

Recent Updates on Dermatographia: Skin Writing Treatment

Yianna Ioannou*, Petridou Steris

School of Humanities and Social Sciences, Department of Social Sciences, University of Nicosia, Cyprus.

***Correspondence:** Yianna Ioannou, School of Humanities and Social Sciences, Department of Social Sciences, University of Nicosia, Cyprus.
E-mail: ioannouyi@gmail.com

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CASE REPORT

Dermatographia could be a condition additionally referred to as skin writing. Once those who have dermatographia gently scratch their skin, the scratches redden into a raised weal like hives. These marks sometimes disappear within a half-hour. This condition affects around 5% of the population. This condition is additionally referred to as dermographism or demographic hives. Around five % of individuals have this condition, and it's most typical in older youngsters and younger adults [1].

Scratches will irritate your skin; however, they are inclined to heal quickly. Some scratches are white against the skin, whereas others redden slightly. With dermatographia although, the scratches worsen, inflicting deep wounds or maybe allergy-like reactions.

Dermatographia is most frequently treated with antihistamines to scale back itching and overall discomfort. There's no cure for this condition, though the symptoms don't last long. Rare cases need a lot of in-depth medical treatment from a skin doctor.

Understanding Dermatographia

Signs of dermatographia occur once your skin gets scraped. Symptoms don't seem on their own. Instead, these are reactions to scratches themselves. These symptoms will seem for the primary time all at once.

The symptoms of dermatographia could include:

- Redness
- Raised marks on the skin that seem like writing
- Deep wounds
- Welts that seem like hives
- Itchiness
- Swelling, or Inflammation

Symptoms sometimes last for regarding half-hour at a time. In rare cases, symptoms last days or longer. However, the condition of dermographism itself will last for months or years. Symptoms could worsen in extreme temperatures. Dry weather may increase the incidence of dermographism. Heat water from hot showers, baths, and saunas will irritate symptoms.

Causes of Dermatographia

The exact causes of dermatographia aren't noted. The condition is believed to be triggered by:

- Stress
- A history of allergies
- Excessive rubbing from vesture or bedding
- Infections
- Certain medications, as well as antibiotic drug
- Exercises that cause excessive skin rubbing (such as wrestling)

Though its causes aren't noted, there are suspected risk factors for dermatographia. You will be at AN inflated risk if you:

- Have dry skin
- Have a history of eczema, which could be a skin inflammation
- Are a young adult
- Experience frequent scratches of the skin
- Have thyroid illness
- Have a nerve disorder or an inside unhealthiness that causes restless skin

Children are a lot vulnerable to eczema generally, whereas teens and young adults are a lot of seemingly to develop dermatographia.

Diagnosing Dermatographia

Dermatographia is diagnosed with a diagnostic assay. Your doctor can seemingly use a depressor and gently drag it across a little of your skin to examine if any adverse reactions occur [2-4]. This look is completed at the doctor's workplace, and therefore the condition is often diagnosed inside one visit. Your doctor can also check different areas of your skin for marks. No blood tests or X-rays are needed to diagnose this condition.

Treating Dermatographia

Most patients with dermatographia need no treatment, though they will be suggested to avoid scratching and different physical stimuli noted to supply symptoms. Staying well hydrated and employing a smart skin moisturizer is additionally suggested.

General measures embrace avoiding the stimuli that depart bouts of itch, wherever potential. For example:

- opt for comfy, loose vesture.
- Avoid exposure to very popular water.
- Pat dry gently when bathing.

If suspicious of a drug cause, consider stopping it if safe to try and do this.

If treatment is required, antihistamines sometimes offer smart relief from symptoms, Antihistamines may have to be continued daily for a minimum of many months; intermittent medical aid is of less worth.

Dermographism can also answer actinotherapy. lightweight medical aid has shown some effectiveness in treating dermatographia, nevertheless most patients relapse within two to three months of finishing medical aid.

Adjunctive treatment with over-the-counter ascorbic acid one thousand mg daily is additionally found to be useful.

Prevention

Despite the discomfort dermatographia could cause, the negative reactions are also preventable. consider the subsequent style changes and preventive measures you'll be able to take:

1. Avoid restless garments and bedding. Wool and artificial materials are common skin irritants.
2. Use soaps while not fragrance. These additional chemicals and dyes will create your skin restlessly.
3. Take cool or lukewarm showers.
4. Use a humidifier throughout cool, dry months.
5. Moisturize your skin daily. For best results, use a moisturizing lotion or cream after many minutes of bathing.
6. Avoid scratching your skin if potential. Treating restless skin will facilitate avoid scratches.
7. Manage your stress. Exercise, adequate sleep, and meditation will alleviate stress.

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