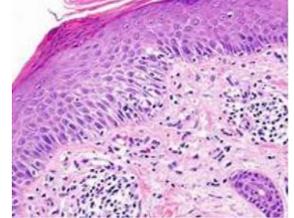


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ATOPIC DERMATITIS (ECZEMA)

Atopic dermatitis, often called eczema, is a type of allergy like hay fever and asthma, but unlike hay fever or asthma, taking away trees, grass, or dogs will not stop the redness and itching. Food rarely causes problem. Atopy means strange and that is exactly how atopic dermatitis presents.

Recognizing Atopic Dermatitis

There may be just itching so severe that it interferes with sleep. The skin may show redness and scaling on the arms and legs, as well as anywhere else on the body.



anrubbing leads to

Usual Locations of Atopic Dermatitis

Constant scratching and rubbing leads to lichenification, which is thickening of the skin. Sometimes, the constant rubbing results in bacterial infection with oozing, crusting, and pustules.



Redness and excoriations due to excessive scratching of the arm

Infants, children, and adults all can have atopic dermatitis. There is no way to predict how long an attack will last or whether it is just a one-time occurrence.



Infantile Atopic Dermatitis

Cause and Other Conditions

Why atopic dermatitis occurs is not clear. Heredity has a role, as well as the skin not working properly – skin barrier dysfunction. Often someone in the family has asthma, hay fever, or even atopic dermatitis; likewise, for the patient.

Without this background, the diagnosis might be neurodermatitis, nummular dermatitis, or contact dermatitis.

Treatment

The mainstay of therapy is the use of topical steroids. When these are used appropriately, there are few problems. Soap should be limited to the hands, face, axillae, and groin, as soap is an irritant. A daily bath or shower is ok, but wash clothes and loofahs are not good to use. Because some children and adults are allergic to wool alcohol (lanolin), Cetaphil® lotion is the best one to use.

Newer treatments include topical calcineurin agents (Elidel®, Protopic®) and crisaborole (Eucrisa®) ointment. There are also biologics,

Restylane
redefining beauty

BOTOX®
Botulinum Toxin Type A

Dysport
abobotulinumtoxin A