

Obesity: Skin Problems and Care

**Satellite Conference and Live Webcast
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Faculty

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Bariatrics

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

Skin is an ORGAN

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

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**

Skin Changes

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

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

Skin Tags

- **Treatment**
 - Laser or surgical removal

Stretch Marks

- **Presentation**
 - Indented streaks that appear in the skin called striae, pink, reddish, or purplish
- **Treatment**
 - Laser therapy
 - Creams

Stasis Dermatitis

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

Stasis Dermatitis

- 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**

Stasis Dermatitis

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

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**

Varicose Veins

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

Skin Infections

- **Candidiasis Albicans**
- **Cellulitis**
- **Folliculitis**
- **Erythrasma**
- **Tinea Cruris**

Candiasis

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

Candidiasis

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

Cellulitis

- **Presentation**
 - Caused 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

Folliculitis

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

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

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://skinipedia.org/skin-and-obesity/index.html>
- <http://www.skindsight.com/adult/stasisDermatitis.htm>
- <http://www.dermnet.com/>