

## Complete Medical Evaluation

Chronic recalcitrant Itching, Hives, Rashes and a number of other Skin Lesions should be considered as the initial manifestation (symptom and/or sign) of a hidden medical problem.

A thorough medical evaluation should be considered in all these cases to delineate the nature of underlying occult disorder. Patients and even medical professionals do not realize the importance of a complete history and physical examination. A routine blood test is no substitute for a good medical assessment supplemented with appropriate diagnostic studies as indicated by the clinical findings.

There is no substitute for good medical judgment. However the following examples should give you something to ponder when you encounter the above dilemma. If the initial workup is inconclusive, consider periodic follow-up evaluations for the disease process to unravel and be identifiable.

**Allergies:** Drugs should be considered as one of prime suspects. Always keep drug interactions in mind.

Prescription, Non-Prescription, Over-the-Counter, Street Drugs, Home Remedies, Herbals etc.

Foods, Vitamins, Supplements, Additives, Preservatives, Food Coloring, Alcohol, Tobacco etc.

Chemical Exposure: Ingestants, Inhalants, Contactants (Home, Work, Hobbies etc)

**Infections:** Parasites, Fungi, Bacteria, Viruses (Bugs, Worms, Molds, Ticks, VD, HIV etc)

**Immunologicals:** Inflammatory Processes (Gastrointestinal Arthritis Syndrome)  
Collagen Vascular Disorders (Immune Complex, Vasculitis etc)

**Metabolic:** Hormone Imbalance, Thyroid disorders, Diabetes, Liver & Kidney Disorders etc

**Hematopoietic:** Anemia, Polycythemia, Mastocytosis, Dyscrasias, Dysproteinemias etc

**Lymphatic:** Lymphoproliferative disorders (Hodgkin's Disease-Classical Example)

**Neoplastic:** Carcinoids, APUDomas, Cancers etc

**Neurological:** Brain Tumors and Neuropathies etc

**Psychiatric:** Anxiety, Delusions, Psychoses, OCD etc

**Other:** Consider Known knowns, Known Unknowns and Unkown unknowns.

Please consider appropriate specialist consultations for a thorough evaluation.

Periodic follow up evaluations are usually needed for definitive diagnosis & treatment