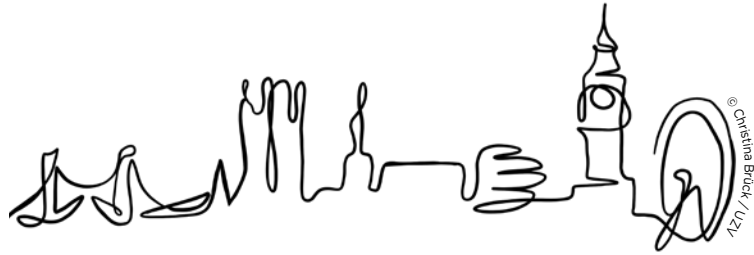


Chronic skin disorders



The skin, even though it is our largest organ, is also the organ that gets the **least attention**, until, that is, it starts to trouble us. There are quite a number of **common** skin disorders, which may affect many of us over the course of our lives.

One common example is acne, which not only affects teenagers and young adults, but may also cause problems for older adults. Other examples of chronic skin disorders: atopic dermatitis, **shingles**, **hives**, **athlete's foot** (tinea pedis), psoriasis, rosacea, and seborrheic dermatitis. Any

one of the following may cause such skin conditions: viruses, bacteria, **fungi**, **genetic predisposition**, stress, allergic reactions, or **environmental factors**. Seborrheic dermatitis, commonly known as **dandruff**, is caused by overproduction of **sebum** in combination with an **overgrowth** of a type of **yeast fungus** known as malassezia.

Malassezia is present in the oils on our skin, but certain conditions cause it to **proliferate** and make the **scalp** dry and **itchy**.

Female pharmacy customer: Good morning. Do you speak English?

PTA: Good morning, yes I do. How may I help you?

I noticed the last few times when I was washing my hair that my scalp was very dry and itchy afterwards. It's extremely irritating and I also noticed dry **flaky** patches of skin on my **pillow** this morning.

Have you ever experienced this before?

Yes, years ago when I **hit puberty!** But my mom got a very good shampoo at the pharmacy and it cleared up in no time!

It isn't unusual at this time of year when the air inside becomes dry from the heating and we cover up against the cold. This provides ideal conditions for increase in sebum and yeast production. Do you suffer from eczema or psoriasis?

No, never had either one. Why? **Dandruff is similar to the symptoms of both.**

I see. So, what can you recommend?

If you could follow me over here, we have a whole range of care products for dry scalp and dandruff. Would you say that your scalp is oily or does it tend to be dry?

I tend to have very dry sensitive skin.

Right, I have just the products for you! This lotion will help to **alleviate** dryness and itchiness. The shampoo from the same range of products was **developed** for dry scalp.

How often do I apply the lotion? Just twice a day. It's quite rich, so a little goes a long way. You just apply it to the affected area and massage it into the scalp. You should try the treatment, shampooing and lotion, for a week to ten days, and if you don't see any signs of improvement, please consult a GP or a skin specialist.

I'll do that. Thank you very much, you have been very helpful.

No problem! You are more than welcome. Goodbye.

Thank you. Bye, bye! ■

*Catherine Croghan,
Lecturer in English and
native speaker*

VOCABULARY	
skin disorders	Hautkrankheiten
least attention	wenigste Aufmerksamkeit
common	häufig
shingles	Gürtelrose
hives	Nesselsucht (Urtikaria)
athlete's foot	Fußpilz
fungi	Pilze
genetic predisposition	genetische Veranlagung
environmental factors	Umweltfaktoren
dandruff	Hautschuppen
sebum	Hauttalg
overgrowth	Überwucherung
yeast fungus	Hefepilz
proliferate	wuchern
scalp	Kopfhaut
itchy	juckend
flaky	schuppig
pillow	Kopfkissen
hit puberty	in die Pubertät kommen
alleviate	lindern
developed	entwickelt

Dekristol® & Dekristolvit® So indiviD₃uell wie wir.



STARKE KNOCHEN² ODER EIN STARKES IMMUNSYSTEM³ MIT DER INDIVIDUELLEN DOSIS VITAMIN D₃
Dekristol® 400, 500 oder 1000 I.E. Dekristolvit® 1000, 2000, 4000 oder 5600 I.E.

¹ NVI-KT von Insight Health, MAT 2020.01 (bezogen auf Dachmarke Dekristol® : 20000 I.E. Weichkapseln & 400 I.E. & 500 I.E. & 1000 I.E. Tabletten).

² **Arzneimittel: Dekristol® 400 I.E./500 I.E./1000 I.E. Wirkstoff:** Colecalciferol (Vitamin D₃). **Zusammensetzung:** 1 Tablette enthält 10 Mikrogramm/12,5 Mikrogramm/25 Mikrogramm Colecalciferol, entspr. 400 I.E./500 I.E./1000 I.E. Colecalciferol-Trockenkonzentrat. **Sonstige Bestandteile:** Lactose-Monohydrat, Mikrokristalline Cellulose, Maisstärke, Stärke[hydrogen-2-(oct-1-en-1-yl)butandioat]-Natriumsalz, Carboxymethylstärke-Natrium, Sucrose, hochdisperses Siliciumdioxid, Magnesiumstearat [pflanzlich], Natriumascorbat, Mittelkettige Triglyceride, all-rac-alpha-Tocopherol. **Anwendungsgebiete:** Vorbeugung gegen Rachitis und Osteomalazie bei Kindern, Jugendlichen und Erwachsenen, Vorbeugung einer Vitamin-D-Mangelkrankung bei Kindern, Jugendlichen und Erwachsenen mit erkennbarem Risiko, unterstützende Behandlung der Osteoporose bei Erwachsenen. Dekristol 400 I.E. zusätzlich: Vorbeugung gegen Rachitis bei Frühgeborenen. **Gegenanzeigen:** Überempfindlichkeit gegen einen der Bestandteile, Hyperkalzämie, Hyperkalzurie, Hypervitaminose D, Nierensteine. Strenge Indikationsstellung in der Schwangerschaft. Stillzeit: Zusätzliche Vitamin D₃-Gabe beim Kind berücksichtigen. **Nebenwirkungen:** Überempfindlichkeitsreaktionen, Hyperkalzämie, Hyperkalzurie, Obstipation, Flatulenz, Übelkeit, Abdominalschmerzen, Diarrhö, Pruritus, Ausschlag, Urtikaria. **Warnhinweis:** Enthält Lactose und Sucrose. **Apothekenpflichtig.** Stand: Dekristol 400 I.E.: 02/2020; Dekristol 500 I.E./1000 I.E.: 07/2019. mibe GmbH Arzneimittel, 06796 Brehna.

³ **Nahrungsergänzungsmittel:** Vitamin D₃ trägt zu einer normalen Funktion des Immunsystems und zur Erhaltung normaler Knochen und Muskeln bei. Nahrungsergänzungsmittel sind kein Ersatz für eine ausgewogene, abwechslungsreiche Ernährung und eine gesunde Lebensweise.