

A Closer Look at Eczema

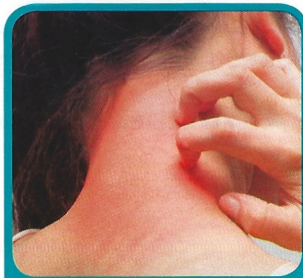
TAKE
ONE

What is eczema?

Eczema, also known as atopic dermatitis, is a chronic and common condition. It often appears as a rough, red skin rash, and may be accompanied by oozing, crusted bumps.

What does it look like?

Eczema can look different on different people and impact different areas of the body.



NECK



HANDS/FEET



ARM



ANKLES

Symptoms may include:

- Redness or other discoloration
- A patchy, red skin rash
- Thick, hard, “leathery” patches
- Open, crusted, or “weepy-looking” sores

What causes eczema?

Some common triggers that may cause eczema to flare in some people:



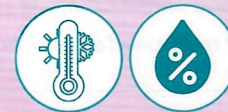
IRRITANTS

Soap,
detergent,
sweat,
rough fabrics



ALLERGENS

Foods,
dust mites,
mold, pollen,
animal dander



ENVIRONMENT

Temperature
extremes,
high or low
humidity

Tips for alleviating symptoms



Bathing—Use soft or mild soaps. Bathe in warm, not hot, water. Limit bath time to 5-10 minutes. Bathe up to once a day. Apply moisturizer to damp skin shortly after bathing.



Moisturizing—Moisture is key. If you have eczema, moisturizers can help keep your skin hydrated. Different types of moisturizers may include ointments, creams, lotions, gels, and oils. Choice of moisturizer is often made based on patient and healthcare practitioner preferences.



Talk with your doctor and use the reverse side to document your treatment plan

See
reverse