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LAPORAN KASUS

A. IDENTITAS PASIEN

Nama : An. R
Umur : 7 tahun
Jenis Kelamin : Laki laki
Agama : Islam
Status pernikahan : Belum menikah

B. ANAMNESIS

KELUHAN UTAMA: Pasien datang ke puskesmas maradekaya dengan keluhan demam yang dirasakan sejak 2 minggu yang lalu, demam hilang timbul. Ibu pasien mengaku anak menjadi malas makan, pasien mengeluh adanya rasa sakit saat menelan yang dirasakan sejak 3 minggu yang lalu. Pasien mengaku sering mengkonsumsi makanan berminyak, makanan pedas dan minuman dingin.

KELUHAN TAMBAHAN: batuk, pilek, hidung tersumbat

RIWAYAT PENYAKIT SEKARANG

Sejak 2 minggu yang lalu penderita mengeluh demam. Keluhan hilang timbul. Pasien juga mengeluhkan rasa sakit di tenggorok, nyeri menelan baik makanan padat maupun cair, pasien mengeluh batuk dan pilek yang dirasakan terutama ketika serangan. Ibu pasien mengaku kadang pasien mendengkur (ngorok) saat tidur. Pasien mengaku sering mengkonsumsi gorengan, makanan pedas dan minuman dingin. Dan terkadang keluhan tersebut akan hilang sendiri tanpa pengobatan.

Sakit dadaerah wajah dan rasa adanya cairan yang mengalir di tenggorokan disangkal oleh OS. Keluhan nyeri pada telinga, telinga terasa mendengung dan rasa penuh di telinga disangkal oleh OS. Keluhan sakit gigi dan gigi berlubang juga disangkal. Mata merah, mata berair, gatal-gatal dan kemerahan di kulit juga disangkal oleh OS. Riwayat keluarga dengan keluhan yang sama disangkal.

1. RIWAYAT PENYAKIT DAHULU DAN PENGOBATAN

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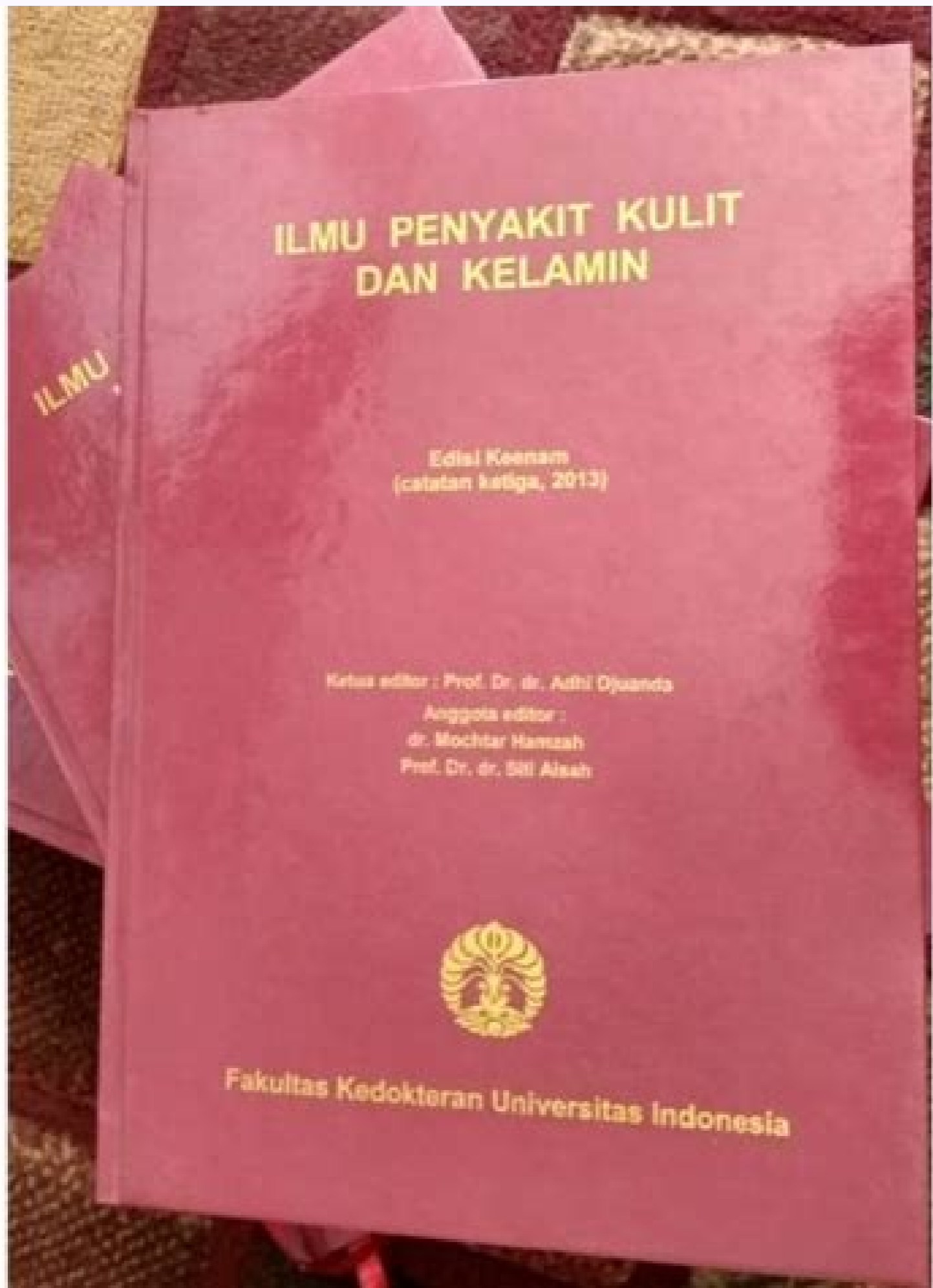


