

## **Keratosis Pilaris**

Keratosis Pilaris is an extremely common condition. It affects somewhere between 25-50% of all people to some degree. It presents as small rough pink-red bumps. The most common locations include the backs of the arms, thighs, and cheeks. The condition usually presents in childhood. Keratosis pilaris may be exacerbated by certain conditions such as pregnancy. Although its clinical presentation (appearance and location) is strongly suggestive of the diagnosis, in certain circumstances, additional tests may be required to secure the diagnosis.

The cause of keratosis pilaris is unknown. There is a strong genetic basis and patients with keratosis pilaris may see similar lesions in other family members. Keratosis pilaris is a chronic condition, meaning it will last for a lifetime. Because it is so common, some physicians consider it to be a normal variant. As you can imagine, it can be extremely difficult to treat something that is “normal”. Nevertheless, topical treatments can be used to minimize the appearance of keratosis pilaris.

For additional helpful dermatology information, please visit our web site: [www.crutchfielddermatology.com](http://www.crutchfielddermatology.com). If the condition is worsening or if you have other questions and concerns, please contact our office.