



## What is eczema?

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Eczema is a common skin disease. It presents as red, itchy, scaly patches over the skin which can become inflamed and at times start oozing.

### What causes eczema?

There are many types of eczema. The exact cause of few may not be known.

If a parent has eczema, allergies or asthma, their children are more prone to get eczema.

Dry skin is one of the main causes of eczema and flare ups. Sweaty activities, stress, quick changes of temperature may cause itching which can worsen eczema. Rarely, symptoms can be triggered by an allergic reaction to food, pets or fur toys etc. Triggers and symptoms might be different for different people. Some forms of eczema are due contact with some materials like metal, leather, detergents etc

### Who can get eczema?

Anyone can develop eczema. It is most common in children and young adults. It can develop at any age as early as in few weeks old babies to elderly people. It often runs in families' e.g. atopic dermatitis.

### What are the symptoms of eczema?

Rash which could be red, itchy, scaly, and at times could be oozing. Patches can be anywhere but usually are on the face, around the elbows and knees, hands, feet and scalp.

Itching is usually worst at night. It is known to be recurrent

### Is eczema contagious?

No. It is not contagious.

### How can eczema be prevented?

By taking certain measures one can reduce the symptoms of eczema and help in fast recovery and early success in the treatment.

Avoid dry skin and scratching as this can make eczema worse. Cotton clothes are the best. Avoid wool and synthetic wear. Full sleeve dresses, pants or pajamas are better.

Eczema gets worst during dry winter and in air conditioned rooms Have quick shower using lukewarm water and use milder soaps. Avoid bubble baths.

Frequently use moisturizing creams and lotions. Continue using moisturizers even when the skin is clear, avoid all known triggering agents.

