

CarePath™ Patient Counseling Report

WILLIAM M PORTNOY, MD
160 WEST 18TH STREET
NEW YORK, NY 10011

Report Date: 07/21/04

Diagnosis: Keloid
Your CarePath Code is: keld00

What Are Keloids?

Keloids are raised, firm patches of **scar tissue**. Keloids form when damaged skin heals vigorously and too much scar tissue grows in the area, causing the scar to extend beyond the borders of the original injury. The overgrowth of scar tissue is caused by a buildup of collagen, which is a protein made by your body that plays a role in the healing of injured skin.

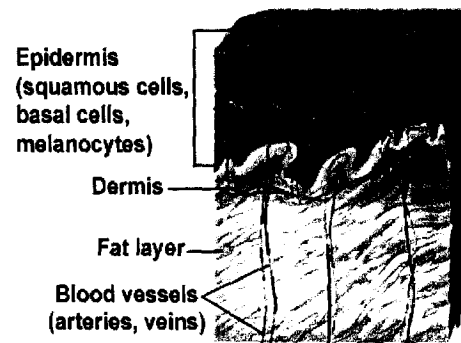
Only a small number of people form keloids. The tendency to form keloids appears to be inherited, and dark-skinned people (especially African Americans) are more likely than light-skinned people to form them. If you are prone to develop keloids, there is no proven way to prevent them from forming once your skin has been damaged.

Keloids develop most often on the earlobes, especially after ear piercing, face, neck, and chest. Keloids tend to form in places where your skin has been under increased tension; for example, in places where your skin has been stretched to close a surgical wound or where your skin has become inflamed. In people who tend to develop keloids, the scars will sometimes form on the chest and back even when there has been no previous skin damage or inflammation.

Keloids don't usually cause any serious problems. They may be itchy while they are growing, and they can become irritated if they rub on your clothes. A few people have ongoing tenderness at the site of a keloid. Large keloids such as those that might develop after a large area of skin has been burned may completely cover a joint, making it difficult to move that body part. This condition is called a contracture.

How Are Keloids Treated?

Keloid scars usually don't need to be treated. A keloid that is itchy or tender can usually be soothed by applying a **medicated cream or ointment** containing a corticosteroid such as cortisone, numbing medication local anesthetic, or anti allergy medication antihistamine. You can buy these creams and ointments without a prescription at a supermarket or drugstore. Using medicated creams and ointments will not make a keloid shrink or go away.



CarePath™ Patient Counseling Report

If a keloid is particularly unsightly, gets irritated by clothing, or interferes with your ability to move the affected body part, you may wish to consider treatment to **remove** the keloid or **reduce its size**. Such treatments include the following:

- **Corticosteroid injections.** Drugs called corticosteroids can be injected into a keloid to soften it and reduce its size. Corticosteroids help reduce the buildup of collagen.
- **Cryotherapy.** A very cold liquid (liquid nitrogen) is applied to the overgrown scar tissue; this causes the cells inside the growth to freeze and die. Eventually the growth will form a blister, which will dry up and then fall off.
- **Excision.** A surgical knife or a beam of laser light can be used to cut away (remove) keloids. You may need additional treatments to keep a new keloid from forming. Your doctor may inject steroids into the treated area or expose it to low doses of x-rays. Or you may need to wear a pressure bandage over the area or cover it with silicone gel sheeting for several weeks.
- **Compression treatments.** Some keloids will flatten if they are subjected to pressure. This can be accomplished by wearing a custom-made elastic garment or bandage or, if you have keloids on your earlobes, special pressure earrings.

No single method of treatment for keloids has been proven the best. The choice of treatment depends on the size and location of the keloid, how long it has been there, and other factors. In many cases, 2 or more different treatments may be used to get the best results.

Your Job

Some people are simply more likely than others to have keloids. If you are prone to develop keloids, there is no known way to prevent them if your skin is injured or damaged. Therefore, it's best to avoid any unnecessary procedures that would result in a skin injury, such as body piercing or elective surgery.

Certain surgical techniques decrease the likelihood of a keloid forming. If you tend to develop keloids, be sure to tell your doctor before he or she performs any surgery on you, even minor surgery. Your doctor can then plan to do the incision and repair in a way that will decrease your chance of forming a keloid.

If your skin is injured, protect the injured area from exposure to the sun to prevent discoloration. Cover the scar with a patch or adhesive bandage, and or use sun block on the area. Adults should protect injured skin from the sun for at least 6 months; in children, the injury should be protected from the sun for up to 18 months.

Other Resources

You can obtain additional information about keloids from the following organizations:

CarePathOnLine Support Center
Home page: www.carepathonline.com

The *CarePathOnLine* Support Center presents in-depth, reader-friendly information to help you learn about your health problem. This Web site is a component of the *CarePath*™ Health Information Service provided by DIANON Systems as part of its mission to improve the health of all Americans. DIANON Systems is a national laboratory that specializes in providing pathology and genomic diagnostic services.

CarePath™ Patient Counseling Report

Enter *CarePath*™ Code **keld00** for one-step access to information specially prepared for people recently diagnosed with keloids, or feel free to select any book from our well-stocked health resource Library. Either way, you'll be taking your first step on the path to better health.

American Academy of Dermatology

Telephone: (888) 462-DERM (888-462-3376)

Home page: www.aad.org

This report is provided to help you better understand your pathology result. It is intended only for information purposes and does not include all of the available knowledge about your diagnosis. Nor is it meant to advise you on health care decisions or as a substitute for professional care. Remember that only you and your physician can determine your best care plan based on your medical history and clinical circumstances.



Advanced Formula Scar Gel

Patented Fast Drying Silicone Gel
Prevents Scar Formation
Reduces Redness
Odorless and Colorless
Aids in Flattening Existing Scars



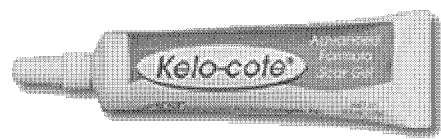
- [Home](#)
- [About Kelo-cote®](#)
- [About Scars](#)
- [F.A.Q.s](#)
- [How much do I need?](#)
- [Where can I buy Kelo-cote®?](#)
- [Testimonials](#)
- [Before and After Photos](#)
- [Educational Articles](#)
- [Medical Studies](#)
- [Kelo-cote® Video](#)
- [Links](#)
- [Contact Us](#)
- [Order](#)
- [View Cart](#)

Acne Scars, Scar Removal, Scar Treatment and Keloid Scars

If you have acne scars, or you are looking for scar removal or scar treatment for acne scars or any keloid scars, Kelo-cote® is your solution. Kelo-cote® is the only patented, self-drying silicone scar management product available for the treatment of acne scars, hypertrophic scars, keloid scars, and other skin damage and scars.

Kelo-cote® aids in scar removal and provides the optimum environment for scar treatment. Kelo-cote® is an easy once daily application for all types of keloid scar treatment including acne scars, and acne scar removal, and acne scar treatment.

For more information on how Kelo-cote® can help in acne scars, scar removal, scar treatment for Keloid scars please call toll-free from the US and Canada 1-800-240-8227. International please call 1-360-698-2266, or contact us at info@kelocote.com



Kelo-cote® is available without a prescription directly from Advanced Bio-Technologies Inc. by clicking the **order link** to the left, or by calling 1-800-240-8227.

Kelo-cote® is a registered trademark of Advanced Bio-Technologies Inc., © 2003 -2004, All rights reserved
e x o g r a p h i c s . c o m