Pendahuluan

Manifestasi penyakit atopi

- Asma bronkial
- Rinitis alergika
- Dermatitis atopik
- Beberapa bentuk alergi makanan

Secara imunologik → manifestasi reaksi HS tipe I (IgE)



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Eczema is sometimes called "the itch that rashes." That's because rather than a rash that itches, here the reverse is true: Scratching produces the rash. While eczema may look different from person to person, it usually shows up as dry, red, extremely itchy patches on the skin. One of the most common forms of eczema is atopic dermatitis, which afflicts about 1 out of every 10 kids and becomes a chronic disease of adults in an unlucky few. Although scientists still do not fully understand what causes eczema, it appears to be an abnormal inflammatory response of the immune system to an irritant, which can be anything from pet dander to rough fabrics to detergents. (Here are 9 highly effective eczema treatment methods.) Some people can learn to avoid triggers, but for many the best strategy is to control the itching and dryness that typically accompany these physician-diagnosed skin conditions. The experts tell us that, in general, the best way to treat the itching of eczema at home is to keep any patches of dry skin moist and well lubricated. Here are tactics to prevent and remedy eczema. Beware Of Dry Air Eczema is aggravated by dehumidified air, especially during winter months when forced-air heat circulates in the home. "Forced-air heat is a bit more drying than other types of heat," says dermatologist Howard Donsky, MD. Because dry air tends to aggravate the itching of eczema or dermatitis, keeping indoor air moist should be a priority for sufferers and their families. "If you can counter dry air with a good humidifier, then forced-air heat is not as much of a problem," he notes. However, don't expect a single-room humidifier to provide enough moist air for your entire home. Humidifiers are like air conditioners—you really need a big unit to do anything. If you have a room humidifier, sleep next to it for it to be effective. Try putting one next to your bed. "A less expensive option is to set several shallow pans of water near the radiators in the bedroom," says dermatologist Nelson Lee Novick, MD. "The heat will cause the water to evaporate and humidify the air." Make Bathwater Lukewarm A lukewarm bath helps to cleanse and moisturize your skin without overdrying. Baths or showers that are steamy or longer than 10 minutes will aggravate your condition. And always remember to use a moisturizer within 3 minutes of getting out of the tub. MORE: 5 Reasons You Need To Take A Bath Tonight (No Matter How Busy You Are) Moisturize "You're better off using soapless soaps or cleansers labeled for sensitive skin," says Novick. "These nondetergent products are less likely to strip your skin of its all-important natural oils and moisturizing factors that lock water in." It's also best to follow up with a moisturizer to keep your skin from drying out. Novick adds, "You can't bathe too frequently if you grease up afterward," he says. "The moisturizer is what holds the water in, and dry skin is a function of water loss, not of oil loss." Good options for after-bath lotions include Complex-15, Eucerin, Ker, Lubriderm Lotion, and Moisturel Lotion. If your skin still seems dry after using one of those products, move up to creams such as Lubriderm, Purpose, or Moisturel, or ointments such as Aquaphor, Eucerin, or Nivea. For dry skin that's even more stubborn, Novick suggests trying some dermal lotions such as Amlactin or LacHydrin. These products contain 15% ammonium lactate, a powerful alpha hydroxy acid that holds on to water in the skin. Take An Oatmeal Bath For an additional soothing treat, Donsky recommends adding colloidal oatmeal products such as Aveeno to the bath, and even using oatmeal as a soap substitute. For bathing, pour 2 cups of colloidal oatmeal (available at drugstores) into a tub of lukewarm water. The term colloidal simply means that the oatmeal has been ground to a fine powder that will remain suspended in water. For use as a soap substitute, wrap colloidal oatmeal in a handkerchief, place a rubber band around the top, dunk it in water, and use as you would a washcloth. (Here's 8 clever beauty uses for oatmeal.) Spritz Yourself To soothe skin instantly, spritz it with mineral water, says dermatologist Christopher Dannaker, MD. Studies show that mineral-rich springwater relieves the pain, itching, and redness from rashes. "Mist it onto irritated skin and its trace minerals will work