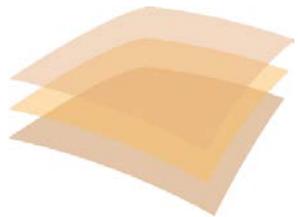


PROBLEMAS DE PIEL EN LOS CORREDORES



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UNA PRÁCTICA CADA VEZ MÁS FRECUENTE...

Cada vez más personas practican ejercicio, y una de las prácticas más populares es correr.

Pueden consultar al dermatólogo por cosas que para ellos aparentemente no tienen relación con el ejercicio, por ejemplo:





Consulta por lesión en la uña, no recuerda ningún trauma agudo.
Al preguntar por las actividades refiere correr recientemente

HEMATOMAS SUBUNGUEALES



10 meses después

Recomendación:

Se deben usar unos tenis media talla o una talla más grande para evitar la fricción con la uña.

Review

Skin problems in the long-distance runner 2500 years after the Battle of Marathon

Matthew F. Helm¹, Thomas N. Helm², MD, and Wilma F. Bergfeld³, MD

Trauma-related problems	Blisters Calluses Chafing Corns Exercise-induced purpura (runner's purpura) Intertrigo Nail dystrophy (jogger's toenails) Nodules and pseudonodules Jogger's nipple Piezogenic papules Subungual hematoma Talon noir Traction alopecia (jogger's alopecia)
Infections	Acne Folliculitis Herpes virus infection Methicillin-resistant <i>Staphylococcus aureus</i> infection Onychomycosis Runner's rubrum (tinea infection) Tinea pedis Tinea versicolor Warts
Environmental hazards	Foreign body reaction to splinters, etc. Frost bite and frost nip Pernio Sunburn
Inflammatory conditions	Anaphylaxis Angioedema Urticaria
Neoplastic hazards	Increased risk for melanoma and non-melanoma skin cancer as a result of increased sun exposure

EROSIÓN EN EL PEZÓN



Figure 4 Jogger's nipple may be associated with bleeding onto athletic shirts



Figure 5 The nipple may become red and eroded

Debe recomendarse banditas , micropore o cualquier crema aislante para evitar el roce con la ropa.

AMPOLLAS Y CLAVOS PLANTARES



Figure 1 A new, clear fluid-filled blister formed during a long-distance run



Figure 2 An area on the medial right great toe subject to repetitive blistering reveals callus and hemorrhage

Recomendar medias que sequen el sudor , amarrar bien los zapatos para evitar roce y uso de apósitos aislantes en áreas de mayor presión

ACNÉ POR OCLUSIÓN



Figure 7 Areas under head bands or hats are prone to acne

Para este problema se explica la causa y se realiza tratamiento convencional para el acné

FOLICULITIS



Figure 6 Follicular pustules may form in areas of occlusion. These small follicular pustules developed in a runner who remained in wet running shorts for a prolonged period after a marathon

Se debe recomendar uso de jabón antibacterial y usar ropa que se seque rápido

Y LA RECOMENDACIÓN MÁS IMPORTANTE : PROTECCIÓN SOLAR

Actinic damage

The marathon runner in training typically spends many more hours outdoors than his or her sedentary counterparts. Some runners do not like wearing sunscreen because it may irritate the eyes if it is spread by profuse sweating, and sunburn is common. Wearing a hat and sunglasses can be particularly significant in avoiding damage caused by sun exposure. Ultraviolet (UV) light has been associated with cataracts, skin cancer, and melanoma, as well as wrinkling and age-associated changes in the skin. Increased sun exposure is also associated with an increased number of nevi. The total number of nevi someone has is in turn associated with an increased risk for melanoma.²¹ We have found that runners prefer to

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¿Qué otras lesiones en piel ha visto en deportistas?