

# Eczema and Skin Allergies

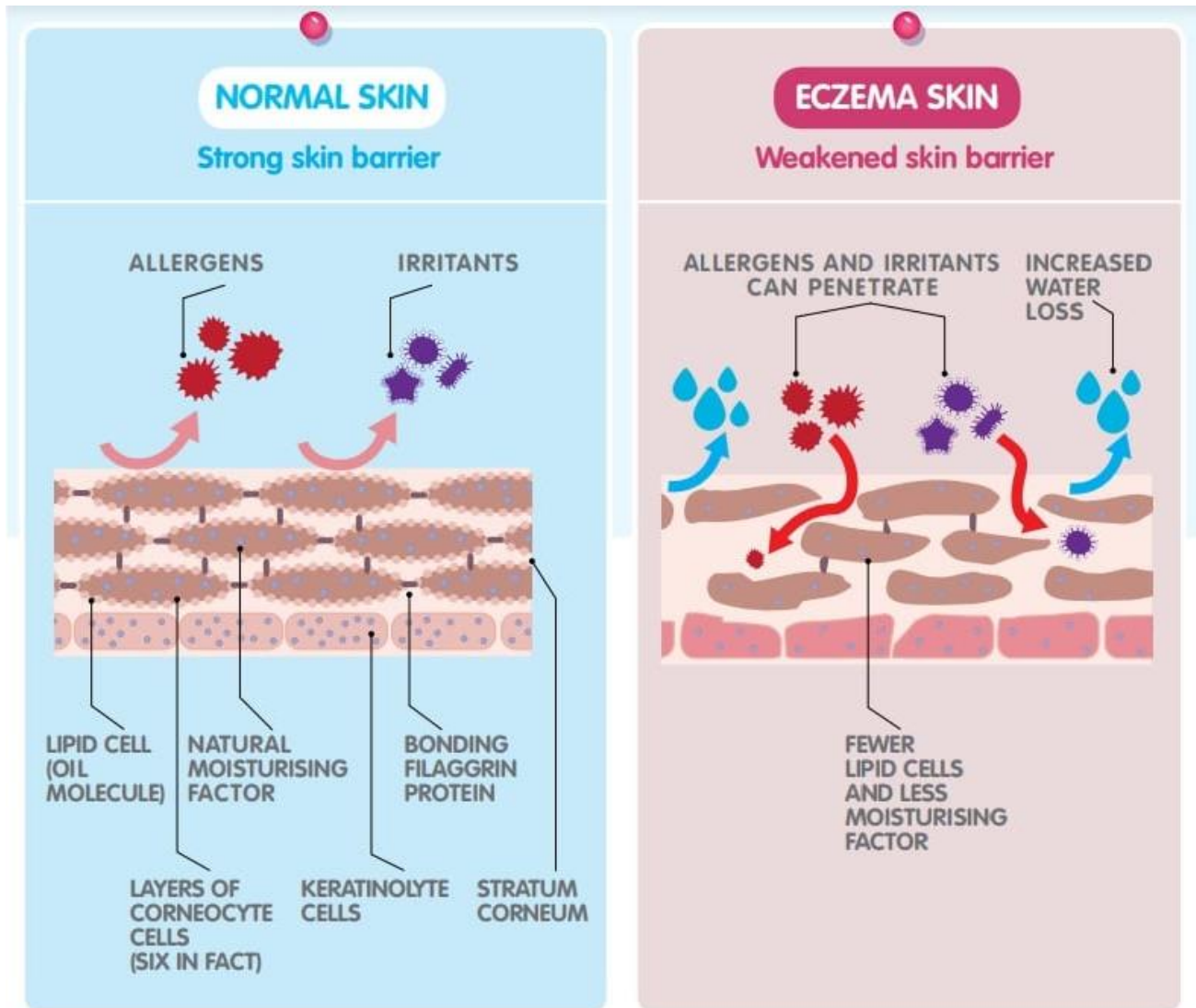


Eczema and skin allergies are common skin conditions that affect millions of people worldwide. Eczema is a chronic inflammatory skin condition that causes dry, itchy, and inflamed skin, while skin allergies are a reaction to a particular substance that triggers allergic reactions such as hives, rashes, and itching. This patient information leaflet provides information on eczema and skin allergies and how to manage them.

