

## Preventing Eczema Symptoms

Though there is no cure for eczema, there are a number of steps you can take which may help prevent flare-ups and reduce symptoms.

- **Moisturize your skin:** Applying a moisturizer twice a day will help to seal in moisture on your skin. This is particularly effective when done after bathing while your skin is still damp.
- **Use gentle soaps:** Antibacterial soaps and those with deodorants in them can remove natural oils from your skin, which causes it to become more dry and more prone to flare-ups.
- **Identify and avoid triggers:** Many flare-ups can be caused by external sources—such as plants or metals—so reducing your exposure to those triggers will help minimize symptoms. In children, flare-ups can also be caused by eating certain foods.



## Speaking with Your Dermatologist

A dermatologist can help manage the symptoms of eczema with a treatment plan designed specifically for your condition. Speak with your dermatologist if you are experiencing symptoms that are so severe they are impacting your daily life, especially if preventative measures are having little to no effect.

You should also seek immediate medical attention if your skin becomes infected as a result of your eczema symptoms.

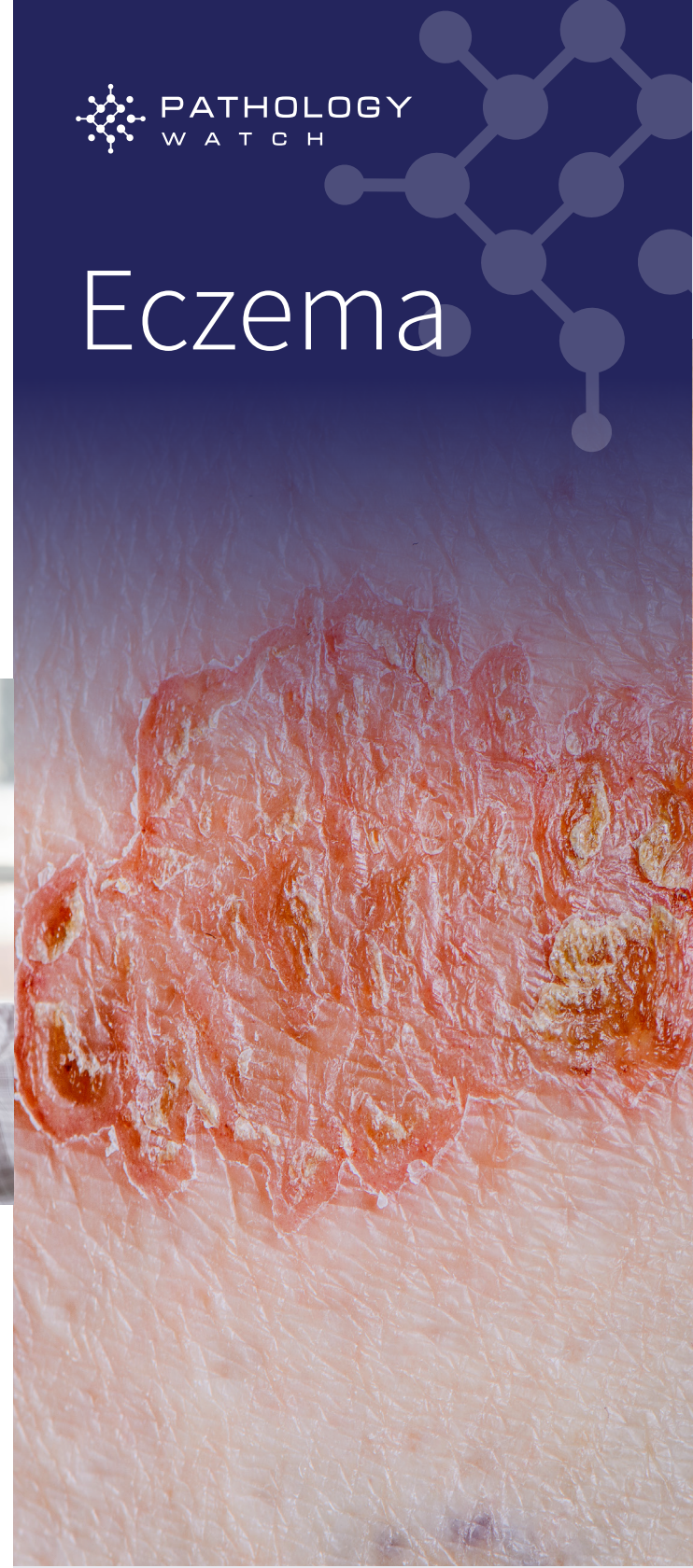


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# Eczema



## Defining Eczema

Eczema is a noncontagious type of dermatitis, or skin irritation, which traditionally presents with redness, itchiness, or irritation. The most common type of eczema, also known as atopic dermatitis (AD), affects one in 10 Americans. While there is no cure for eczema, proper treatments and self-care can relieve symptoms and prevent new outbreaks.

## Signs and Symptoms of Eczema

Eczema typically presents before age five but can continue into adolescence and adulthood. Because there is no cure, the condition can flare up periodically. While signs and symptoms can vary from person to person, some of the most common things to watch out for include the following:

- **Dry skin**
- **Small raised bumps on the skin**
- **Thick, scaly, or cracked skin**
- **Severe itching, especially at night**
- **Discolored patches, ranging from red to brownish gray, notably on the hands, feet, neck, chest, and eyelids (In children, these patches can also appear on the face and scalp.)**

## Other Types of Eczema

Atopic dermatitis is the most common type of eczema, but many other skin conditions also fall into this category. While the signs and symptoms are largely the same, you may need to seek additional information from your dermatologist if you are experiencing any of the following:

### Contact Dermatitis

Irritation caused by something touching your skin. This typically presents as a red, itchy rash and can be caused by plants, jewelry, soaps, and fragrances.



### Dyshidrotic Eczema

Small blisters that typically form on the palms of the hands and sides of the fingers. It can also be triggered by external sources, such as nickel or cobalt.



### Neurodermatitis

An intensely itchy patch of skin, which, if left untreated, can cause the affected areas to become thick and leathery. The cause is unknown, but many say the patches are itchiest when relaxing.



### Nummular Eczema

Raised, round spots on the skin that can grow together to form slightly raised patches. It tends to be more common in those who have other types of eczema.



### Stasis Dermatitis

Typically found in people who have poor blood flow. It can develop anywhere in the body but is most commonly found in the lower legs and can be identified by swelling and faintly discolored skin in the area.

