

QUESTION OF THE WEEK

## *Itchy skin? Here's what to do*



**Kathleen Mahan**

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As our skin loses moisture, itching can become a worrisome condition. One of the ways this is treated is with topical steroid creams. While in small doses and for short periods of time, these steroid creams can provide relief. They can also cause significant thinning of the skin. This thinning can become so severe that some people could develop stretch marks. Sometimes an emollient cream would be

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better suited for the dryness.

Kathleen Mahan, ARNP, MSN, WCC, is an Advanced Registered Nurse Practitioner with Physicians' Primary Care of Southwest Florida in the Fort Myers Family & Internal Medicine office, 7381 College Parkway (239-482-1010).