

Mayo Clinic Minute

What skin tells you about your health

Video	Audio
Vivien Williams	Changes in your skin can be clues that there's an internal issue with your health.
Lisa Drage, M.D. Dermatology Mayo Clinic	"When the patient is concerned about that, their doctors will send them to see me, and I'll sort of canvas their skin to see if I can see anything of the typical findings that could help with a diagnosis. And so, it's sort of detective work."
Vivien Williams	Dermatologist Dr. Lisa Drage says certain conditions can cause specific skin changes. Lupus can cause many skin issues, the most typical of which is a butterfly-shaped rash on the face. Thyroid disease can cause dry skin. Gluten sensitivity or celiac disease can trigger a super itchy rash called dermatitis herpetiformis.
Lisa Drage, M.D.	"Itchy bubbles or blisters on usually the elbows, the knees and the back of the scalp."
Vivien Williams	And stress can make you itch all over and prompt flare-ups of acne. Dr. Drage says many people worry that a skin issue may be a sign of an internal problem.
Lisa Drage, M.D..	"Sometimes there is, many times I can just reassure them that they're OK."
	For the Mayo Clinic News Network, I'm Vivien Williams.