



KERATOSIS PILARIS

This is a very common skin condition affecting up to one in three people.

It usually appears in childhood, and is most obvious during adolescence often clearing in adulthood.

It commonly runs in families.

The pores in the skin, where the hairs emerge become clogged with scale and may be a little reddened. The skin feels rough as though it has permanent goose bumps and has been likened to a nutmeg grater. The areas usually involved are the upper arms and thighs. In less common forms, the face and eyebrows can be affected.

No treatment clears the condition satisfactorily and ordinary moisturisers are rarely effective. Some specialists may advise a softening cream containing salicylic acid and/or urea.

In most cases, however it may be best to wait for the problem to improve on its own.