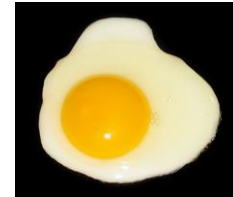
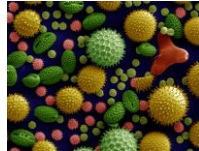


Eczema

Eczema is an inflammation of the skin which may cause dryness, flakiness, heat, and, probably most importantly, itching. It is usually worse in folds of the skin and where limbs bend.



Causes/Triggers

- Foods-wheat, soy, dairy, egg, seafood, nuts
 - Outdoor/indoor allergens-animal dander, dust, pollen, mold, cockroach
 - Perfume/Dyes-scented lotions, detergents, soaps
 - Chemicals
-

Treatment/Prevention

- Keep fingernails cut short to avoid scratching.
- Sleep with mittens or gloves on to discourage scratching at night.
- Take an antihistamine as prescribed by your healthcare provider to reduce itching.
- Avoid wearing rough materials-wool, etc.
- Avoid washing with soap daily if possible, go a few days between showering. You can soak in a tub or just water if needed.
- No fragrances/strong chemicals in personal products-soap, detergent, lotions.
- Use bleach baths/epsom salt baths. Add ¼ cup to 1 bath full of water and soak for 15-20 minutes.

Suggested Products

- Cetaphil lotion
- Eucerin lotion
- Keri lotion
- Lubriderm lotion
- Dove soap (plain, white, unscented)
- Aquaphor ointment
- Cera Ve lotion
- All Free and Clear
- Bleach/Epsom Salt Baths
- Sunscreens:
 - Vanicream
 - CeraVe
 - Blue Lizard