



Daily Care Tips

- Cut back on foods which can irritate, those with too much salt or spice
- Wash bedding and linens frequently
- Use gentle, unscented cleansing products and avoid using topical steroids, ask your doctor for better options



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When should I seek help?

You should seek medical advice if:

Perioral dermatitis is painful or bothering you
Over-the-counter products aren't helping
Perioral dermatitis is affecting your confidence or mood

Perioral Dermatitis, Clarified



What causes Perioral Dermatitis?

Some of the most common causes we see

- Hormonal changes
- Certain skincare products
- Some medications such as nasal sprays or creams
- Other irritants such as cosmetics, sunscreens, or fluoride-heavy toothpaste

Myths to know

Perioral dermatitis is not contagious

It is not simply acne or rosacea

Steroid treatments are actually harmful in the long term



What is Perioral Dermatitis?

An inflammatory rash, usually affecting the face

- Often with small red bumps
- Can be itchy or have a burning sensation
- Skin can be dry or scaly

Common areas affected

- Around the mouth
- Near the eyes
- Near nostrils

The mental connection:

Perioral dermatitis doesn't just affect your skin

Struggling with perioral dermatitis can be frustrating and socially distressing.

In turn, the effects of stress and anxiety on the body's hormone balance can further irritate perioral dermatitis, leading to flares.

Ask us how your acne can be weighing on the rest of your health

Social discomfort, or social anxiety, is a fear of social situations in which embarrassment may occur or where someone may be seen negatively by others. This can be heightened when someone perceives flaws in themselves, which can often be the case with various skin diagnoses.

Anxiety is characterized by a feeling of apprehension and increased physical tension when a person anticipates a perceived danger or misfortune. Muscles tense, breathing becomes faster, and the body's recovery and immune systems can be affected.