

The dermatologists' case for the bidet

Yoseph Dalia, MD, MBA^{a,*}, Hebah Al Khateeb, BS^b, Tejesh Patel, MD^c

Keywords: bidet, caregiver, climate change, hidradenitis, hygiene, perianal disease, public health

Dear Editors,

Introduction

In this editorial, we contend that dermatologists should understand bidets and feel comfortable recommending their use. Primarily, they should be aware of the medical benefits they offer. Additionally, physicians should consider the environmental benefits as stewards of the environment. Finally, being aware of the commonality of bidet use outside of American culture can be considered part of a physician's duty to cultural humility.

Medical benefits

Several dermatologic conditions affect the perianal region, including but not limited to eczema, hidradenitis suppurativa, psoriasis, contact dermatitis, and lichen sclerosus. Due to the sensitive skin in the genital area, symptoms of diseases such as pruritus and burning can be more pronounced with toilet paper or irritant- or allergen-containing wet wipes. Using water to gently cleanse the area could alleviate the shortcomings of dry toilet paper and wet wipes. Bidets can also be useful for patients with a body habitus or disability that prevents them from independently cleaning after toileting. In a study performed with patients in a stroke rehabilitation unit, subjects who used an electric bidet had an increased quality of life by improving toileting independence and cleanliness after defecation.¹ Physicians can recommend the use of bidets as part of the symptomatic management of various diseases within the perianal region.

Environmental benefits

Climate change, biodiversity loss, and worsening natural disasters represent a threat to both the environmental and human health. Regardless of age, ethnicity, socioeconomic status, or geographical location, its negative health impacts are deleterious. Vulnerable populations such as children, elderly, minorities, and low socioeconomic status populations are disproportionately

affected. The growing link between climate change and its impact on patients has led the medical community, including dermatologists, to address our role in the crisis. Several articles have been published in *Journal of the American Medical Association Dermatology* as well as the *International Journal of Women's Dermatology*, emphasizing that major changes in climate have specifically affected dermatological diseases.²⁻⁴ For these reasons, it is essential that medical professionals remain wellinformed about the climate crisis and invest in resources to prevent the exacerbation of health risks for our patients' well-being. A sustainable resource that has the potential to have significant environmental benefits is the use of bidets. Toilet paper requires the use of 1.5 million trees to produce the 36 billion rolls of toilet paper Americans use annually. On average, it takes 36 gallons of water to produce a single roll of toilet paper. A bidet uses an estimated 1/8th of a gallon per use.⁵ Moreover, bidets can be used indefinitely, thus reducing carbon emissions related to transport and packaging that toilet paper requires. Physicians can be assured that they are making an environmentally conscious recommendation.

Conclusion

In conclusion, bidets offer an alternative to toilet paper from a health, hygiene, and environmental standpoint. Bidet use is the predominant form of perianal hygiene in the Eastern world. Therefore, we hope that this editorial will serve to educate North American

What is known about this subject in regard to women and their families?

- There are several dermatological conditions that disproportionately affect the genital and perianal areas of women.
- Dry toilet paper and wet wipes can potentially aggravate these conditions.
- Toileting assistance is a major role of primary caregivers, and a majority of primary caregivers are women.
- Climate change is a health threat to women and their families.

What is new from this article as messages for women and their families?

- Bidets are commonly used outside the Western world.
- Bidets can be recommended as an alternative to toilet paper or wet wipes in patients with perianal dermatological conditions.
- Bidets can increase toileting independence in those with disabilities.
- Bidets are more environmentally friendly than toilet paper.
- There are affordable, easy-to-install bidet options.

^a Department of Dermatology, University of Tennessee Health Science Center, Memphis, Tennessee

^b Department of Dermatology, University of Tennessee Health Science Center, College of Medicine, Memphis, Tennessee

^c Corresponding author. E-mail address: ydalia@uthsc.edu (Y. Dalia).

Copyright © 2023 The Authors. Published by Wolters Kluwer Health, Inc. on behalf of Women's Dermatologic Society. This is an open access article distributed under the Creative Commons Attribution License 4.0 (CCBY), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

International Journal of Women's Dermatology (2023) 9:e103

Received: 4 June 2023; Accepted: 6 July 2023

Published online 10 August 2023

DOI: 10.1097/IJWD.0000000000000103

A Dermatologists Case

**Rachael Morris-Jones, Ann-Marie
Powell, Emma Benton**



A Dermatologists Case:

Thank you for reading **A Dermatologists Case**. Maybe you have knowledge that, people have search numerous times for their chosen readings like this A Dermatologists Case, but end up in malicious downloads. Rather than reading a good book with a cup of tea in the afternoon, instead they cope with some harmful virus inside their laptop.

