cause prolonged inflammation of the digestive tract. These bowel-related disorders often cause skin problems.

Some drugs used to treat these diseases may increase the chance of developing psoriasis.

DIABETES

Many people with diabetes experience a skin problem due to their condition at some point.

Some of these skin disorders only affect people with diabetes. Others occur more frequently in people with diabetes because the disease increases the risk of infection and blood circulation problems.

Diabetes-related skin conditions include:

- bacterial infections, such as boils, styes, and folliculitis
- fungal infections, such as athlete's foot, ringworm, and yeast infections
- acanthosis nigricans
- diabetic blisters
- diabetic dermopathy
- digital sclerosis (learn more on diabetes skin disease symptoms)
- vasculitis, which is red, purple, or black spots on the fingers and toes
- sores inside the mouth and nose
- tiny red spots on the legs

PREGNANCY

Pregnancy causes significant changes in hormone levels that may lead to skin problems. Preexisting skin problems may change or get worse during pregnancy. Most skin conditions that arise during pregnancy go away after the baby is born. Others require medical attention during pregnancy.

Common skin conditions caused by pregnancy include:

- stretch marks.

- melasma
- pemphigoid
- pruritic urticarial papules and plaques (polymorphic eruption of pregnancy)
- eczema

STRESS

Stress can cause hormonal imbalances, which may trigger or aggravate skin disorders. Stress-related skin problems include:

- eczema
- psoriasis
- acne
- rosacea
- ichthyosis
- vitiligo
- hives
- seborrheic dermatitis
- alopecia areata

SUN

The sun can cause many different skin disorders. Some are common and harmless, while others are rare or life threatening. Knowing if the sun causes or worsens your skin disorder is important for treating it properly.

Sunlight exposure may cause or aggravate the following conditions:

- moles
- wrinkles
- sunburn
- actinic keratosis

- skin cancer including basal cell carcinoma squamous cell carcinoma, and melanoma
- photosensitivity.



Many skin disorders are treatable. Common treatment methods for skin conditions include:

- **antihistamines**
- **medicated creams and ointments**
- **antibiotics**
- **steroid injections**
- **laser therapy**
- **targeted prescription medications**
- **biologics**

SKIN FLARE-UPS

Not all skin disorders respond to treatment, and some conditions go away without treatment.

People with permanent skin conditions often go through periods of severe symptom flares. Sometimes people are able to force incurable conditions into remission. However, most skin conditions reappear due to certain triggers, such as stress or illness.

You can often treat skin disorders that are temporary and cosmetic with:

- medicated makeup
- over-the-counter (OTC) skin care products
- good hygiene practices
- small lifestyle adjustments, such as making certain dietary changes