

Mayo Clinic Medical Edge

Swimmers Itch

1:00

Log

Audio

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| Intro with music | GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE. |
| | WHEN THE WEATHER GETS HOT, HEADING DOWN TO THE BEACH CAN BE A GREAT WAY TO COOL OFF. BUT AFTER YOU GET OUT OF THE WATER YOU NOTICE LOTS OF LITTLE RED SPOTS. SWIMMER'S ITCH! |
| Marian McEvoy, M.D. Track 1 (7:10) | "IT'S AN ITCHY ERUPTION THAT WE SEE IN SWIMMERS WITH EXPOSURE TO AN ORGANISM IN THE LAKE WATER." |
| | THOSE ORGANISMS—TINY PARASITES—BURROW INTO YOUR SKIN WHERE THEY DIE. THAT'S WHAT CAUSES THE RASH. WHILE |

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| | <p>IT SOUNDS NASTY, MAYO CLINIC DERMATOLOGIST, DR. MARIAN MCEVOY SAYS SWIMMERS ITCH IS USUALLY NOTHING TO WORRY ABOUT. THE RASH TYPICALLY LASTS A FEW DAYS, AND RARELY REQUIRES ANYTHING MORE THAN OVER-THE-COUNTER ANTI-ITCH MEDICATIONS.</p> |
| <p>Dr. McEvoy Track 1 (7:25)</p> | <p>“USUALLY IT RESOLVES SPONTANEOUSLY. ANTI-HISTAMINES TO RELEIVE THE SYMPTOMS AND IT SUBSIDES.</p> |
| | <p>IF IT DOES LAST LONGER, OR IF THE ITCHING IS SEVERE, DR. MCEVOY SAYS A TRIP TO YOUR DOCTOR MAY BE IN ORDER.</p> |
| | <p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p> |
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