

Dermatitis (Eczema)

What is Atopic Dermatitis (Eczema)?

- Atopic dermatitis is a chronic, itchy skin disorder also commonly known as “eczema”
- A proper diagnosis of this condition is important, because dermatitis in general is a very common condition that can often overlap with other skin conditions

Managing Eczema

Conservative moisturizing measures are often helpful. Your doctor will discuss this with you.

Some other helpful tips include:

- Avoiding environmental factors that trigger your skin allergies
- Avoiding sudden changes in temperature or humidity
- Avoiding sweating or overheating
- Avoiding irritants (such as tobacco smoke, pollution)
- Reducing stress
- Refraining from scratching itchy areas (good idea to keep your fingernails short)
- Avoiding irritants on the skin such as harsh soaps and fragrances
- Using fragrance-free products where possible as they are much better tolerated by sensitive skin
- Medicated skin creams are available, however it is important that these are used properly. Please speak to your doctor for more information.