

DARIER'S DISEASE

What Is Darier's Disease?

Darier's Disease is an inherited disorder of the skin and nails. If one parent is affected, about 50% of offspring will also be affected. Darier's Disease does not cause internal disease, except for involvement of the mouth and the rectum. It does, however, predispose to infections of the skin which are usually easily treatable. There is a wide spectrum of disease severity. Your doctor will mark the measures appropriate in your situation.

Treatment: General Measure

Darier's Disease often worsens with heat, sweating, and friction. These factors may act directly or indirectly by promoting bacterial infections. To minimize the role of bacteria, you should bathe daily with an antibacterial cleanser such as Betadine or Hibiclens.

To reduce sweat production, use Drysol in areas you sweat and have had a problem. This should be applied to completely dry skin in the evening. If excess irritation results, change from Drysol to Xerac AC (both of these require prescriptions). MORE DETAILS ARE AVAILABLE ABOUT THESE MEDICATIONS IN THE HANDOUT "HYPERHIDROSIS."

If your doctor feels infections appear to be a factor, immediately after Xerac AC or Drysol has dried apply an antibiotic solution or gel such as _____ . If sweating is not a factor use the antibiotic without Drysol or Xerac AC.

Next apply a talc powder (such as Zeasorb powder) to absorb any sweat that is produced.

Sunlight may worsen Darier's Disease. You should wear a sunscreen of SPF greater than 15 whenever sun exposure is unavoidable.

Treatment: Specific Medications

Mild or localized disease: Topical Retin-A gel or cream to affected areas may control the disease.

Moderate-to-severe disease: Etretinate (Tegison) or isotretinoin (Accutane) are the most effective treatments. Separate information brochures are available for these medications. If possible, these will be discontinued during the winter months if your disease is usually better at this time. In any case, the lowest possible dose should be used due to the long-term side effects of these drugs.

If the skin appears infected, oral antibiotics such as _____ may be prescribed.