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