Pityriasis Rosea

Pityriasis rosea (PR) is a common rash that appears on the trunk, arms, and legs and can last from several weeks to up to 2 to 3 months before going away.

Symptoms
We do not know the cause of PR. Although some think it could be from a virus, it has not been shown to be contagious. Pityriasis rosea can be a little itchy or have no symptoms at all. It occurs more often in older children and young adults. Some patients may have cold-like symptoms before the rash appears. Most of the time, a larger lesion called a “herald patch” first appears on the trunk. It is usually a slightly scaly circle or oval, the size of a half dollar or a little larger, and may be clear in the middle. A week or 2 later, many smaller versions of the herald patch will appear on the abdomen, chest and back, and often the thighs and upper arms. The rash is often described as being in a “christmas tree” pattern on the back because the lesions line up in rows resembling the branches of a tree. The lesions are pink or salmon colored on fair skin, or more violet or red-brown on darker skin types. They can spread outward or from top to bottom on the body over several weeks. Sometimes, children may have this rash more in the groin and underarms, or on the hands, feet, scalp, and face. The rash can leave behind some discoloration, particularly in people with darker skin, color that will eventually go away.

Diagnosis
This rash is usually diagnosed based on the appearance without any additional testing needed. Occasionally, a doctor may perform a skin scraping or do a skin biopsy if it is less certain, and sometimes will order a blood test to rule out other causes of rash.

Treatment
Because PR will go away on its own and usually does not cause many symptoms, treatment is not required. If the rash is itchy, mild soaps and unscented moisturizers can be used to soothe the skin. Anti-itch creams, and rarely prescription steroid creams, can also help with the itching. These creams will not help the rash go away more quickly. Only in very rare cases does a doctor need to prescribe a medication by mouth or recommend a special light treatment called phototherapy.

FOR MORE INFORMATION
http://www.aad.org/public/diseases/rashes/pityriasis-rosea
https://www.mayoclinic.org/diseases-conditions/pityriasis-rosea/symptoms-causes/b-20376405