

ATOPIC DERMATITIS (ECZEMA)

Eczema Can Affect Your Quality of Life Significantly

Eczema is a Reaction Pattern That Consists of Different Types of Inflammatory Skin Conditions

Eczema is long lasting with recurrent flares. It is a common skin problem. Those struggling with this condition may be unable to or feel reluctant to participate in activities and be social.

Please use this guide as a resource for the knowledge and understanding of eczema's causes, symptoms, possible complications, and treatment.

01 | Causes

Eczema cannot spread to other people, but if the affected area becomes infected, it is possible to spread the infection to other areas of the body. Common causes of eczema include:

- Genetics
- Asthma
- Allergies
- Geographical location

People with eczema experience a flare of symptoms periodically due to irritants or triggers. Common flare triggers are:

- Animal dander or saliva
- Sweating
- Wool clothing
- Harsh soaps and detergents
- Certain lotions
- Overly washing skin

02 | Symptoms

Eczema is commonly referred to as “the itch that rashes.” Symptoms and degree of severity vary from person to person. Symptoms include:

- Sensitive or swollen skin
- Severe, intense itching
- Rashes that itch or burn
- Fluid-filled bumps
- Cracked or scaly skin

03 | Possible Complications

When untreated or treatment is prolonged, eczema can lead to lifelong challenges. Complications that may occur are:

- Skin infections
- Sleep problems
- Contact dermatitis
- Asthma and hay fever
- Neurodermatitis

04 | Treatment

It is important to report symptoms of eczema to their physician immediately to start treatment. Although there is not a permanent cure for the condition, there are treatment options to manage the symptoms. Medical treatment options involve prescribed anti-inflammatory medications and topical steroids.

For additional resources on eczema, please visit:

www.nationaleczema.org

*Did You Know?
Some people can outgrow
eczema.*

References

<https://www.mayoclinic.org/diseases-conditions/atopic-dermatitis-eczema/symptoms-causes/syc-20353273>

https://www.emedicinehealth.com/eczema/article_em.htm#eczema_support_groups_and_counseling