

Thursday, 28th May 2020

Diseases and disorders of the skin

Note : you are advised to number signs and symptoms in the table below .

Disease	Cause	Signs /symptoms
1.Scabies	Itch mites (sarcoptes scabiei)	Itching, mainly at night, rash on the skin, sores which result from scratching itchy rash, etc.
2.Athlete's foot	Fungus(Trichophyton)	Itching and burning sensation between toes, itchy blisters on the feet, cracking and peeling skin on the feet, dry skin on your soles, etc.
3.Leprosy	Bacteria(Mycobacterium leprae)	Loss of feeling, muscle weakness, stuffy nose and nosebleeds, curling of the fingers and thumb, wounds on the soles of the feet, loss of fingers and toes, etc.
4. Scurvy	Lack of vitamin C	Swollen bleeding gums, loose teeth, bulging eyes, scaly dry brownish skin and very dry hair that curls and breaks off close to the skin.
5. Chicken pox/varicella	Virus (varicella zoster virus)	fatigue, a mild fever, lack of appetite, and a feeling of being generally unwell
6.Measles	Virus (rubeola virus)	Fever, dry cough, runny nose, sore throat and red eyes.
7.German measles	Virus (rubella virus)	pink or red rash, fever, runny nose, headache, red eyes, etc.
8. Impetigo	Bacteria	red sores that quickly rupture and yellowish-brown crust
9. Yaws	Bacteria	A rash that forms a brown crust, bone and joint pain, etc.
10. Jock itch	Fungus(yeast)	Persistent itching, burning sensation in the skin, peeling or cracking skin and rash that gets worse with exercise

11. Skin cancer	Ultra violet radiations and chemicals	A pearly bump, bleeding sore that heals and returns, red nodule, flat lesion with a scaly-crusted surface, painful lesion that itches or burns, dark lesions on palms, soles, fingertips and toe tips.
12. Ringworm	Fungus(dermatophyte)	A scaly ring-shaped patches on the skin, weakness of the body hair, etc.

Disorders of the skin

1. Burns
2. Scalds
3. Cuts
4. Pimples
5. Albinism

Care for the skin

1. Wash the skin regularly with clean water and soap
2. Immunize infants against measles
3. Treat leprosy patients in isolation
4. Have regular body exercises
5. Eat foods rich in vitamin C
6. Wash and iron clothes before wearing them
7. Avoid sharing towels, basins, sponges and clothes
8. Smear vaseline on the skin to keep it soft

9. Avoid bleaching

Activity

1. Give any one example of each of the following categories of skin diseases
 - a) Fungal diseases
 - b) Viral diseases
 - c) Bacterial diseases
 - d) Immunizable diseases
 - e) Deficiency diseases
 - f) Airborne diseases
 - g) Non communicable diseases
2. Why is ringworm infection called;
 - a) A communicable/ infectious disease
 - b) A contagious disease
3. State any one way in which the practice of sharing clothes can be dangerous
4. How does athlete's foot spread?
5. Name the germ and vector for scabies

Refer to primary supplementary science book 8 page 114 internet