A Dermatologists Case is available in our digital library an online access to it is set as public so you can get it instantly. Our digital library hosts in multiple countries, allowing you to get the most less latency time to download any of our books like this one.

Kindly say, the A Dermatologists Case is universally compatible with any devices to read

https://composer.colourpop.com/public/detail/Download_PDFS/toolkit%20project%20management%20tools.pdf

Table of Contents A Dermatologists Case

1. Understanding the eBook A Dermatologists Case
 - The Rise of Digital Reading A Dermatologists Case
 - Advantages of eBooks Over Traditional Books
2. Identifying A Dermatologists Case
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an A Dermatologists Case
 - User-Friendly Interface
4. Exploring eBook Recommendations from A Dermatologists Case
 - Personalized Recommendations
 - A Dermatologists Case User Reviews and Ratings

- A Dermatologists Case and Bestseller Lists
- 5. Accessing A Dermatologists Case Free and Paid eBooks
 - A Dermatologists Case Public Domain eBooks
 - A Dermatologists Case eBook Subscription Services
 - A Dermatologists Case Budget-Friendly Options
- 6. Navigating A Dermatologists Case eBook Formats
 - ePub, PDF, MOBI, and More
 - A Dermatologists Case Compatibility with Devices
 - A Dermatologists Case Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of A Dermatologists Case
 - Highlighting and Note-Taking A Dermatologists Case
 - Interactive Elements A Dermatologists Case
- 8. Staying Engaged with A Dermatologists Case
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers A Dermatologists Case
- 9. Balancing eBooks and Physical Books A Dermatologists Case
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection A Dermatologists Case
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine A Dermatologists Case
 - Setting Reading Goals A Dermatologists Case
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of A Dermatologists Case
 - Fact-Checking eBook Content of A Dermatologists Case
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

A Dermatologists Case Introduction

In today's digital age, the availability of A Dermatologists Case books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of A Dermatologists Case books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of A Dermatologists Case books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing A Dermatologists Case versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation. Furthermore, A Dermatologists Case books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether you're a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in self-improvement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing A Dermatologists Case books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for A Dermatologists Case books and manuals is Open Library. Open Library is an initiative of the Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both

public domain works and contemporary titles. It also allows users to borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions have their own digital libraries that provide free access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, A Dermatologists Case books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of A Dermatologists Case books and manuals for download and embark on your journey of knowledge?

FAQs About A Dermatologists Case Books

What is a A Dermatologists Case PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a A Dermatologists Case PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. **How do I edit a A Dermatologists Case PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a A Dermatologists Case PDF to another file format?** There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobats export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a A Dermatologists Case PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe

Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find A Dermatologists Case :

toolkit project management tools

~~top virtual reality office~~

2025 edition work from home setup

ebook virtual reality office

freelance platforms latest

~~ideas digital productivity~~

time blocking planner ebook

~~freelance platforms latest~~

ebook freelance platforms

checklist virtual reality office

ideas coworking spaces

manual automation remote work

~~pro virtual collaboration~~

planner remote jobs

coworking spaces latest

A Dermatologists Case :

Japanese Grammar: The Connecting Point ... Learning Japanese may seem to be a daunting task, but Dr. Nomura's book will