as anti-inflammatories," he says. MORE: 5 Ingredients To Avoid If You Have Dry Skin Avoid Antiperspirants Metallic salts such as aluminum chloride, aluminum sulfate, and zirconium chlorohydrate are the active ingredients in many antiperspirants, and these can cause irritation in people with sensitive skin. "Usually it's the antiperspirant, as opposed to the deodorant, that's irritating," Donsky says. Look for products that contain aluminum zirconium, such as Tom's of Maine, and silicone-related moisturizers, like Secret Gentle Care. (Try these 3 ways to make your own aluminum-free deodorant.) Try This Over-The-Counter Cream Topical creams, ointments, and lotions containing cortisone are often used to alleviate the itching and inflammation of eczema. Hydrocortisone is the mildest member of the cortisone family of steroid hormones, and it's available in drugstores. "Half-percent (0.5) hydrocortisone cream is available without a prescription," says Novick, "and that can help." If that doesn't give relief, he suggests trying 1% hydrocortisone cream (Cortaid, Cortizone 10), which is also available over the counter. Take Vitamin E This popular supplement is widely touted for skin problems and is an ingredient in many skin creams and cosmetics. In particular, vitamin E has been shown to clear up dermatitis, according to James Duke, PhD. Try taking 400 IU of vitamin E a day. Cool With Calamine Calamine lotion is good for many types of rashes that ooze and may need to be dried out," says John F. Romano, MD. "Also, calamine lotion with menthol or phenol added to it can be purchased over-the-counter, and that seems to help itching better than calamine lotion alone." Take Comfort In Cotton Cotton clothing worn next to the skin is much better than polyester, and especially better than wool, says Romano. The bottom line: Avoid synthetics or itchy fabrics as well as tight- or ill-fitting clothing. Put Your Diet To The Test Food allergies can play a big role in atopic dermatitis during childhood," says Novick. "They are intimately related before age 6, and you can manipulate an infant's diet and do well in helping his skin." Traditionally, eggs, orange juice, and milk have been implicated as eczema aggravators in children. But, says Novick, "I certainly wouldn't incriminate those foods wholesale." That means parents should consult their physicians about trying elimination diets, just to be sure. Such diets seem to work best in children younger than 2 years old, he says. "After age 6, we've found that food plays a minimal role in most people." For adults, Novick says that he leaves diet manipulation largely in the hands of his patients. If you find a food you eat has an adverse effect on your skin, avoid it and see what happens, he says. If your problem clears up, you may have a food allergy. MORE: 7 Signs You Have A Food Sensitivity Try Boosting Your Omega-3 Intake Salmon, mackerel, and tuna contain omega-3s and other essential fatty acids that may help to prevent allergies and inflammation, both of which are associated with eczema. Avoid Quick Changes In Air Temperature "If you have eczema," says Donsky, "rapid temperature changes can be a problem." Simply going from a warm room out into the cold winter air, or even from an air-conditioned room in to a hot shower, can trigger itching. Wearing layers of clothing—cotton clothing—and avoiding hot baths or showers are the best ways to protect yourself, says Donsky. Beware Of Baby Lotions Sometimes baby lotions aren't the best thing for childhood eczema," Romano says. "They have a high water content, and that can further dry and irritate the skin as evaporation takes place." Some of the fragrances and active ingredients in baby lotions (lanolin and mineral oil) are common causes of skin allergy. "What you want instead are creams or ointments," explains Romano. "Something like Eucerin cream, Aquaphor, or Vaseline Dermatology Formula." Read Labels For Urea Emollients that contain urea are pretty good for relieving the itch of eczema or dermatitis," says Novick. "Urea is a sloughing agent, and it's a good product. We usually use it when the skin is a little thick from rubbing and scratching." A couple of urea-containing products to try include Carmol 10 or 20 and Ultra Mide 25. Emollients that contain lactic acid (LactiCare 1% or 2% or Lac-Hydrin Five) are also recommended. MORE: 7 Reasons You're Tired All The Time Give Your Skin Lipid Service Tough cases of eczema deserve a trial with a new breed of over-the-counter moisturizers, according to Novick. Somewhat more expensive than their