

Example Question: Rambling Ron- Rash

Ron: Thanks for clearing up the need for both Prescription only and OTC Medications. It does make sense and one can certainly get too much of a good thing, or not be treated correctly.
Right now I'm wondering if you can help me or if we need to be heading to the Doctor. Notice the "we" and in this case it's not we, but my wife.....she swears it's my fault so if she goes, I go.
She has developed a rash on her left wrist and ankle.
It comes and goes, in about a 3 to 4 day cycle. Red, no bumps, most days when it occurs it looks like mild sunburn, and she says the itching can drive her crazy. What do you think it could be and where could we start treating it?

Rambling Ron

Student: Regarding your wife's rash on her wrist and ankle, because we are communicating via email it is very hard to make an absolute diagnosis. Based on the symptoms you discussed in your email, we feel that it is possible that your wife has a skin condition called eczema.
The symptoms of eczema are dry, red, itchy patches of skin which occur in intermittent cycles. The typical location of eczema is on the elbows, wrists, knees and ankles.
Some common treatments your wife can try is using a good moisturizing lotion when her rash appears or if that doesn't work, try using an over-the-counter corticosteroid cream, such as hydrocortisone. Make sure the area is clean and dry, apply sparingly up to 4 times daily. If these treatments do not help stop the itching, the rash gets worse, or continues for more than 2 weeks, and then we would suggest making an appointment with your doctor.
We hope this answers your question and that your wife's rash gets resolved soon.

Your Friendly Pharmacists