

### **PITYRIASIS ROSEA (PR)**

Pityriasis Rosea is a common harmless skin problem. Pityriasis Rosea usually begins with a single scaling spot which appears a week or two before the general rash. After this first spot, a number of smaller round patches develop on the skin. These usually occur on the back, chest, abdomen and upper parts of the arms and legs. Occasionally a few spots develop on the neck. It is unusual for the rash to develop on the face, hands or feet.

Pityriasis Rosea is a condition which is felt to be a virus rash in the skin. When some people get a virus they develop a cold. When other people get a virus they develop a stomach flu. This problem is related to a virus causing a skin rash. The rash is not contagious in the sense of other kinds of virus rashes. It is not related to food, medicine or nervous upsets.

Pityriasis Rosea always disappears by itself. Because it takes up to four to eight weeks to go away, many people become quite concerned about the rash because it is all over the place. Sometimes patients are told they have ring worm because of the round appearance of the spots in the skin. Second attacks of pityriasis rosea are rare.

For mild cases of Pityriasis Rosea only lotion is required for treatment. If it is itching and irritated, prescription cream and itching pills are often used. The best treatment for severe pityriasis rosea is ultraviolet light exposure. This is the type of light which is found in sunlight. During the summer time one of the best treatments is to go to the beach. At other times ultraviolet light (sunlight in a box) is prescribed one time per day for five days.

Although Pityriasis Rosea can be quite widespread, it is important to realize that it will go away completely and not leave any marks. If you have any other questions about this condition, please don't hesitate to ask me.