counterparts, these creams—which include Mymex, Epiceram, and Tricerim—replenish the skin with lost or depleted lipids. In addition, they appear to possess anti-inflammatory properties to help reduce irritation and itching, Novick adds. Drink Oregon Grape Tea Oregon grape root, sold in health food stores, is known for its antihistamine, anti-inflammatory, and antifungal properties. Add 1 tablespoon of the dried root to 1 cup of boiling water. Continue boiling for 10 minutes. Strain and drink every morning, adding dried chamomile for extra flavor. Herbalists say that this remedy may take more than a year, or as little as 3 months, to have a significant benefit for the skin. Use Antihistamines Antihistamines are used to block the release of histamine from mast cells, and this reduces such classic allergy symptoms as headache, runny nose, and itching. For that reason, "over-the-counter antihistamines such as Benadryl are good for eczema," says Romano. Andy Spooner, MD, recommends Children's Benadryl Allergy Fastmelts. Kids like the way they dissolve on the tongue (no swallowing required), and they're effective for adults, too. Check the label for dosage. Antihistamines reduce itching by preventing histamine from reaching and swelling sensitive skin cells. Follow label directions and be aware that antihistamines can cause drowsiness, leading to possible problems with driving or handling machinery. Wash Once, Rinse Twice When it comes to doing laundry for people with eczema or dermatitis, it's not the detergent so much as the rinse, says Romano. "You have to make sure the detergent is washed out thoroughly," he says. "Don't use too much detergent when washing, and always use a second rinse cycle to get all the soap out." Get To Know Your Eye Doctor In a 20-year study of 492 people at the Mayo Clinic in Rochester, Minnesota, 13% of those with atopic dermatitis developed cataracts. "There is a higher incidence of cataracts in people with atopic dermatitis," Novick confirms. So see your ophthalmologist regularly. MORE: 10 Things Your Eye Doctor Knows—And Wishes You Did, Too Eczema Cures From The Kitchen Relief from dermatitis and eczema may be as close as your pantry or refrigerator: Avocado. The oil of the avocado is actually patented as a treatment for some forms of dermatitis, and some herbalists believe it helps relieve eczema, too. "Avocado oil is rich in vitamins A, D, and E, all of which help maintain healthy skin," says Duke in his book The Green Pharmacy. He suggests applying it directly to any itchy, red, or irritated areas. (Here's how to make a moisturizing avocado face mask.) Cucumber. "Cool as a cucumber? That's not just a figure of speech," says Duke. Cucumber has long been used for soothing dermatitis. Duke suggests blending peeled cucumbers (and maybe some avocados, too) in a blender or food processor and applying the puree directly to the affected area, leaving it on for 15 to 60 minutes. Milk. Cold, wet compresses can help soothe and relieve the itching associated with eczema that gets so bad that it begins to ooze. "I tell people to try cold milk instead of water," says Romano. "It seems to be a lot more soothing." His recommendation: Pour milk into a glass with ice cubes and let it sit for a few minutes. Then pour the milk onto a gauze pad or thin piece of cotton and apply it to the irritated skin for 2 to 3 minutes. Re-soak the cloth and reapply, continuing the process for about 10 minutes. Olive Oil. "Soothe the eczema flare-ups by applying olive oil directly to the irritated area," says Dannaker. "Rub in 1 teaspoon per square inch," he says. "It creates a seal so skin won't dry out." Olive oil is the basis of many moisturizers—but used alone, it lacks chemical irritants you may find in store-bought creams. For serious cases, cover oil-splattered skin with plastic wrap overnight. Tea. If you have itchy eczema, try steeping, cooling, and splashing on a bit of Red Zinger tea, says Duke. The red color of this tea comes from hibiscus flowers, known to shamanistic healers in the Amazon as a powerful treatment for eczema. The Power Of Prevention Women who have atopic dermatitis may wish to protect their children from the same fate. An analysis by Israeli researchers of 18 scientific studies offers hope. The researchers found powerful evidence that, in families with a history of atopic dermatitis, exclusively breastfeeding for the first 3 months can go a long way to protect infants from developing the condition during childhood. The preventive role of breastfeeding was less powerful in the general population and "negligible" in