



★ Sheila's post on TSW Facebook group ★

Disheartening Encounter with a Dermatologist

28th June 2019

☆ “She started lecturing me on her 30 years of clinical practice experience and her various medical degrees... She said ‘I want to educate you!’”



So I had a great experience at the derms...NOT!!! I'm having rash/hives on my arms that burns and is itchy, even as my hands seem to be healing. I saw a derm oncology NP who wanted to do a biopsy but she wanted to have the head derm take a look. So the head derm came in and used me as a teaching moment to the NP as to why this is not dyshidrotic eczema but was atopic...blah blah blah. She said I needed moisture. So when I tried to express my opinion she started lecturing me on her 30 years of clinical practice experience and her various medical degrees. I asked her "but have YOU ever experienced this yourself?" Silence. She left the room and came back with a book and stuck the pictures in front of me and said this is atopic dermatitis and it looks just like your hands. I want to educate you. I told her that I brought literature for her as well...it goes both ways. She wanted to test for Steroid allergy (I told her I hadn't used it for 5 months and never on my arms) She said you can become allergic to anything at any time. So she was going to do some patch test thing. I said I don't want steroids on my body and she laughed and said "I'm not going to make you take steroids!" Her miracle cure recommendation was...drum

roll please,,, Vaseline and Saran Wrap! Why did I not think of this? hahaha I'm so stupid, right? argh

☆ “She tried to tell me withdrawal only happens with oral steroids and topical does not get into the bloodstream.”



So after she left the room I told the NP that I was uninsured and my objective was to find out if I had a secondary infection and she said if I did I would be running a fever (they didn't even take my temperature) and not feeling well. So I asked her if they could take my temp. Thank God no fever! She tried to tell me withdrawal only happens with oral steroids and topical does not get into the bloodstream. I said “then why, when someone wants to quit smoking, they can put a patch on their arm to help with that?” She said, “well not everything gets into the bloodstream, and steroids are not supposed to, they don't cross the blood/brain barrier. (well I was talking about crossing the skin/blood barrier but I let that one go)

☆ “I cried all the way home.”

She said I could take doxycycline which would help with the inflammation but then she said it could upset my stomach so did not give me a script for it in the end. So basically I paid \$134 with my self-pay 20% discount for samples of vanicream and 2 rolls of gauze! I should be happy right? I cried all the way home, even my arms were weeping! Hahaha.

My faith in God and this group is all I have left!