## What is Eczema?

Eczema, also known as atopic dermatitis, is a long-term skin condition that causes dry, itchy, and inflamed skin. It is usually seen in children but can occur at any age. Eczema can affect any part of the body but is commonly seen in the folds of the skin such as behind the knees and elbows, neck, and hands. Symptoms of eczema include dry, itchy, red, and inflamed skin, small bumps that may leak fluid, and thick, scaly patches of skin.



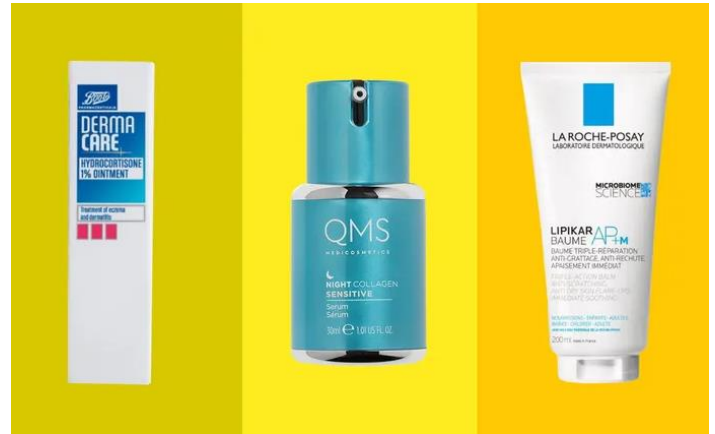


## What Causes Eczema?

The exact cause of eczema is unknown, but it is believed to be a combination of genetic and environmental factors. People with a family history of eczema or other allergic conditions such as asthma and hay fever are more likely to develop eczema. Environmental factors such as cold weather, heat, and humidity can also trigger eczema.

## How is Eczema Treated?

The treatment of eczema depends on the severity of the condition. Mild eczema can be managed with emollients, which are creams that moisturize the skin and reduce dryness.



Topical corticosteroids may also be prescribed to reduce inflammation and itching. In severe cases, oral medications such as antihistamines and immunosuppressants may be prescribed.

## What are Skin Allergies?

Skin allergies are a type of allergic reaction that occurs when the skin comes into contact with a particular substance that triggers an immune response.



Common substances that can cause skin allergies include certain foods, medications, and chemicals such as nickel, latex, and fragrances. Symptoms of skin allergies include hives, rashes, itching, and swelling of the skin.

## How are Skin Allergies Treated?

The treatment of skin allergies depends on the severity of the reaction. Mild skin allergies can be managed with topical creams such as antihistamines and corticosteroids to reduce itching and inflammation. In severe cases, oral medications such as antihistamines and corticosteroids may be prescribed. In some cases, allergen immunotherapy may be recommended to desensitize the immune system to the allergen.

## How to Manage Eczema and Skin Allergies

Here are some tips on how to manage eczema and skin allergies:

**Moisturize regularly:** Use emollients to keep the skin moisturized and reduce dryness.

**Avoid triggers:** Identify and avoid triggers that can cause eczema and skin allergies such as certain foods, medications, and chemicals.

**Wear protective clothing:** Wear protective clothing such as gloves and long-sleeved shirts when handling chemicals.

**Take lukewarm baths:** Take lukewarm baths instead of hot baths, and use mild soaps and shampoos.

**Use fragrance-free products:** Use fragrance-free products such as soaps and detergents to avoid triggering skin allergies.

**Avoid scratching:** Try to avoid scratching the skin as it can lead to further irritation and infection.

**Seek medical advice:** If eczema or skin allergies are severe or do not improve with treatment, seek medical advice from a healthcare professional.

## Conclusion

Eczema and skin allergies are common skin conditions that can cause discomfort and affect the quality of life. The good news is that these conditions can be managed with proper treatment and self-care. If you have eczema or skin allergies, following the tips mentioned above can help you manage your condition and improve your quality of life. If your symptoms persist or worsen, seek medical advice from a healthcare professional.

