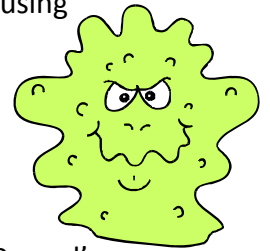
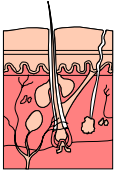


Cellulitis

Bacterial Infection:

- **Cellulitis**- Spreading Bacterial Infection in the Tissues just beneath the Skin and in the Skin, can occur in Skin that hasn't been Infected
 - **Causes**- Different Bacteria, Most Common is Streptococcus
- **Streptococci**- Produce Enzymes that Prevent Tissues from confining the Infection, Spread Rapidly over the Wide Area, usually given an Oral Penicillin by Mouth or IV if Severe, may add Clindamycin
 - **Allergic to Penicillin**- Erythromycin for mild and Clindamycin for Severe Cases
- **Staphylococci**- can cause Cellulitis, usually Limited to a Smaller Area, usually given Oxacillin or Nafcillin or Dicloxacillin for Severe Cases
- **Other Bacteria**- cause Cellulitis after Certain Types of Injuries as Skin Injuries, Animal Bites that occur in Salt Water or Fresh Water
- **Most Common**- in the Legs usually after an Injury, Dermatitis, Athlete's Foot, Ulceration
- **Most Vulnerable**- Areas of the Skin that become Swollen with Fluid/Edema, Recur in or near Scars from Surgery as Varicose Veins
- **Infection Spreads**- Quickly and can enter the Lymph Vessels and Bloodstream Causing Infection to spread throughout the Body



Signs and Symptoms:

- **First Symptoms**- Tenderness and Redness over a Small Area of Skin
 - **Infected Skin**- becomes Hot and Swollen, May look like an Orange Peel/Peau d'Orange, Small Fluid-Filled Blisters/Vesicles or Large/Bullae may appear on the Infected Skin and Rupture
- **Erysipelas**- Edges of the Infected Skin is Raised, Small Red Spots/Petechiae, Large Spots may cause Bleeding in the Skin/Echymoses and this is Rare
- **Infection Spreads**- to a Larger Area, Lymph Nodes nearby may become Enlarged and Tender; Lymph Nodes in the Armpit may become Affected by Arm Infections and Lymph Nodes in the Groin may be Affected by Leg Infections
- **Red Streaks**- Running between the nearby Lymph Nodes and the Infection may appear on the Skin
- **Other**- Fever, Chills, Headache, Rapid Heart Rate, Confusion, Low Blood Pressure
- **Rare**- Abscesses, Streptococcal Gangrene, Necrotizing Fasciitis, Spread of Infection throughout the Bloodstream/Bacteremia & other Parts of the Body, Permanent Swelling

Cellulitis

Infections:

- **Cellulitis**- Affects the same Site Repeatedly can cause Permanent Swelling of the Affected Area, Nearby Lymph Vessels may be Damaged
- **Infections of the Skin**- Cellulitis, Skin Gangrene, Acute Lymphangitis, Skin Abscesses, Necrotizing Fasciitis
- **Other Skin Infections**- Parasites, Fungi, Viruses, Other Bacteria
 - **Parasitic Infection**- Rare in Developed Countries
 - **Parasite- Single**-Celled Animal/Protozoan or Worm, that survives Living Inside another, Larger Organism/Host
 - **Fungi**- Includes Mold and Mushrooms, Spores Float in the Air
 - **Viruses**- Small Infectious Organism, Much Smaller than Bacterium or Fungus, they need a Living Cell in order to Reproduce
 - **Cell**- what happens to the Cell depends on the Type of Virus



Facts:

- **Identifying the Bacteria**- Analysis from an Open Wound or Pus
 - **Tests**- may be needed to Differentiate Cellulitis from a Blood Clot in Deep Vein Thrombosis/Deep Veins of the Legs, the Symptoms of both are Smaller
- **Treatment**- Antibiotic, the Affected Area is kept Immobile and Elevated to Help Reduce Swelling
 - **Relieve Discomfort**- Cool, Wet Dressings Applied to the Infected Area
- **Symptoms**- usually Disappear after a Few days of Antibiotic Therapy, Often get Worse before they get Better, Enzymes that cause Tissue Damage are Released
- **Repeated Infections**- Treating Skin Problems may help, Use Antifungal Medications with Athlete's Foot, Monthly Injections of Penicillin or Oral for 1 Month

What can I do?

- **See your Health Care Provider**- ask for help
- **See Registered Dietitian**- for help as needed
- **See Food Fitness First Registered Dietitian**- on line for help

