# **Dermatitis / Eczema**

### What is it?

 <u>Dermatitis</u>- Frequent patches of red, scaly, blistering, itchy, oozing skin or inflammation of the skin



- Atopic Dermatitis- most often affects people with a family history of asthma or hay fever which usually is red, oozing blistering, crusty skin patches that itch more at night; with age become darker and drier, often brownish grey instead of red
- Contact Dermatitis- itchy, blistering patches of skin that have come into contact with a substance that causes an allergic reaction, such as poison oak, ivy, sumac, chemicals, cosmetics, dyes or detergents
- Seborrhea Dermatitis- dandruff is a mild form; yellow-brownishpinkish, thickened, greasy, patches of skin usually in the center of the face and on the scalp; the cause is generally unknown and treatment is usually not successful
- Nummular Eczema- red, round, oozing, crusting patches on backs of the forearms and lower legs, shoulders, and buttocks, the cause is unknown but stress and a dry environment can cause this dermatitis/eczema
- American Academy of Dermatology 10% of Infants, 3% of Children and Adults have Atopic Dermatitis in the United States
  - More Common- Younger than 25 years of age
  - o **Throughout Life** 60% suffer from Atopic Dermatitis
- <u>Contact Dermatitis</u>- Itchy, blistering patches of skin or eczema

## **Recommendations:**

- Coping with Itchy Skin- Try not to scratch, reduce stress
- <u>Aggravates the Skin</u>- Wool, scratching clothing, strong lotions, soaps or cosmetics

# What can I do?

<u>See your Health Care Provider</u>- may want to prescribe a topical cream as
corticosteroids or oral antihistamines to speed healing and contract itching,
may want to administer antibiotics for the secondary infection or
ultraviolent light therapy or systemic steroids