

Common Dermatitic Diseases



Disease

Atopic Dermatitis

Stasis Dermatitis

Contact Dermatitis

Presentation

Acute: pruritic papules and vesicles with erythema
Chronic: pruritic, thick, and fibrotic nodules often develop within plaques

Edema and faintly discoloured skin
Often over varicose veins

Pruritic, leathery, and hyper-pigmented patches over dry, cracked, and scaly skin; Bumps and blisters (may have oozing and crusting)

Location

Infants: scalp, cheeks, chin, and extensor surfaces of the extremities
Older Children and Adults: neck, wrists, ankles, and flexor surfaces of the extremities

Lower legs (ankles)

Any region exposed to allergen

Comorbidities

Associated with atopic conditions, family history, infections, autoimmune diseases, mental health disorders, metabolic conditions, and cardiovascular disease

Associated with superinfection, leg ulcers, hypertension, lipodermatosclerosis, acroangiokeratosis, congestive heart failure, and sedentary lifestyle

Associated with bacterial infections (from scratching), hives, swelling, repeated exposures, occupational exposures, and anaphylaxis







Population

Most often by 5 years of age
Highest incidence between 3-6 months of age

Predominantly occurs in adults over 50 years of age

Occurs at any age

Common Dermatitic Diseases Continued

Disease	Atopic Dermatitis	Stasis Dermatitis	Contact Dermatitis
Causes	Genetic susceptibility, immune dysfunction, and epidermal barrier dysfunction	Poor blood flow due to weakening of valves in the lower legs that leads to leakage, venous insufficiency and stasis	Allergic reaction caused by allergen, which irritates the skin (e.g., acids, cleaning products, plants, hair dyes, nail polish remover, and paints)
Treatments	<p>Mild: Antihistamines, avoidance of itching, frequent moisturizing, low-potency corticosteroid ointments</p> <p>Moderate: Topical corticosteroids, topical calcineurin inhibitors, topical PDE4 inhibitors, and topical JAK inhibitors</p> <p>Severe: Cyclosporine, methotrexate, prednisone, mycophenolate, azathioprine, and injectable biologics (dupilumab, tralokinumab)</p>	<p>Mild: Compression stockings, leg elevation, avoidance of high salt foods, vitamin C, Rutin, and exercise</p> <p>Moderate: Topical corticosteroids, and vein ablation</p> <p>Severe: Oral antibiotics, venoactive/phlebotonic drugs (e.g. escin, hydroxyethylrutoside, calcium dobesilate), and flavonoids (diosmin, hesperidin, diosmiplex)</p>	<p>Mild: Trigger avoidance, personal protective equipment (gloves, clothing) when handling triggering substance, and use of moisturizers</p> <p>Moderate: Over the counter anti-itch creams, topical or oral antihistamines, corticosteroid creams, and prednisone</p> <p>Severe: Oral corticosteroids</p>
Additional Images	 	 	 

References

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Image Citations

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