**Obesity: Skin Problems and Care**

Satellite Conference and Live Webcast
Wednesday, May 23, 2012
2:00 – 4:00 p.m. Central Time

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

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**Bariatrics**

- Bariatrics /bar·i·at·rics/ (-ē- triks) a field of medicine encompassing the study of overweight and its causes, prevention, and treatment

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**Skin is an ORGAN**
- Did you know the skin is an organ?
  - Largest organ
  - Heaviest organ
    - 15% of body weight

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**Skin Changes**
- Acanthosis Nigricans
  - Dark patches
- Skin tags
- Stretch marks
- Stasis dermatitis
- Varicose veins

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**Skin Is an ORGAN**
- In a 150 pound person, the skin weighs about 12 pounds and can cover 18 square feet
- These numbers increase with the obese patient

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Acanthosis Nigricans
- **Presentation**
  - Velvety, light-brown-to-black markings that occur in areas including the neck, armpits, groin, and under the breasts
- **Treatment**
  - Weight loss
  - Insulin control

Skin Tags
- **Presentation**
  - Growths that stick out and may be connected to the skin with a narrow stalk
  - The extra weight causes friction between the affected areas of skin
- **Treatment**
  - Laser or surgical removal

Stretch Marks
- **Presentation**
  - Indented streaks that appear in the skin called striate, pink, reddish, or purplish
- **Treatment**
  - Laser therapy
  - Creams
Skin Tags

Stretch Marks

Stasis Dermatitis

- Presentation
  - Darkening or redness of skin at the ankles or legs
  - Itching
  - Leg pains
  - Skin lesion
  - Skin appears thin, tissue-like

- Skin irritation of the legs
- Thickening of skin at the ankles or legs
- Open sores, ulcers

Stasis Dermatitis

- Treatment
  - Disease management
    - Compression for Venous Stasis Disease
    - Prevention of trauma to areas

- Open wounds
  - Topical antibiotics
  - Anti-fungals
  - Antimicrobial dressings
**Stasis Dermatitis**

**Varicose Veins**

- **Presentation**
  - Swollen, enlarged veins that are raised above the skin's surface
  - Usually on the inside of the legs and backs of the calves

- **Treatment**
  - Compression stockings
  - Laser
  - Surgery

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Skin Infections
- Candidiasis Albicans
- Cellulitis
- Folliculitis
- Erythrasma
- Tinea Cruris

Candiasis
- Presentation
  - Itchy, red, or purple patch on the skin with lesions
  - Fungal, yeast

Candiasis
- Treatment
  - Topical antifungal
    - Over the counter or prescription
  - Oral antifungals
  - IV antifungals

Cellulitis
- Presentation
  - Cased by bacteria
  - Pain, tenderness, redness, warmth, weepy
  - Chills, shaking, muscle aches and sweating
**Cellulitis**

- Treatment
  - Good hygiene
  - Oral or IV antibiotics
  - Wound care, if indicated

**Folliculitis**

- Presentation
  - Small to medium sized whiteheads around one or more of the hair follicles
  - Redness around hair follicles
  - Usually in patches

**Cellulitis**

**Folliculitis**

- Treatment
  - Good hygiene
  - Oral or IV antibiotics
  - Topical antibiotics to support the oral or IV antibiotics
**Folliculitis**

- Presentation
  - Raised, reddish brown, scaly, patches
  - Itches
  - Caused by bacterial infection
  - Appears between skin folds, groin, armpits, and knees
  - Spreads if untreated

**Erythrasma**

- Presentation
  - Raised, reddish brown, scaly, patches
  - Itches
  - Caused by bacterial infection
  - Appears between skin folds, groin, armpits, and knees
  - Spreads if untreated

**Erythrasma**

- Treatment
  - Keep area dry
  - Wash with antibacterial soap and rinse well
  - Topical antifungals, antibiotics, moisture barriers

**Erythrasma**

- Oral or IV antibiotics
  - Erythromycin or Azithromycin
  - Photo-therapy with specialized lights
Erythrasma

Tinea Cruris

- Presentation
  - "Jock Itch"
  - Red, patchy rash
  - Found in groin areas
  - Fungal skin infection

Tinea Cruris

- Treatment
  - Topical antifungal
  - Oral antifungal if needed
  - Keep skin clean and dry

Skin Care Basics: Obese Patient

- Good personal hygiene
- Prevention of friction
- Control moisture and perspiration
- Daily skin checks for breakdown or changes
- Prompt treatment of any open areas or rashes

Lymphedema

- Presentation
  - Fatigue
  - Heavy, swollen limb
  - Localized fluid accumulation
  - Skin discoloration
  - Deformity
    - Elephantiasis
Lymphedema

- Treatment
  - Chronic (no cure)
  - Weight loss
  - Specialized
    - Exercise
    - Compression
    - Massage

Resources

- http://www.amylhwilliams.com/
- http://www.obesityaction.org/
- http://www.dermnet.com/