

## WHO IS ITSAN?

The International Topical Steroid Addiction Network is a nonprofit charity formed to raise awareness about a condition called Red Skin Syndrome, also known as Topical Steroid Addiction or Topical Steroid Withdrawal Syndrome.

ITSAN has grown into a thriving world-wide online community where members share, comfort and encourage one another. ITSAN serves an International population as a resource for the individual, the caregiver, and the healthcare provider.

## OUR MISSION & GOAL

### MISSION

TO RAISE AWARENESS OF RED SKIN SYNDROME AND  
SUPPORT AFFECTED INDIVIDUALS

### GOAL

PREVENTION, EARLY DETECTION, ACCURATE  
DIAGNOSIS, AND PROPER TREATMENT OF  
RED SKIN SYNDROME

## ITSAN ADVOCATES

FOR INDIVIDUALS AFFECTED BY RED SKIN SYNDROME THROUGH

Membership in the Coalition of  
Skin Diseases

Participation in American  
Academy of Dermatology  
Inflammatory Skin Disease/Itch  
Measures Work Group

Attending the American Academy  
of Dermatology Annual Meeting  
and Scientific Sessions

Lobbying in Washington, D.C.  
with the Coalition of Skin  
Diseases at the Annual American  
Academy of Dermatology  
Association's Legislative  
Conference

Working toward creating a patient  
registry to further future research  
efforts

MEMBER IN GOOD STANDING



## SUPPORT US

**YES** I would like to support the important work of  
ITSAN Red Skin Syndrome Support!

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ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

- ☐ I know someone with RSS ☐ I have Red Skin Syndrome  
☐ I am a medical professional ☐ I am a caregiver

ENCLOSED PLEASE FIND MY DONATION OF \$ \_\_\_\_\_

Please make checks payable to:  
Susan Ryza c/o ITSAN Treasurer  
234 17th St. Santa Monica, Ca 90402

To make a payment by PayPal or credit card,  
please visit ITSAN.org and click on **DONATE**

I WISH TO MAKE MY IN GIFT IN:

- ☐ memory of a friend or loved one  
☐ honor of someone special

NAME OF MEMORIAL  
RECIPIENT OR HONOREE

PLEASE SEND NOTICE OF MY HONOR/MEMORIAL GIFT TO:

NAME \_\_\_\_\_

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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_



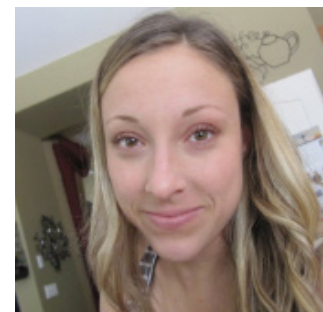
11380 Prosperity Farms Road #221E  
Palm Beach Gardens, Florida 33410 | USA  
info@itsan.org | ITSAN.org

## RED SKIN SYNDROME

DURING RSS



AFTER RSS



WWW.ITSAN.ORG

## WHAT IS RED SKIN SYNDROME (RSS)?

Red Skin Syndrome (RSS) is a debilitating condition that can arise in individuals who use topical steroids to treat a skin problem, such as eczema.

- Characterized by red, flushing, stinging, burning, flaking skin
- Caused inadvertently by topical steroid therapy (an “iatrogenic” condition)
- Most apparent between topical steroid treatments or after ceasing treatments
- Gradually reversed by ceasing topical steroid therapy
- Not chronic, but often protracted and measured in months to years before clearing
- More than skin deep. Effects are debilitating physically, mentally, and emotionally



FOR MORE INFORMATION, PLEASE VISIT [WWW.ITSAN.ORG](http://WWW.ITSAN.ORG)

## WHAT CAUSES RED SKIN SYNDROME?

RSS is an adverse effect of topical steroid therapy. Topical steroids appear to be effective in treating the original skin condition for a period of time. Over time, the original problem escalates, changes and spreads to other areas of the body -- even when treating more areas, more often, with a higher potency topical steroid.

Undiagnosed RSS often leads to using topical steroids on large areas, without being able to take breaks, due to the severity of symptoms. As use of topical steroids increases, the problem is further exacerbated, until treatment is no longer effective (tachyphylaxis).

Red Skin Syndrome can be mistaken for “worsening” or “severe” eczema, contact dermatitis, or topical steroid allergy.

Not everyone who uses topical steroids will develop RSS. It is unclear why some individuals experience RSS secondary to topical steroid therapy and why others do not.

## WHAT ARE OTHER NAMES FOR RED SKIN SYNDROME?

RSS is an emerging diagnosis, and has been described using a number of different terms. ITSAN uses the term Red Skin Syndrome (RSS) as the umbrella term for the condition. We defer to medical consensus on naming, and hope for such consensus to emerge in the near future.

### IS RED SKIN SYNDROME CONTAGIOUS?

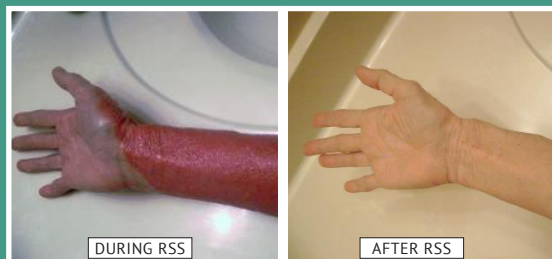
NO. RED SKIN SYNDROME IS NOT CONTAGIOUS. RSS IS AN ADVERSE EFFECT OF TOPICAL STEROID THERAPY AND IS SELF-LIMITED. RSS IS NOT CAUSED BY A VIRUS, BACTERIA, FUNGUS OR OTHER INFECTIOUS AGENT.

OTHER NAMES APPEARING IN MEDICAL LITERATURE ARE:

- \* Topical Steroid Addiction
- \* Topical Steroid Withdrawal
- \* Red Burning Skin Syndrome
- \* Steroid Addiction Syndrome
- \* Topical Steroid Withdrawal Syndrome
- \* Topical Corticosteroid Addiction Syndrome
- \* Topical Corticosteroid Withdrawal Syndrome
- \* Topical Steroid Damaged Facies
- \* Steroid-induced Rosacea-like Dermatitis
- \* Steroid Dermatitis Resembling Rosacea

## WHAT ARE SYMPTOMS OF RED SKIN SYNDROME?

- Red, flushed, burning, stinging skin
- Severe, diffuse rash
- Profuse shedding of skin flakes - “snowing”
- Weeping or “oozing” serous exudate
- Loose skin with skin folds - “elephant skin”
- Enlarged lymph nodes
- Altered thermoregulation
- Hair loss
- Insomnia
- Extreme fatigue
- Red sleeves (sparing palms and soles)



## HOW IS RED SKIN SYNDROME DIFFERENT FROM ECZEMA?

ECZEMA	RSS
Intense Itch	Burning, stinging, incessant itch
Flakey	Constant, profuse shedding of skin flakes (“snowing”)
Patches	Diffuse, flushing rash
Patches cycle, resolve, clear, and include periods of remission post treatment with topical steroid	Diligent topical steroid therapy becomes less effective over time with little or no period of remission between treatments
Spontaneous. History reflects no clear cause	History of topical steroid use with progressive exacerbation of original condition

## WHAT ARE TREATMENT OPTIONS?

Since RSS is an iatrogenic condition caused by the use of topical steroids, proper management of the condition requires cessation of topical steroid treatment. In addition, a supportive doctor can help his or her patient navigate comfort measures, infection prevention, pain/itch management, anxiety therapies, sleep aids, immunosuppressants, and/or other appropriate medical interventions, as indicated.

