**Skin Conditions and Down syndrome Take Home Points**

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**Cutis marmorata**

1. Cutis marmorata is common and not harmful

**Dry skin**

1. Thicker moisturizers are better (creams, ointments, oils)
2. ‘All-natural’ and ‘baby’ does not mean good for sensitive skin
3. The best time to moisturize is after the bath or shower

**Hyperkeratosis on elbows and knees/calluses on feet**

1. Thicker dry skin on the elbows, knees, and feet (calluses) can be treated with “keratolytic” moisturizers
2. If there are thick calluses on the feet, talk with your doctor about potentially seeing a foot doctor (podiatrist) or a bone doctor (orthopedic doctor) since this could be a sign of needing help with shoes/walking

**Eczema**

1. Moisturizing is important to rebuild the skin barrier when you have eczema
2. Before your provider gives you a prescription for eczema, ask how it will feel on the skin
3. Ointments hurt the least

**Seborrheic dermatitis/dandruff**

1. Talk with your provider about prescription anti-dandruff shampoos if the over-the-counter shampoos do not work
2. These shampoos are a treatment for the skin on the head. Let them sit on the skin for 1-2 minutes
3. Remember steroids come in solutions, foams, oils

**Angular Cheilitis**

1. When treating angular cheilitis, ask your provider about 50/50 mixtures with antifungals and topical steroids

**Perioral dermatitis**

1. With a face rash around the mouth, nose, and/or eyes, ask your provider about perioral dermatitis
2. When treating perioral dermatitis, consider steroids a ‘frenemy’

**Diaper rash**

1. The two most common causes of diaper rash are irritant and yeast/candidiasis
2. Do not over wipe
3. Cream cheese on a bagel!
4. Ask your provider about potential need for anti-yeast treatments

**Alopecia areata**

1. Make sure thyroid screening is up-to-date
2. Ask for a referral to a dermatologist to discuss treatment options for alopecia areata

**Vitiligo**

1. If you notice light spots on the skin, please contact your provider to be seen.
2. If vitiligo is suspected, ask to be seen by a dermatologist