



# S k i n I n f e c t i o n s

## What are Skin Infections?

Skin infections occur when the skin's resistance to attack is lowered, or overwhelmed, by micro organisms. In either case, the infecting organisms reach the layers of the skin under the surface where they can cause inflammation and damage.

## What causes Skin Infections?

The epidermis (outer layer of the skin) is highly resistant to infection, but if this barrier is breached by cuts or abrasions, infection becomes more likely. The skin also has its own immune defences, which include immunoglobulins (special proteins which destroy invading organisms). Strong sunlight can weaken these defences, resulting, for example, in cold sores. Some of the more common types of viral skin infections are:

- **Chickenpox:** this is acquired by inhaling infected droplets expelled during coughing or sneezing. The virus migrates to the skin where it causes crops of tiny irritating, crusting blisters.
- **Shingles:** This is caused by the chickenpox virus, which has lain dormant in the nerves for years, after an attack of chickenpox. Symptoms include tenderness and hypersensitivity of the skin, blisters, and sometimes, persistent pain.
- **Cold sores:** These may be transmitted by kissing the lips and face. They form small, tense, painful blisters that cause crusts and then heal in about a week.
- **Genital herpes:** This is caused by a sexually transmitted strain of the cold-sore virus.
- **Warts and veruccas:** Viruses cause all these from the human papilloma group.

The more common bacterial infections of the skin include:

- **Boils:** These result from infection of the skin pores with staphylococcal bacteria, causing small local abscesses with inflammation and pain.

- **Impetigo:** This causes areas of blistering, weeping and yellow crusts that may be wide spread. It is most common in children.
- **Cellulitis:** This occurs where streptococcal infection of the skin has lead to a rapidly spreading inflammation and accompanying fever. It can be dangerous if it progresses to septicaemia (blood poisoning). The following represent the more common fungal skin infections.
- **Tinea:** This group includes tinea pedis (athlete's foot), tinea corporis (body tinea), tinea cruris (crutch or jock itch), and tinea capitis (head tinea). Tinea can be caught by direct contact with an infected person or animal, or directly via infected objects such as towels and changing-room floors.
- **Thrush:** Known as candidiasis, its cause is the fungus *Candida albicans*. Mucous membranes such as the mouth or vagina are usually affected, but it readily spreads to moist areas of the skin causing an itchy red rash with white patches on it.
- **Pityriasis versicolor:** This is a superficial fungal infection mainly affecting the trunk. Either increased or decreased pigmented patches appear on the skin and patients may notice that they do not tan properly in the affected area.

## Symptoms:

- Local redness
- Blisters that may crust or flake
- Irritation
- Pain
- Inflammation
- Fever
- Malaise

PTO

*masters of TCM Pty Ltd*

A.B.N. 22 074 633 211

435 Riversdale Road Hawthorn East Vic 3123 Phone 9882 2255 [www.mastersoftcm.com.au](http://www.mastersoftcm.com.au)

## **TCM Drug Free Pain Control**

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Local laser to treat tender spots occurring in the regional anatomy
- Electro-acupuncture therapy
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the pain you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.