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Helping Decrease Stasis Dermatitis and Ulcers



Stasis dermatitis is an inflammatory skin condition caused by chronic venous insufficiency (CVI) that typically affects the lower legs due to insufficient blood flow in the lower extremity. Venous insufficiency (stasis) is frequently experienced as a dull ache or pain in the legs and swelling that decreases when the legs are elevated. Evidence suggests that the prevalence of stasis dermatitis ranges from approximately 6% to 20% in individuals over 65 to 70 years of age. Stasis dermatitis is characterized by inflamed slightly yellow to brown patches on the lower legs. Hair loss and pruritus (itching) are also commonly experienced in or near the area of inflammation.

Small Molecule Technologies skin and wound care products contain many potent anti-inflammatory ingredients including the beneficial polyphenols oleuropein, resveratrol, and epigallocatechin-3-gallate (EGCG) from olives, grapes, and green tea, respectively, as well as melatonin and L-glutathione. In addition, dipotassium glycyrrhizinate from licorice, avenanthramides in oats, aloe vera and shea butter have also been shown to possess anti-inflammatory activities.

Many symptoms associated with stasis dermatitis, such as edema (swelling), start at the ankle and spread up the lower leg. Stasis dermatitis may include crusts,

skin hardening and exudation (weepiness). Inflammation associated with stasis dermatitis can result in pruritus (itching). Individuals with skin breakdown due to stasis dermatitis are at risk for developing cellulitis (bacterial infection of the dermis and subcutaneous fat) and stasis ulcers (also known as venous ulcers).

Protecting Skin and Decreasing Irritation

Small Molecule Technologies Silicone Barrier is an advanced 34% silicone cream that glides on the skin without streaking or clumping. Silicone Barrier can easily be applied to moist skin to improve healing outcomes. Silicone Barrier includes anti-inflammatory in-



redients and skin strengthening nutrition such as small molecule antioxidants, vitamins and amino acids. Silicone Barrier also includes an advanced silicone complex that provides a breathable barrier (“second skin”) to protect compromised skin from irritants including exudate.

It’s estimated that 2.5 million Americans have CVI that can lead to stasis dermatitis and ulcers. CVI typically occurs because the valves in the legs that are unidirectional become dysfunctional and the blood collects in the lower legs instead of being pumped back to the heart. Venous valve dysfunction can occur due to genetic factors, trauma, blood clotting (thrombosis) or venous inflammation (phlebitis). Other factors that may lead to venous insufficiency include immobility and ineffective calf muscle pumping. Varicose veins are associated with CVI as well as chronic venous disease (CVD).

Gentle Cleansing and Reducing Inflammation

The prevalence of chronic venous disease (CVD) is approximately 17% in men and 40% in women. Women are thought to be more susceptible to CVD due to the stress that pregnancy puts on the lower extremity venous system. The most serious complication of CVD is stasis ulcers, which are often recurrent and can persist for weeks up to many years. 20% of individuals with CVD are affected by stasis ulcers. In fact, stasis ulcers are the most common leg ulcerations that occur in older individuals.

Long lasting stasis dermatitis results in approximately half of all chronic leg ulcers. Stasis ulcers commonly occur over bony areas including the ankles and they frequently re-occur in the same location. They are generally irregularly shaped with granulation tissue and fibrin present in the ulcer base. They are also typically associated with venous hypertension as well as thickening and fibrosis of adipose tissue beneath the skin.

Dysfunctional calf muscle pumping may either exacerbate or cause venous hypertension that can lead to stasis dermatitis and ulcers. Restricted movement of the ankle joint can cause reduced calf muscle contractions and calf muscle pumping. Medically supervised physical exercise focused on ankle joint mobility has resulted in decreased stasis ulcers and complete healing in 70% of patients with stasis ulcers. Individuals with stasis ulcers should avoid standing for long periods



and should elevate their legs whenever possible. Furthermore, compression therapy including the use of compression stockings can be very helpful.

Cleansing skin with a gentle cleanser like Small Molecule Technologies Clean N Moist can help reduce the risk of stasis ulcers by helping decrease inflammation and stasis dermatitis, and by helping to gently remove irritants such as exudate. Moreover, Clean N Moist is perfectly pH balanced and provides skin strengthening nutrition as well as a protective barrier against irritants.

It’s good to know that Small Molecule Technologies Silicone Barrier and Clean N Moist help protect skin and help decrease stasis dermatitis and stasis ulcers. Silicone Barrier’s sophisticated silicone complex helps normalize the barrier function of skin and improve healing outcomes. In addition, Silicone Barrier and Clean N Moist can provide small molecule nutrition to skin with vascular insufficiency.

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