

### **INTRAMUSCULAR TRIAMCINOLONE (KENALOG)**

An intramuscular injection of triamcinolone (Kenalog) is one of the most effective treatments for severe or itching skin conditions. An intramuscular injection is given in the backside. There is a very slight amount of discomfort when it is administered.

The medications used in this type of intramuscular injection are related to the cortisone that your own body makes every day. Cortisone has many effects. One of the effects of cortisone is anti-inflammatory. That means that it helps red, inflamed and itching skin conditions. These injections concentrate the anti-inflammatory effects of cortisone and reduce any other potential cortisone side effects.

The advantage of this type of injection is that a small amount of medicine is released daily so that there will be a lasting effect of weeks to many months. In most cases there is fairly rapid relief of the symptoms.

Other than the minor discomfort associated with giving the shot, there are two other significant minor side effects. If a woman receives this injection, it can offset the next menstrual period. That means the period could come slightly later or slight earlier or the menstrual flow could be slightly lighter or heavier than usual. This only happens for one cycle. The other problem, which can occur, is a tendency for the skin to bruise on the arms. This often happens in older patients if the injections are given quite frequently.

An intramuscular injection of triamcinolone (Kenalog) is one of the most effective treatments for various skin conditions. This is why I suggested this treatment be given. If there are any other questions about this, please ask me before you leave the office.