

## Pityriasis Rosea

Pityriasis is a harmless disorder of the skin, commonly seen in adolescents and young adults, and occasionally in children. The rash is made up of round or oval patches located on the trunk, arms, neck, and thighs. The cause of Pityriasis Rosea is not known. Some research has indicated that it may be a reactivation of a common childhood infection called roseola, though this is not certain. However, we do know that **it is not contagious**.

Pityriasis Rosea usually goes away by itself in about 6 to 12 weeks without needing any treatment. It does not leave permanent scars, although there may be discoloration for a time. It is very rare for it to recur.

No treatment is usually needed. If itching is present, mild, soothing lotions may make you more comfortable. Hot baths or showers may make the itching worse and make the spots look a brighter shade of red, but really do not make Pityriasis Rosea any worse. If itching is severe, you may take an antihistamine, like Benadryl or Chlortrimeton.

It may be disturbing to be confronted with such a visible and even dramatic condition that lasts many weeks and for which there is no treatment. However, be patient, realize that there will be no other symptoms to worry about, and when the rash is gone, there will be no lasting effects.

