

Making Waves with Gentell

The **Gentell** Insider

UNUSUAL SKIN CONDITIONS - PART 1

Bullous Pemphigoid

What is it?

Bullous pemphigoid is a rare skin condition that causes **large, fluid-filled blisters**. The blisters develop on areas of skin that often flex - such as the lower abdomen, upper thighs or armpits. Bullous pemphigoid is **most common** in people older than age 60.

How does it occur?

Bullous pemphigoid **occurs when your immune system attacks a thin layer of tissue below your outer layer of skin**. The reason for this abnormal immune response is unknown, although it sometimes can be triggered by taking certain medications.

How is it treated?

Treatment usually includes medications, such as **prednisone**, and other drugs that suppress the immune system. Bullous pemphigoid can be life-threatening, especially for older people who are already in poor health.

Topical treatments for ruptured blisters can include **Collagen, Honey Gauze, Foam** (if drainage amount is moderate or more), **Xeroform/Petrolatum/Oil Emulsion gauze**, zinc oxide, or other non-adherent dressings.

Source: Reprinted from the MayoClinic.com article "Bullous Pemphigoid" (<http://www.mayoclinic.org/diseases-conditions/bullous-pemphigoid/home/ovc-20157298>)

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Another condition similar to this is "**Pemphigus**". This condition causes blisters and sores on the skin or mucous membranes, such as the mouth or genitals. Treatment for pemphigus may include **medications and therapies similar to those used for severe burns**. These lesions tend to be more **itchy than painful**.



Gentell leads the wound care industry in new product development and innovative cost-containment (capitation) programs for hospitals, nursing homes and home health agencies.



Recipe of the Month

Parmesan Roasted Squash



What you need:

- ◆ 2 small acorn squash, halved lengthwise, seeded and bottoms trimmed to lie flat if needed
- ◆ Course salt and pepper
- ◆ 1/2 cup heavy cream
- ◆ 8 springs dried oregano or fresh thyme
- ◆ 1/2 cup grated parmesan cheese
- ◆ Extra virgin olive oil, for drizzling

Make it:

- Preheat oven to 375 F. Place squash cut side up on a large, rimmed baking sheet or roasting pan. Season with salt and pepper. Divide the heavy cream and herbs among each one.
- Bake until squash is tender - test by piercing with the tip of a knife or fork - about 34 to 40 minutes.
- Remove the pan from the oven and sprinkle with parmesan cheese. Bake until cheese is melted and lightly golden 10 - 15 minutes more.
- To serve, drizzle with olive oil.

Enjoy!