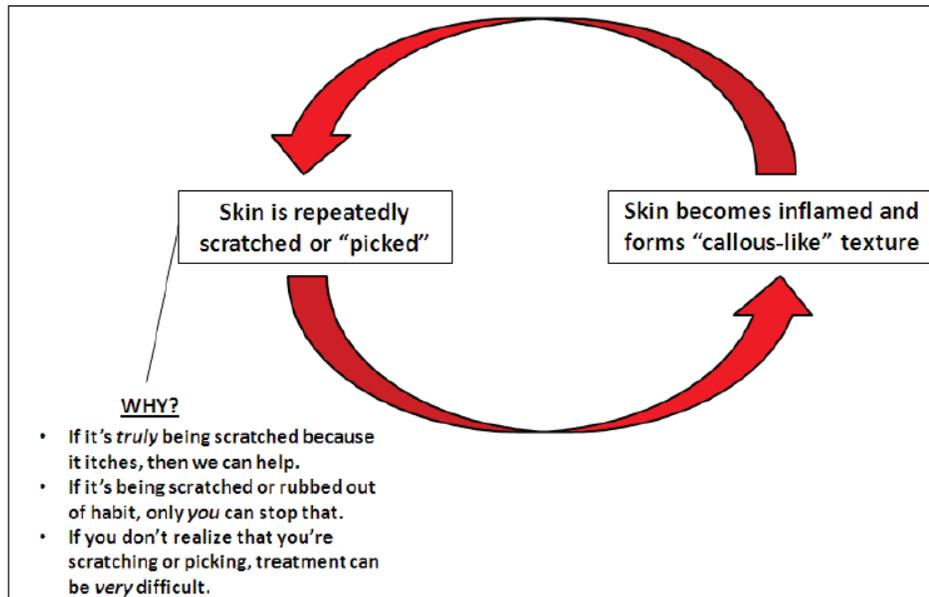


PRURIGO NODULARIS AND LSC

Prurigo Nodularis (PN) and Lichen Simplex Chronicus (LSC) are two surprisingly common conditions. They result from the skin responding to repeated scratching, rubbing, or “picking”. What happens is the area of skin is repeatedly scratched, rubbed, or “picked”, and in response, it reacts by forming scaling and texture changes as a result. Take a look at the following diagram:



Patients with this generally fall into one of two categories; there are those that know they're picking/scratching, and then there are those that don't.

If you do know that you're picking or scratching, the question is....why? Most often what happens with PN/LSC is that patients start off with another "true" source of inflammation such as a bug bite, allergy reaction, etc., but then as a result of scratching that "other" condition, the Prurigo Nodularis or LSC developed "secondarily". If that's the case, then we can help by providing medications which help to stop the inflammation and itching sensation which created this "vicious cycle" in the first place.

If, however, you either pick out of "habit", or even worse, you don't realize you're picking or scratching....that's very difficult for us to treat. If you know that you scratch or rub, please do everything in your power to stop. If you don't know that you are scratching or rubbing, then you might be doing it in your sleep. Ask family members if they notice it. Stress and anxiety tend to play a role in this group of patients. Many times patients will tell us that they find themselves scratching or picking when they are worrying about something. For these patients, if our dermatological measures fail to provide satisfactory improvement, we sometimes will recommend that the patient speak to their PCP about getting treatment for stress and anxiety.