

Fast Facts

Eczema

- Skin condition that is related to a gene variation that decreases your skin's natural ability to protect you from bacteria, allergens and irritants
 - Also known as atopic dermatitis
- Very common in children and usually first appears before the age of 5
- Can be a chronic condition that will flare up occasionally and then can be gone for long periods of time
- Things like stress, sweat, soaps, detergents, dust, pollen and obesity, can trigger a flare up
- For children, flare ups can be triggered by certain foods, such as eggs, milk, soy and wheat

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Dry skin -Itching (often severe, especially at night) -Small raised bumps (these can leak fluid and crust over if scratched) -Red/brownish-gray patches -Thickened/cracked/scaly skin -Raw/sensitive/swollen skin (a result of scratching) -Can present anywhere on your body, but usually on your hands, feet, ankles, wrists, neck, upper chest, eyelids and inside the bend of your elbows/knees (for babies, it can appear on face and scalp) 	<p><i>Goal:</i> To get symptoms under control and to prevent flare ups (key = recognize symptoms early)</p> <p><i>Medication:</i></p> <ul style="list-style-type: none"> -Non-prescription (at least) 1% hydrocortisone cream -Over-the-counter allergy or anti-itch medication -Prescription corticosteroid creams/ointments -Immunosuppressant creams -Pill corticosteroids (severe cases) -Antibiotic creams (for infections) <p><i>Other Therapies:</i></p> <ul style="list-style-type: none"> -Light therapy using natural sunlight, artificial ultraviolet A (UVA) or narrow band ultraviolet B (UVB) -Wet bandages <p><i>Home Treatment:</i></p> <ul style="list-style-type: none"> -Don't scratch -Cover affected area with bandages -Moisturize at least twice a day -Wear cool, smooth-textured clothes -Use a humidifier in home -Soak in a warm, not hot, bath that has baking soda, uncooked oatmeal or colloidal oatmeal in it for 10 – 15 minutes -Address stress and anxiety 	<ul style="list-style-type: none"> -Moisturize at least twice a day -Identify/avoid any triggers -Bathe in warm water -Limit the time you spend in shower/bathe to no longer than 10 – 15 minutes -Take a bath with a bleach mixture (add ½ cup of household--not concentrate--bleach to a standard-sized bathtub filled with water up to the overflow drain (only soak from the neck down, don't stay in longer than 10 minutes and don't do this more than twice a week) -Use mild soaps -Gently pat your skin dry when finished -While skin is still damp, apply moisturizer to trap in any extra moisture

	<p><i>For Babies:</i></p> <ul style="list-style-type: none">-Identify anything that irritates their skin-Avoid temperature extremes-Lubricate skin using bath oils, creams or ointments	
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