



## IF I DON'T HAVE "BUGS" WHAT ELSE CAN IT BE?

Skin irritations are not always caused by insects or insect related. There are dozens of non-arthropod conditions that can lead one to believe that they are being bit by arthropods. Below is a condensed list of these additional alternative skin irritations and are in no way a diagnosis, but rather an example of the many other related issues that can be a cause:

### ENVIRONMENTAL

**Allergenic dermatitis** such as eczema, contact dermatitis, and urticaria (hives) can cause itching. Persons with coetaneous (parasite skin infection) allergies, which are hereditary, can reach to even minute amounts of allergens.

**Temperature changes** seem to make skin sensitive, including seasonal changes that occur in spring and autumn, and environmental changes, such as going from an air conditioned room to the outdoors.

**Dry skin** is more sensitive to many of the factors on this list, which can increase the chance of skin to lose moisture, become dry, and itch.

**Static electricity** is prevalent in low-humidity environments. In a room with low humidity and with new carpets, carpet fibers cover shoes and static electricity attracts other minute materials.

**Inanimate particles** such as dust, paper particles, and other small particles can "bite" people. Particles accumulate through inefficient housekeeping and are made mobile through movement of people, fans on office equipment, such as personal computers and copy machines, static electricity, and air circulating heating/air conditioning systems. Particles are attracted to people and adhere to the skin by polar electricity. The particles will puncture the skin through abrasion of clothing, furniture, etc. causing a bite-like sore.

**Tight building syndrome** can be an issue. In a typical home, approximately one air exchange per our occurs. In well-insulated house, the air change can range from one air change every five to 10 hours. Up to 50% of heated air and 90% of air conditioned air is recirculated, resulting in stale air that can have 10 times the concentrations of contaminants.

**Sun bathing** will make skin more sensitive to other factors.

**Cosmetics** cause a small but significant portion of the cause of contact dermatitis.

**Soap**, lanolin, shampoo, antiperspirants and hair dyes.

**Warmer weather** prompts less clothing to be worn and more skin is exposed to potential irritants.

**Fibers** from synthetic carpet "leap" onto the static electrically-charged legs of office workers, giving the illusion of "bug bites"

**Dirty carpets** or draperies have dust and other particles that can cause skin irritations. These particles can be released through static electricity or when these items are handles.

**Carpet cleaning** shampoos that have not been thoroughly removed can cause skin irritations, especially to crawling infants.

**New filters** in the heating and air conditioning system can release fibers particles that can cause "bites and itching"

**Old filters** that need to be replaced can recycle the collected dust particles.

**Excess sweating** may often damage skin to such an extent that it becomes more vulnerable to attack by external irritants.

**Building materials** can omit over 200 compounds that may be a source of irritants.

**Tobacco smoke** contains approximately 3,800 chemical compounds, including particulates, carbon monoxide, and nitrogen dioxide.

**Formaldehyde** is a natural substance used in more than 3,000 different building products, including insulation, plywood, particle board, carpeting and draperies which cause breathing and skin irritants.

## **PSYCHOLOGICAL**

**Stress.** Caused by death in the family, personal conflicts, divorce, loneliness, and crowded or cluttered working conditions can result in symptoms that include itching and skin irritations.

**Anxiety.** Many persons may suffer from anxiety due to personal pressure. Even after a true pest issue is resolved, may still anxiously believe that there pests are still present even though the pest have been successfully controlled.

**Monosymptomatic Hypochondriacal Psychosis.** This condition is a false belief that cannot be corrected by reason. In the cases of delusions of "bugs" the victim of the "bites" will collect anything as a specimens, including dust and lint. Affected persons will complain of being bitten very frequently or constantly. Another manifestation is the feeling of small parasites that creep into the skin and effect of scratching will be seen on the skin.

## **Psychodermatological Syndromes**

**Paranoid Dementia Precox**

**Involuntary Melancholia**

**Cathode Ray Tubes (CRT's)**

**"Bells syndrome"**

**Entomophobia (fear of insects)**

## **PSYCHOLOGICAL PROBLEMS OF AN ORGANIC NATURE**

**Prescription Drugs.** Of the approximately 1,000 drugs common in use, about half often cause skin eruptions may mimic any skin disease.

**Sensitivity to Medicines.** Many elderly persons (the group most frequently encountered suffering from DOP) often are taking numerous medications. As we age, more fat to muscle ration develops and it's the fat cells that hold the medications resulting in more skin effects.

**Drug or Medicinal Interactions.** Even commonly taken medicines such as antibiotics, cold remedies, aspirin, etc. may, if taken in combination, cause side effects that are unknown to physicians and pharmaceutical companies. DOP could be one of these side effects.

### **Vitamin B-12 Deficiency**

**Drug Abuse.** Drugs such as cocaine, heroin, PCP, amphetamines, etc.

**Fungus Infections** such as athlete's foot or ringworm can occur on various parts of the body.

**Liver disease** can cause itching

**Renal disease** can cause itching

**Diabetes** can cause itching

**Thyroid disorders** can cause itching

**Malignancy** can cause itching

**Chicken Pox** can cause itching

**Herpes or "shingles"** is a viral neurological disorder that makes itself known by an eruption of painful blisters on the skin, often on the chest, neck, back or thigh, and usually on one side.

**Gender** is a factor in the susceptibility to develop dermatitis. Women's skin is usually less oily than men's thus making it more sensitive to many irritants, especially solvents.

**Pregnancy.** Itching is a fairly common manifestation in the last trimester of pregnancy. With the onset of pregnancy and the various associated hormonal changes this should not be surprising.

### **FAQ:**

**Q.** *"Why can't you just spray anyway?"*

**A.** *Local and Federal Law prohibits any chemical treatment without a positive identification of a biting pest..*

**Q.** *"Other companies will quote me a price over the phone and don't require any pest to be found?"*

**A.** *Yes, the business world today is full of companies that are only concerned with your money and will always be there to take it, regardless of your health and wellbeing, despite the law.*