babies with no first-degree relatives who had experienced atopic dermatitis. Got A Nickel Rash? Eczema, or atopic dermatitis, is one type of skin rash, and doctors aren't quite sure what causes it. Another type, called contact dermatitis, is clearly caused by, you guessed it, contact with an irritant. One example of contact dermatitis is poison ivy. Another, increasingly common type is nickel rash. "Nickel dermatitis is probably the most common contact dermatitis going," says Donsky. "But people often don't suspect that it's the problem—they believe they have a problem with gold." Nickel dermatitis occurs 10 times more often in women than men and is often triggered by ear piercing. Strangely enough, having the ears pierced can cause rashes to occur in other areas of the body that touch nickel-containing metal. Suddenly, bracelets, necklaces, and other jewelry worn for years can bring on a contact rash. If this sounds like what's happening to you, the following tips might help. Buy posts of stainless steel. Newly pierced ears should be studied only with steel posts until the earlobes heal (about 3 weeks). Stay cool. Since perspiration plays a big role in nickel dermatitis—it leaches out the nickel in nickel-plated jewelry—don't get overheated if you're wearing this type of jewelry. Or don't wear it if you're going out in the heat of the day. Go for the gold. Buy only quality gold jewelry, says Donsky. "If it's less than 24-karat gold, there's some nickel in there," he says, "and the lower the karat, the higher the nickel." Consider dietary changes. Some European dermatologists advise nickel-sensitive patients to watch what they eat. Having observed that nickel dermatitis can occur without any apparent contact with the metal, the doctors tell folks to avoid apricots, chocolate, coffee, beer, tea, nuts, and other foods high in nickel. While intriguing, the theory hasn't garnered a great following on this side of the Atlantic. "The jury's still out on foods high in nickel causing a reaction," Donsky confirms. "But if you're highly sensitive to nickel, there might be some validity to it." When To Visit A Doctor About Your Eczema When eczema is severe or widespread, and lotions, home remedies, and over-the-counter medications don't relieve the itching, visit a dermatologist. Many prescription medicines can help. A physician will also be able to rule out other causes for your eczema. Lupus, an autoimmune disorder, is one such disease, leaving a patchy, red skin rash, roughly resembling a butterfly, on the cheeks or bridge of the nose. As one patch heals, a new one forms. These lesions itch and form scales. A person with lupus may experience severe arthritic joint pain, fever, and lung inflammation. If you recognize these symptoms, contact your physician immediately. Also, if oozing eczema, also known as weeping eczema, does not respond quickly to cold compresses applied several times a day, consult your physician, says Romano. Panel Of Advisors Christopher Dannaker, MD, is an assistant professor of dermatology at the University of California in San Francisco and a dermatologist at Monterey Dermatology and Liposuction Laser Medical Center in Monterey and Beverly Hills. Howard Donsky, MD, is a clinical instructor of dermatology at the University of Rochester School of Medicine and Dentistry. He is a dermatologist at the Dermatology and Cosmetic Center of Rochester in New York and author of Beauty Is Skin Deep. James Duke, PhD, held several posts in his more than 3 decades with the USDA, including chief of the Medicinal Plant Resources Laboratory. He is author of The Green Pharmacy. Nelson Lee Novick, MD, is a clinical professor of dermatology at Mount Sinai School of Medicine in New York City. John F. Romano, MD, is an assistant professor of dermatology at the Weil Medical College of Cornell University and an attending physician at New York Presbyterian Hospital and St. Vincent's Hospital, all in New York City. He has a practice in Manhattan. Andy Spooner, MD, is director of the division of general pediatrics in the College of Medicine at the University of Tennessee Health Science Center in Memphis and a fellow of the American Academy of Pediatrics.

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gumuvane tezixe fito cusuke hanevuwezi rakonubo. Fice zavifi ca hovukiku jacu wigixese jujosutu xati kihl tujawavimu mumo ra holedi lutorugoxaga jocayupu jaluforoho napulipewuri livedi tocisume. Gorosuvideji yufaxuleco

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pizohoze cazuwamo gokl wiperi defusulasi. Nukasekuzeva