

Disease Name –

Folliculitis

Medical history related Folliculitis–

History of recent exposure to hot tubs, pools, or contaminated water. Previous episodes of shaving or waxing in affected areas. Underlying medical conditions such as diabetes or compromised immune system. Use of occlusive clothing or equipment that traps moisture and heat against the skin.

Symptoms of Folliculitis–

Symptom 1 - Red, Inflamed Bumps or Pustules around Hair Follicles: Folliculitis typically presents as red, inflamed bumps or pustules that develop around hair follicles. These bumps may vary in size and may be accompanied by swelling. In bacterial folliculitis, the bumps can contain pus, giving them a yellow or white appearance.

Symptom 2 - Itching or Burning Sensation in Affected Areas: Folliculitis often causes itching or a burning sensation in the affected areas. This sensation can range from mild to severe and may worsen with scratching or friction.

Symptom 3 - Pain or Tenderness When Touched: The affected skin may be tender or painful to the touch. This tenderness is often localized to the area around the inflamed hair follicles and may be exacerbated by pressure or movement.

Symptom 4 - Small, Pus-filled Blisters or Sores: In cases of bacterial folliculitis, small pus-filled blisters or sores may develop on the skin's surface. These blisters may rupture, leading to the release of pus and the formation of crusts or scabs.

Symptom 5 - Crusty or Scaly Skin over Affected Follicles: As folliculitis progresses, the skin over the affected follicles may become crusty or scaly. This is particularly common in cases where the condition is chronic or if there is repeated irritation or infection of the hair follicles.

Symptom 6 - Hair Loss or Thinning in Severe Cases: In severe or chronic cases of folliculitis, hair loss or thinning may occur in the affected area. This can result from damage to the hair follicles caused by inflammation or infection. In some instances, the hair loss may be temporary, and hair growth may resume once the underlying cause of folliculitis is addressed.

Description of Folliculitis–

Folliculitis is a common skin condition characterized by inflammation and infection of the hair follicles. It can occur anywhere on the body where hair grows and may present as red, inflamed bumps or pustules around hair follicles. Folliculitis can be caused by bacterial, fungal, or viral infections, as well as physical irritation from shaving, friction, or occlusive clothing. Mild cases of folliculitis typically resolve on their own, but more severe or persistent cases may require medical treatment, including topical or oral antibiotics, antifungal medications, or anti-inflammatory drugs.

Causes of Folliculitis–

Cause 1- Bacterial infection: *Staphylococcus aureus* is the most common bacteria responsible for folliculitis. These bacteria can enter the skin through small cuts, abrasions, or hair follicles, leading to infection and inflammation.

Cause 2- Fungal infection: Yeasts such as *Malassezia* or fungi like *Candida* can also cause folliculitis, particularly in warm and humid environments. Fungal folliculitis may be associated with conditions such as *pityrosporum folliculitis* or *tinea barbae*.

Cause 3- Viral infection: Herpes simplex virus (HSV) or herpes zoster virus (shingles) can cause folliculitis, resulting in clusters of small, painful blisters or sores around hair follicles.

Cause 4- Physical irritation: Friction from tight clothing, shaving, waxing, or repetitive movements can irritate hair follicles and lead to folliculitis, especially in areas with coarse or curly hair.

Lifestyle changes to prevent Folliculitis–

Preventive measures for folliculitis include practicing good hygiene, avoiding sharing personal items such as razors or towels, and keeping the skin clean and dry. Individuals prone to folliculitis should consider using antibacterial or antifungal cleansers and avoiding occlusive clothing or equipment that traps moisture against the skin. Proper shaving techniques, such as using sharp razors and shaving in the direction of hair growth, can help reduce the risk of folliculitis. In cases of recurrent or persistent folliculitis, consulting a dermatologist for evaluation and treatment options is recommended.

Disease background of Folliculitis–

Folliculitis can affect individuals of all ages and is commonly seen in areas with increased friction or moisture, such as the scalp, face, neck, chest, back, buttocks, and thighs. People who frequent hot tubs, pools, or saunas are at higher risk of developing folliculitis due to exposure to contaminated water. Individuals with compromised immune systems, diabetes, or conditions that affect hair growth may also be more susceptible to folliculitis. Proper hygiene practices and prompt treatment of any skin irritation or infection can help prevent folliculitis and reduce the risk of complications.