

# Managing Eczema

If you have eczema, it is important to treat the condition to prevent further skin damage. You can live more comfortably, if you become aware of the options that lessen irritation.

## Flare Ups

The course of eczema can involve times where symptoms can suddenly become more severe and inflamed. Certain practices such as medication or avoiding triggers can prevent these from occurring or lessen the frequency.

## Triggers

- Extremely hot or cold weather
- Stress
- Dry Skin
- Fragrances or harsh skin care products
- Tight or scratchy clothing items

## Treatment

**Topical: Corticosteroids and Topical Immunomodulators** are applied as creams or ointments for treating mild to moderate eczema to soothe the itching and redness.

**Oral: Antihistamine Pills** are taken to prevent inflammation while sedative effects allow you to sleep comfortably.

## AT-HOME CARE

**Moisturize:** By keeping the skin protected from dryness, the cream should be fragrance free and applied frequently during the day especially after bathing.

**Bathing:** A mild, unscented cleanser, preferably for sensitive skin, should be used with warm water. Instead of rubbing, you should pat your skin dry and follow with a cream or ointment to retain moisture.

**Scratching:** It is beneficial to keep scratching to a minimum as it can cause redness and breaks in the skin which can lead to infections.

**Humidifier:** By providing moisture to the indoor air, this can protect the affected areas from increased dryness.

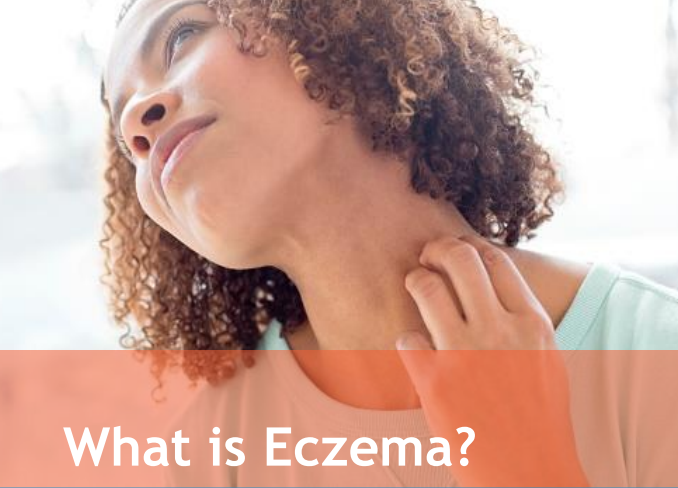
## RESOURCES

Contact Health Provider:  
Health questions  
Immediate Concerns

Educational Materials:  
American Academy of Dermatology  
National Eczema Association  
Mayo Clinic

# Eczema





## What is Eczema?

Eczema, also called atopic dermatitis, is a common dermatological problem which involves irritation and itchy patches on various areas of the skin. This condition occurs when the immune system, network that protects the body, improperly functions and overreacts upon interaction with outside contaminants. Adult eczema usually develops from childhood. Although some outgrow the skin condition, eczema can possibly become a chronic problem since there is no specific cure, but it is not contagious. However, there are various treatment options to lessen the symptoms and provide relief.

## In the African-American Community

As the second most common skin disease, eczema is specifically frequent in the African American community. The genetic variation in those with darker skin tones makes it have different effects such as skin discoloration. Affected areas are usually presented as a darker red or brown rash that can also appear ashen from dryness.



Coll. D Wallach



## CAUSES

While the specific cause of eczema is unknown, there are various factors that can increase the likelihood of obtaining the skin condition. Environmental factors such as pollutants can have an effect, and there is an increased amount of cases in more populated cities or urban areas. Asthma or other allergies can be an underlying factor in developing eczema. One can be more likely to obtain it if there is a history of family members having the condition.



## RECOGNIZING ECZEMA

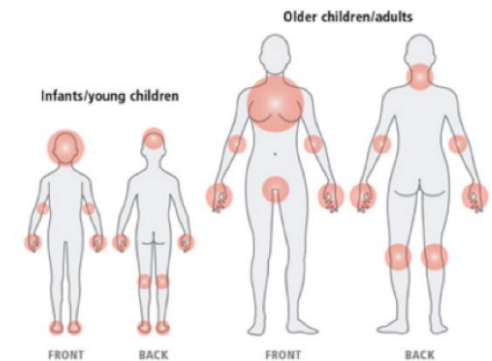
### Symptoms

- Redness
- Dry, dark rashes
- Itchy skin
- Raised bumps
- Cracked and scaly patches

### Location

These itchy patches of skin appear on different regions of the body depending on age. They can appear in various sizes on the extremities such as the neck, arms, legs, and even the face.

### Common sites of Eczema



### Diagnosis

Self-examination is only the first step in detecting eczema. By referring to your dermatologist, you can get an accurate diagnosis and develop a helpful plan on handling eczema.

