



## WHAT IS ECZEMA?

Dermatitis (Eczema) describes skin irritations and rashes that show up as inflammation of the skin.

Many different skin conditions can cause dermatitis, and symptoms can range from mild to severe. It is not contagious, and does not mean that your skin is unclean. Atopic Dermatitis is commonly referred to as eczema. This ongoing form of dermatitis typically begins in childhood, and flare-ups may continue into adulthood.

## WHAT CAUSES ECZEMA?

There is not a single cause for eczema. Typically, there is a family history of eczema, asthma and hay-fever in people with the condition.

People with eczema tend to have dry itchy skin that is more vulnerable to the entry of irritants, allergens, and therefore more prone to the development of rashes.

**Eczema can be triggered or made worse by a range of possible causes.**

- Extended hot showers or baths.
- Hotter or colder weather.
- Sweating due to physical activity.
- Allergens (pollen, dust, etc).
- Wool and synthetic fabrics.
- Chemical irritants (soaps).
- Scratching and resulting infection.
- Food intolerances and allergies.

## SYMPTOMS OF ECZEMA

**The symptoms of eczema can vary significantly depending on what has caused the flare up, skin tone, and severity.**

- Dry, cracked, flaky skin.
- Intense itchiness.
- Discoloured rashes.
- Thickened skin.
- Raised bumps and blisters.
- Weeping or oozing sores.
- Crusts or scabs.



Eczema can present in many different ways, a common sign is a discoloured rash.

## SELF CARE TIPS

While there is no cure for eczema, it can be managed at home and over time will often improve. Most babies and children with eczema will 'grow out' of the condition.

**Symptoms of eczema can be controlled with appropriate treatment and self-care:**

- avoid irritants, allergens and other triggers
- clean your skin in lukewarm water, and with soap-free washes
- moisturise at least twice daily
- creams like hydrocortisone 1% can be used following pharmacist advice to treat redness, swelling, itching, and discomfort.

## TREATMENT OPTIONS

- 1. Hydrocortisone 1% Cream** – can help alleviate the symptoms of redness, swelling, itching and discomfort.
- 2. Moisturising Cream** – helps skin retain moisture, reducing the appearance of dry, flaky skin and providing soothing relief.
- 3. Antiseptic Ointment & Solutions** – can help control infections, helping the skin barrier maintain its protective qualities.

Always read the label, use medicines as directed and if symptoms persist, be sure to consult a healthcare professional.

**ZOOM Pharmacy can offer free treatments for Eczema and Dermatitis, delivered for free to your door.**