

Chicken Pox

水痘

This is an acute viral illness caused by the varicella-zoster virus. It is extremely contagious and is spread by infected droplets and is most communicable during the short prodrome of mild headache, moderate fever and malaise and the early stages of eruption. The incubation period is 14-16 days and communicability is probable from 10-21 days after exposure. When the final lesions have crusted, the patient can no longer transmit the disease. Isolation for 6 days after the first vesicles appear is usually sufficient to control cross infection.

The prodrome occurs 24-36 hours before the first series of lesions appears. The lesions begin as a macular eruption (slightly raised pink lesions) which quickly develop into itchy, tear drop vesicles which contain clear fluid. Then crusting develops within 6-8 hours.

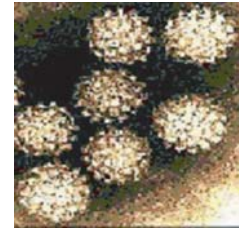
Successive crops of vesicles typify the illness. The eruption may be generalized in severe cases; otherwise the face and arms are partially spared. When the mouth, conjunctiva and genital areas are involved, there is added pain and discomfort.

Complications are infrequent, but the most common are bacterial infections of the skin lesions. Far less commonly encountered are pneumonia and myocarditis. Encephalitis (brain infection) occurs in less than 1/1000 cases.

Treatment: mild cases require only symptomatic treatment. Wet compresses to suppress itching, which would otherwise cause scratching and facilitate infection. In severe cases antihistamines and antibiotics are required.

Given the commonly benign nature of the disease, anti-viral agents are not given to healthy children with uncomplicated chicken pox. Active immunization against chicken pox is now frequently used as part of a child's immunization program.

Shingles occurs at a variable time after chicken pox, and is the same virus which becomes active from its latent state located in the spinal cord. Crops of vesicles associated with severe pain afflict variable body areas and are usually unilateral. Treatment involves analgesics and antiviral agents.



水痘是由水痘-带状疱疹病毒引起的急性病毒性感染性疾病。水痘传染性极强，通常通过飞沫及直接接触传播。在水痘患者出疹早期，患者本身就是最主要的传染源，感染者在感染初期通常表现为头痛，发热及身体不适。水痘病毒潜伏期通常为14-16天，在出疹后10-21天之内具有感染性。当水痘患者出疹部位结痂完全干燥脱落之后，患者就无传染性了。

在水痘初期症状显露之后，6天及以上的隔离是防止交叉感染最有效的方法。通常患者在发病24-36小时内出现轻度凸起的粉红色皮疹，伴痒感，搔抓破溃可有清亮的分泌物流出。在出现皮疹后的6-8小时内开始结痂。

水痘的典型症状表现为全身性的水疱。从头部开始逐渐向手臂全身蔓延，当口腔，眼睑和生殖器处有水疱分布，可引起疼痛和不适。

水痘的并发症较少见，但最常见的是疱疹抓破后很容易继发细菌感染，如感染严重的在病愈后皮肤上可留有瘢痕。水痘病毒很少引起肺炎和心肌炎，引起脑膜炎的几率仅有千分之一。

治疗手段：一般的水痘对症治疗即可，保持局部清洁避免搔抓，可使用抗菌药和抗组胺药物控制瘙痒。

鉴于水痘是良性病变，若发病前是健康的、发生水痘后无并发症的患儿，建议不用抗病毒治疗。最有效的治疗及控制水痘的办法是通过接种水痘疫苗使儿童获得自身免疫抗体。

带状疱疹可发生在水痘出现后的不定时间内，相同的病毒潜伏在脊髓可引起疱疹区域不对称的强烈疼痛，主要是止痛和抗病毒治疗。

A handwritten signature in black ink, appearing to read 'Howard Grey'. Below the signature is a small rectangular stamp with the text 'GREY, H.H. Medical Director'.

Dr. Howard Grey (Australia) MD - Medical Director of SEIMC, General Practitioner

Dr. Howard Grey came to Shanghai East International Medical Center in November 2003. He has had a long and interesting career in Australia during which he has trained and practiced in General Practice as well as a variety of specialty areas.

Dr. Grey graduated in Medicine from Monash University, Melbourne Australia, in 1970. He completed post graduate obstetrics qualifications from London in 1979. For several years after graduation, Dr. Grey did hospital training in Tasmania and Western Australia. In 1973 he joined a multi-disciplinary group practice in a provincial county town in South Eastern Australia, and practiced general practice, obstetrics, anesthetics and surgery for over 6 years. In 1979 he moved to a remote county town and practiced all facets of solo general practice for the next 16 years. In 1995 he moved to Melbourne and joined a large general practice as Medical Director.

If you have any questions, please do not hesitate to contact our medical staff.