

Eczema

1. What is Eczema?

It is a dermatitis caused by abnormalities in both internal and external environment. It is not transmitted from one person to another.

There are many types of Eczema:

- Atopic Dermatitis
- Contact Dermatitis
- Hand eczema
- Venous eczema
- Asteototic eczema
- Juvenile Plantar Dermatitis

2. What are the symptoms of eczema?

It can vary widely from person to person.

- Red itchy, dry skin.
- Oozing and crusting
- Thickening and darkening of the skin.

3. What are the treatment options?

-Moisturizers

-Condys washes (this should be diluted to make a light pink colour solution)

-Steroid cream and ointments (There are steroid applications with varies potencies. Therefore it is very important to get your Dermatologist' prescription on amount and duration of the treatment. Under treatment results in poor response whilst overtreatment would cause side effects.

-Antibiotic cream

- Topical Calcineurin inhibitors (Tacrlimus/pimecrolimus)

-Antihistamine tablets

-Phototherapy

-If the disease is severe, oral medications such as prednisolone, Azathioprine, Ciclosporin, Methotrexate will be used according to doctor's recommendation.

4. Things you should you know, if you are suffering from Eczema.

-There is risk of entry of external environmental factors (irritants, bacteria, viruses) as the skin barrier function is weak

-Avoid application or contact of chemicals and irritants (soil, cement, dust, grass etc.)

- Refrain from using adult soap, washing powder. Use baby soap or soap substitutes instead.



- If avoiding such irritants are unavoidable at your work or day to day life, use clean gloves. Limit using such irritants to a particular time of the day, clean with water and apply moisturizers afterwards.
- Cut nails short to minimize damage caused by nails.
- Have daily baths. Use only baby soaps or soap substitutes.
- Apply moisturizers liberally for 2-3 times per day.
- It is important to recognize and avoid contact allergens and irritants that triggered your eczema. (Cement, soap, washing powder, perfumes, leather, rubber)
- If the eczema is caused by varicosities, you may be referred for further treatment.

