

# *Ichthyosis Awareness Month*



## *May 2012*



*During this month, we are working to inform the general public about the genetic skin condition, known as **ichthyosis**.*

The term ichthyoses refers to a group of diseases characterized by dry, cracked, scaling and thickened skin. It can be described as a “traffic jam” of skin cells. This skin’s natural shedding process is slowed or inhibited; in some forms the production of skin cells is too rapid. Severe cases involve blistering, bleeding, high risk of infections, skin tightness that limits the closing of mouths and eyes, and dehydration, just to name a few. It causes unsightly scales on the body, which often subject a person to ridicule, rejection and isolation.

Founded in 1981, The Foundation for Ichthyosis and Related Skin Types, Inc.™ (FIRST) was established to help individuals and families affected by ichthyosis. Services provided by FIRST include a skin care product listing, a quarterly newsletter, a support network, family conferences, advocacy, a research program, and assorted informational booklets. FIRST is the only organization in the United States devoted to helping individuals and families affected by ichthyosis.

**If you should meet someone affected with ichthyosis, please understand that this condition is NOT contagious, a bad sunburn, or the result of poor bathing habits. *If you would like more information about ichthyosis and FIRST, please contact FIRST at 800.545.3286 or visit our website [www.firstskinfoundation.org](http://www.firstskinfoundation.org).***

*Educate, inspire, and connect those touched by ichthyosis and related disorders through emotional support, information, advocacy and research funding for better treatments and eventual cures.*