

Press Release

Chandigarh, July 23:-With the humidity level rising beyond the comfort level, Chandigarh is witnessing increased incidence of skin-related problems. The queues at skin OPDs in hospitals are lengthening by the day with more people falling victims to such diseases as miliaria rubra; fungal infection; scabies and pediculosis; impetigo; furunculosis and chicken pox.

"About 200 to 250 patients, suffering from various skin diseases, are visiting the Government Multi-Speciality Hospital (GMSH) in Sector 16 daily. I am attending about 30 to 40 patients of miliaria rubra; 50-60 of scabies; 50-60 of fungal infection; 40-50 of impetigo and furunculosis every day. And, should there be no more rains, the cases of skin diseases may go up further as the bacteria feeds on humidity", Dr S.D. Mehta, Skin Specialist, GMSH said here today.

Humidity is the primary causative factor for the rapid growth of bacteria spreading skin diseases. Furunculosis (boils) is another type of skin disease that causes painful boils and pus-filled lumps on the skin. Fungal infection (daad) is a group of diseases caused by 'fungi' affected groins; armpits; nails; toes; feet or other parts of the body where the sweating generally occurs. It commonly affects feet, groins and scalp of children. The hot and humid environment allows the fungus to cultivate.

"Retention of sweat promotes the growth of fungus causing peeling, scaling and sometimes even blistering," Dr Mehta said. Impetigo is a common skin disease among children and infants caused by the bacteria growing in hot and humid weather. Poor hygienic conditions are also responsible for the spread of skin diseases. "It might also cause fever and delay its treatment, infection can spread to blood causing a severe condition known as septicemia," said Dr Mehta.

Scabies is caused by a mite that lays eggs in human skin followed by an allergic reaction. It spreads from person to person. It causes severe continuous itching. "Most of the skin diseases can be prevented by keeping the body clean and dry; wearing cotton clothes and taking special care of personal hygiene. In skin diseases, prevention is better than cure. These precautions should be taken by people during the monsoon season to avoid occurrence of skin diseases", Dr. Mehta added.