



PITYRIASIS ROSEA

Pityriasis rosea is a common disorder in children and young adults. It often begins with a large scaly lesion called the "herald patch". Within days to weeks after, many smaller scaling patches begin to appear and can continue to appear for weeks.

The cause of pityriasis rosea is unknown, although many suspect a virus. However, it is unlikely that anyone else will become infected in a patient's family, since the degree of contagion is low. The typical course of pityriasis rosea is approximately six weeks. Some patients have nothing but non-itchy scaling areas, whereas other patients have associated low grade fevers and a considerable degree of itchiness.

The lesions of pityriasis rosea will go away on its own, and treatment is only needed to help with the itching. Sometimes cortisone creams or sunlight exposure will be recommended for symptomatic relief. Some patients may have some temporary areas of pigment change at the sites of lesions, but this tends to resolve during the months that follow.