

## Brief note on erythroderma and its preventive measures.

Rashmi Bellary \*

Department of Dermatology, Rao Bahadur Y Mahabaleswarappa Engineering College, Ballari, Karnataka, India

Accepted on 06 October, 2021

### Description

Erythroderma is the condition which causes reddening of skin due the inflammation disease. This disease is associated with skin peeling off in scales or layers, and then this condition may also be known as Exfoliative Dermatitis (ED). Erythroderma is mainly caused by pityriasis rubra pilaris, psoriasis, atopic dermatitis and another skin conditions. This condition is rare, and it was mainly observed in the males than females and can arise at the any age in people. The symptoms include Rashes, skin redness and itching, and it spreads quickly. There are many drugs that leads to Erythroderma such as carbamazepine, hydantoin derivatives, cimetidine, pyrazalone derivatives, lithium salts and gold salts. Erythroderma is very difficult to treat mainly if it leads to the complicate stage. The treatment mainly depends on the symptoms and the health condition of the patient. This starts in spots and spreads all over the body and can be life-threatening.

### Preventive Measures

The symptoms of Erythroderma includes Fiery red skin all over the body, Chills or fever, Swollen ankles, Rapid heartbeat, Joint pain and tiny blisters called pustules. Erythroderma was mainly caused due to the psoriasis; it is an autoimmune disorder when your body immune system failed to defend against the microorganism which leads to the psoriasis. The main diagnosis method for this condition is skin biopsy. In this, the physician removes the small piece of the skin and checks it in the lab for signs of psoriasis. If you have the symptoms of the psoriasis you should consult the doctor immediately. The medications used to treat Erythroderma are infliximab, cyclosporine, infliximab-abda and infliximab-dyyb, these may be used as first line of defense. To control the cell growth, soriatane and methotrexate are prescribed. You can also take an immune-suppressing drug, such as adalimumab-atto, brodalumab, ustekinumab, etanercept-szss, adalimumab. By using steroid cream, oatmeal baths and wet wraps, the skin may

get smooth, thus you can prevent from drying and itching. Other treatments include drugs to control itching, medications to relieve anxiety, pain medication and antibiotics. There are some preventive measures for Erythroderma like avoid alcohol and, use phototherapy devices carefully in order to avoid burns, manage stress. There are several general measures to reduce this condition like stop all unnecessary medications, maintain fluid balance and body temperature, keep skin moisture with wet wraps, other types of wet dressings, emollients and mild topical steroids, suggest antibiotics for bacterial infection and antihistamines may reduce the itching which leads to the reddening of the skin. Erythroderma can be prevented by following steps; the people who are suffering with drug allergy should prevent the usage of the drugs, all medical records should maintain carefully as if there is any side effect to that medication, you can refer to the physician immediately.

### Conclusion

The people with severe skin diseases should consult the doctor immediately if there is at known risk of Erythroderma. The people with Erythroderma may have anaemia, abnormalities in white cell count abnormalities, and eosinophilia. Marked eosinophilia should increase uncertainties for lymphoma. Olyclonal gamma globulins are common, and raised Immunoglobulin E (IgE) is usual of idiopathic erythroderma.

### \*Correspondence to

Rashmi Bellary

Department of Dermatology

Rao Bahadur Y Mahabaleswarappa Engineering College

Ballari

India

E-mail: bellaryrashmi19@gmail.com

**Citation:** Bellary R. Brief note on erythroderma and its preventive measures. *Dermatol Res Skin Care* 2021;5(5):8.