5 Common Skin Concerns

Could these everyday skin problems be a symptom of an underlying health condition?

May 7, 2021 By Vasil Kocevski

With your skin being your body's largest organ, any health issues that affect your body can often have an impact on your skin too. What may initially seem like a pesky breakout or a harmless rash could actually be a sign that there's something not quite right taking place deeper within your body. Here are several common skin conditions people face and how to tell if the signs you see may mean you're experiencing a health problem:

Acne

With 95% of people experiencing a breakout at some point in their lives, acne is the most common skin condition out there. So, while you shouldn't necessarily panic the next time you spot a pimple, pay attention to where your breakouts are.

If your acne is usually concentrated along your jawline and around the lower part of your face, and your breakouts are increasing in frequency, then this could be a sign of polycystic ovary syndrome. This hormonal condition requires medication as treatment. The good news is that getting your hormones back into balance again should hopefully clear up your acne.

Itchy Skin

Dry skin is extremely common, and this dryness is often accompanied by itching too. The best way to deal with this is by using a rich moisturizer to soothe that itch and hydrate your skin cells. Head on over to pierremichelbeauty.com for some moisturizer recommendations.

However, if your itching has occurred very suddenly, with your entire body feeling unbearably itchy but your skin is looking absolutely normal, then there could be something more serious going on. Sudden and severe itching, to the point where you're losing sleep over it, could indicate the following:

- Diabetes: Rashes and dark patches may also be present on your skin, with other symptoms including increased thirst and hunger, fatigue, and blurred vision
- Liver disease: Itching is often the first symptom of early-stage liver disease. Other symptoms include abdominal pain, loss of appetite, and an overall unwell feeling

- Cancer: Certain cancers, such as leukemias, liver cancer, and lymphomas, often cause an itchy sensation in the skin

A New Freckle

You may not think twice when you first see a new freckle appearing on your face, especially if it's joining several others. Freckles are generally harmless. They're usually caused by sun exposure, so you may want to consider upping your SPF game to keep your skin looking clear and bright.

However, if your new freckle keeps changing, whether this may be in shape, size, or color, then it's time to take note. A freckle-like spot that continues to evolve is a common symptom of an early melanoma. The best person to speak to about this would be your doctor or dermatologist - they'll be able to take a closer look at the freckle to determine whether further testing is needed.

Redness, Flushing and Excessive Sweating

If you've noticed that your skin has been flushing more than usual, and you also frequently feel sweaty, then this could be a sign of an overactive thyroid. Also known as hyperthyroidism, this condition also causes thinning skin, puffiness, dramatic weight changes, and fatigue. Medication will be needed to get your thyroids working properly again, so a visit to your doctor is a must.

If you aren't experiencing the other symptoms of hyperthyroidism, but mood swings, irregular periods, and headaches have become the norm, then menopause could be the reason behind your flushing and sweating.

Rashes

It's difficult to group all rashes together because they come in so many different forms, with each one having its own possible range of causes. However, whatever your rash may look like, it's telling you that something's wrong.

It could be something simple, such as an allergy to your laundry detergent or a reaction to a poisonous plant that you've accidentally touched. However, rashes can also indicate serious conditions, from the bullseye-like rash that Lyme disease produces to the dark and velvety rash that precedes type 2 diabetes.

A rash caused by an allergic reaction will usually clear up on its own. If your rash seems to be sticking around, then it's time to have it assessed by a professional.

Summary

It's easy to read through this list and start to panic. After all, chances are that you're probably experiencing one of these skin concerns right now. While it's always wise to pay attention to any changes taking place in your skin, skin concerns are also very common. It's more than likely that

yours aren't being caused by anything serious and can easily be treated with topical skincare. However, if this doesn't seem to help, or you're also experiencing other symptoms, then a visit to your doctor should help to set things straight.

In addition, for those with skin of color, more articles than ever before about your special skin care needs and products for your skin are being featured in magazine articles online. For example, check out "50+ Black-Owned Beauty Brands We'll Never Stop Talking About" and "10 Skin Care Brands That Beauty-Obsessed WOC Will Love."

These are just a few of hundreds you can find. There's plenty of information available so make sure you learn about what's going on in the world of Black skin care and skin health.

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