

“ Itching, itching everywhere,
I scratch and scratch, but it's still there.
My nose, my ears, my feet, my head,
I wish this itch would go to bed.

I try to ignore it, but it won't quit,
It's like a never-ending, ticklish fit.
I even try to distract my brain,
But the itch has me going insane. ”

To alleviate itching of the skin, the first step is to determine the underlying cause.

IS IT DRY SKIN?

Try topical creams and oils, and use warm water for showers. After showering, blot dry and use moisturizer.

IS IT AN ALLERGIC REACTION?

Try antihistamines, steroid tablets, and steroid creams.

IS IT AN UNDERLYING MEDICAL CONDITION?

Chronic pruritus is a condition which affects people who have advanced chronic kidney disease. It is caused by toxin build up, inflammation, abnormal nerve conduction, or opioid receptor activity imbalance.

TALK TO YOUR DOCTOR IF ITCHING IS KEEPING YOU UP AT NIGHT.

If you are interested in learning more about a clinical trial for the treatment of moderate to severe pruritus associated with chronic kidney disease by Cara Therapeutics, please visit theKICKstudies.com



**Itching,
Itching,
everywhere**