**Skin Conditions and Down syndrome Take Home Points – Part 2**

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**Folliculitis**

1. Uncontrolled folliculitis can be painful and lead to scarring.
2. Consider once to every other day bathes or showers.
3. An over-the-counter wash such as benzoyl peroxide, chlorhexidine gluconate, or bleach bathes is often a good first treatment.

Bleach bath recipe:

* + - Full tub: ½ cup bleach
    - Half-tub: ¼ cup bleach
    - Gallon of water: 1 teaspoon bleach

1. Oral antibiotics can be helpful, but should be avoided chronically.

**Hidradenitis suppurativa**

1. Hidradenitis suppurativa can look like bumps, boils, blackheads and raised/depressed scars.
2. Hidradenitis can happen in the “hidden spots” on the body including the armpits, under the breasts, groin, and inner thighs.
3. Hidradenitis is more common in people with Down syndrome and can happen at a younger age.
4. Yearly screening for hidradenitis should start around age 10 years.
5. If you have hidradenitis, you should ask your provider about seeing a dermatologist.

**Acne**

1. Acne should not be ignored. There are excellent treatments available.
2. Ask your provider about what kind(s) of acne you have (comedonal, inflammatory, nodulocystic, pityrosporum folliculitis, hormonal). Know there are topical and oral treatments for each of these.

**Acanthosis nigricans**

1. Acanthosis nigricans can be a sign of obesity and high blood sugars.
2. Talk to your provider about lab test screening.
3. Exercise and weight loss can help!

**Psoriasis**

1. Psoriasis may be more common
2. Psoriasis can be linked with other health conditions
3. If you have psoriasis, you should ask your provider about seeing a dermatologist
4. Think of scabies if the ‘psoriasis’ is all over the body

**Toenail fungus/Athlete’s foot**

1. Athlete’s foot and toenail fungus may be more common
2. Both can happen at a younger age
3. Keep those feet/shoes dry and consider a maintenance treatment

**Syringomas**

1. Syringomas are common and typically happen around the eyes, although can be on other areas of the body
2. They can be difficult to treat

**Don’t Forget the Hidden Spots!**

**Reminder providers to look at the scalp, armpits, groin, buttocks, thighs, and feet.**

**Many skin conditions ‘hide’ in these areas.**