**Disease Name –**

Scabies, Sarcoptes scabiei infestation

**Medical history related Scabies, Sarcoptes scabiei infestation–**

Scabies has been documented throughout history, with accounts dating back to ancient Egypt. It is a highly contagious skin infestation caused by the microscopic mite Sarcoptes scabiei.

**Symptoms of Scabies, Sarcoptes scabiei infestation–**

Symptom 1 - Intense Itching: Intense itching is a characteristic symptom of scabies, often exacerbated at night. It is the body's natural response to the presence of scabies mites, their eggs, and their waste products burrowed within the skin. The itching sensation can be extremely bothersome and may lead to excessive scratching, which can further irritate the skin and increase the risk of secondary infections.

Symptom 2 - Rash: Scabies rash typically presents as small, raised bumps or blisters on the skin's surface. These lesions may appear red, pimple-like, or contain tiny burrows. The rash commonly develops in areas where the mites have burrowed, including between the fingers, around the wrists, elbows, armpits, waistline, buttocks, and genital region. The appearance of the rash can vary from person to person and may spread to other parts of the body with continued infestation.

Symptom 3 - Burrows: Thin, thread-like burrows may be visible on the skin, particularly in areas where the scabies mites have tunneled beneath the surface. These burrows are created by female mites as they lay their eggs and can often be found in the folds of the skin, such as between fingers, on the wrists, or in the groin area. Burrows may appear as faint, raised lines and are a characteristic feature of scabies infestation.

Symptom 4 - Secondary Infections: Prolonged scratching of the itchy skin can lead to breaks in the skin barrier, increasing the risk of bacterial infections. Secondary infections can cause additional symptoms such as increased redness, warmth, swelling, and the formation of pus-filled lesions. These complications can exacerbate the discomfort and severity of scabies infestation and may require additional medical treatment to resolve.

Symptom 5 - Insomnia: Intense itching, particularly at night, can disrupt sleep patterns and lead to insomnia in individuals affected by scabies. The constant urge to scratch can make it difficult to fall asleep or stay asleep, resulting in daytime fatigue, irritability, and decreased cognitive function.

Symptom 6 - Emotional Distress: The persistent itching and visible skin rash associated with scabies can cause emotional distress and anxiety in affected individuals. Feelings of embarrassment, shame, and self-consciousness may arise due to the visible signs of infestation, leading to social withdrawal and decreased quality of life.

Symptom 7 - Hyperpigmentation: In some cases, scabies infestation can lead to hyperpigmentation or darkening of the skin in areas affected by prolonged scratching or inflammation. This discoloration may persist even after the infestation has been successfully treated and resolved, affecting the affected individual's self-esteem and body image.

**Description of Scabies, Sarcoptes scabiei infestation–**

Scabies, caused by the Sarcoptes scabiei mite, is a highly contagious skin infestation characterized by intense itching, especially at night, and a rash of small red bumps or blisters. The mites burrow into the skin to lay eggs, triggering an allergic reaction that leads to the characteristic symptoms. Commonly affected areas include the hands, wrists, elbows, armpits, waist, buttocks, and genitalia. The infestation can persist for months without treatment and may result in secondary infections due to scratching. Scabies is often spread through prolonged skin-to-skin contact with an infected individual or via infested bedding, clothing, or furniture. Overcrowded living conditions and close-contact settings increase the risk of transmission. Prompt diagnosis and treatment are essential to alleviate symptoms, prevent complications, and halt the spread of infestation to others.

**Causes of Scabies, Sarcoptes scabiei infestation–**

Cause 1 - Infestation by Sarcoptes scabiei mites

Cause 2 - Prolonged skin-to-skin contact

Cause 3 - Infested bedding, clothing, or furniture

Cause 4 - Overcrowded living conditions

Cause 5 - Close-contact settings (nursing homes, childcare facilities)

Cause 6 - Sexual contact with an infected individual

Cause 7 - Weakened immune system

**Lifestyle changes to prevent Scabies, Sarcoptes scabiei infestation–**

Lifestyle changes to prevent scabies include maintaining good personal hygiene by regularly washing bedding, clothing, and towels in hot water to eliminate mites. Avoiding close contact with individuals who have scabies and refraining from sharing personal items such as clothing and towels can reduce the risk of transmission. Additionally, keeping living spaces clean and decluttered, and vacuuming furniture regularly can help eliminate mites from the environment. Seeking prompt medical treatment if symptoms of scabies develop is crucial to prevent the spread of infestation to others and to alleviate discomfort.

**Disease background of Scabies, Sarcoptes scabiei infestation–**

Scabies can affect individuals of all ages and socioeconomic backgrounds. It is more prevalent in crowded or institutional settings such as nursing homes, childcare facilities, and refugee camps. Individuals with compromised immune systems or poor hygienic conditions are at higher risk of severe infestation.