help readers conjugate verbs into a variety of formats, construct sentences ... Japanese Grammar: The Connecting Point - 9780761853121 This book is instrumental for anyone learning Japanese who seeks to gain a firm grasp of the most important aspect of the language: verb usage. Japanese Grammar: The Connecting Point Japanese Grammar: The Connecting Point is instrumental for anyone learning Japanese who seeks to gain a firm grasp of the most important aspect. Japanese Grammar: The Connecting Point Japanese The Connecting Point is instrumental for anyone learning Japanese who seeks to gain a firm grasp of the most important aspect of the verb usage. Japanese Grammar: The Connecting Point (Paperback) Oct 21, 2010 — This book is instrumental for anyone learning Japanese who seeks to gain a firm grasp of the most important aspect of the language: verb ... Japanese Grammar: The Connecting Point Oct 21, 2010 — Learning Japanese may seem to be a daunting task, but Dr. Nomura's book will help readers conjugate verbs into a variety of formats, construct ... Japanese Grammar: The Connecting Point by KIMIHIKO ... The present study investigated the degree of acquisition of honorific expressions by native Chinese speakers with respect to both aspects of grammar and ... Japanese Grammar: The Connecting Point by Kimihiko ... Japanese Grammar: The Connecting Point by Kimihiko Nomura (English) *VERY GOOD* ; Item Number. 224566363079 ; Publication Name. Japanese Grammar: The Connecting ... Japanese Grammar: The Connecting Point by NOMURA ... by Y HASEGAWA · 2012 — (aishi masu) ='to love,' in English, is a stative verb, as it is an emotional state of affairs. However, in Japanese, it is imperfective and ... Japanese Grammar eBook by Kimihiko Nomura - EPUB Book Japanese Grammar: The Connecting Point is instrumental for anyone learning Japanese who seeks to gain a firm grasp of the most important aspect of the ... Understanding-business-10th-edition-nickels-test-bank ... prosperity, their actions are unlikely to benefit society as a whole. ... services that satisfy the wants of consumers. ... taught to value the welfare of others ... TEST BANK Understanding Business 10th Edition ... Get higher grades by finding the best TEST BANK Understanding Business 10th Edition by William G. Nickels, James M. McHugh and Susan M. McHugh notes ... Understanding Business 10th Edition Nickels Test Bank Mar 11, 2023 — Feedback: The right to private property is the most fundamental of all rights under capitalism. This right means that people can buy, sell, and ... Test Bank Volume 1 for Understanding Business, 10th Ed. Test Bank Volume 1 for Understanding Business, 10th Ed. [Nickels, Mchugh] on Amazon.com. *FREE* shipping on qualifying offers. Test Bank Volume 1 for ... Understanding Business, 10th Edition by William G. ... Understanding Business, 10th Edition by William G. Nickels, James M. McHugh and Susan M. McHugh- 10e, TEST BANK 007352459x - Free download as Word Doc ... Understanding Business Nickels 10th Edition Test Bank Understanding Business Nickels 10th Edition Test Bank - Free download as PDF File (.pdf), Text File (.txt) or read online for free. Test Bank. Understanding Canadian Business 10Th Canadian Edition ... Understanding Canadian Business 10Th Canadian Edition By William G Nickels - Test Bank To Purchase this Complete Test Bank with Answers Click the link Belo... TEST BANK FOR UNDERSTANDING... View 9781305502215-TEST-BANK.pdf from ECON 1003 at University of Technology, Jamaica. TEST BANK FOR UNDERSTANDING

MANAGEMENT 10TH EDITION DAFT TEST BANK ... Business Law Today 10th Edition - Test Bank.docx BUSPROG:
Reflective LO: 1-1 Bloom's:Comprehension DIF:Moderate AICPA: BB-Legal 9.In order to truly understand our legal system, it is important to understand ... Test Bank For Basic Statistics in Business and Economics ... Sep 27, 2023 — Test Bank For Basic Statistics in Business and Economics, 10th Edition All Chapters and other examinations for , NURSING. Test Bank For ... Bead Jewelry 101: Master Basic Skills and... by Mitchell, ... Bead Jewelry 101 is an all-in-one essential resource for making beaded jewelry. This complete entry-level course includes 30 step-by-step projects that ... Intro to Beading 101: Getting Started with Jewelry Making This video series introduces some jewelry terms that are essential to know, and will teach you some fundamental skills necessary for basic jewelry making. Beading Jewelry 101 Beading jewelry for beginners at home starts with three jewelry tools and two techniques and a step by step guide for making earrings, necklaces and ... How to Make Beaded Jewelry 101: Beginner's Guide First, you will want to gather all of your beading materials. Make sure to have materials for the job: beading thread, beads, super glues, wire cutters, crimp ... Bead Jewelry 101 This complete entry-level course includes 30 step-by-step projects that demonstrate fundamental methods for stringing, wire work, and more. Begin your jewelry ... Beading 101: How to Get Started Making Jewelry Jan 14, 2019 — There are many benefits to learning how to make your own jewelry. First and foremost, it is fun! Making jewelry is a hobby that allows you ... Bead Jewelry 101: Master Basic Skills and Techniques ... Bead Jewelry 101 is an all-in-one essential resource for making beaded jewelry. This complete entry-level course includes 30 step-by-step projects that ... Online Class: Bead Stringing 101: Learn How To Make a ...