

## **Self-Care Guide – Eczema**

This fact sheet helps you to know what's 'normal' and what you can expect to happen if you or your child suffer from atopic eczema (*atopic* means 'sensitivity to allergens'). It also tells you when you should become concerned and when it's best to seek medical advice from a health professional. When talking of *eczema*, we mean *atopic eczema* in this fact sheet.

### **Useful facts**

#### ***What skin changes does eczema cause?***

If you suffer from eczema, your skin can appear red (or darker, if you have dark skin), swollen, crusty and cracking. Itching is common and often caused by skin dryness, infection, allergens or scratching.

#### ***How common is eczema?***

You're not alone. Eczema is an often persistent or recurrent dry skin condition, affecting about 2 out of 10 children and two to 10 out of every 100 adults in the UK.

#### ***What's causing it?***

Eczema tends to start in childhood and is influenced by genetic and environmental factors. People with eczema often suffer other allergic conditions as well, such as asthma or hay fever, or both. Food allergy may sometimes be responsible in children who present with more severe eczema early in life.

### **What can I expect to happen?**

#### ***How bad can eczema get?***

The severity of eczema can range from mild to quite severe. Around eight out of 10 children have mild eczema, with episodic flare ups.

#### ***Will I get cured?***

Many children with eczema 'grow out' of it by the time they reach adolescence. But in some people, eczema may persist life-long. Fortunately, while there is no known cure, many effective treatments are available to alleviate your symptoms and reduce inflammation.

### **What can I do myself to get better – now and in the future?**

#### ***Avoid trigger factors***

Environmental allergens (such as dust-mite antigens or pollen), irritants (such as detergents or dirt), certain foods, pet dander, smoke, certain weather conditions and stress may all impact on eczema. Try to find out whether any of these impact on your eczema and minimise them.

#### ***Avoid soap***

Avoid soap and bubble bath, as both can dry out the skin. Use emollients as soap substitutes.