



Eczema

Rahaf Elkadiki 1869 Amena Hammuda 2022
Faraj Suliman 2127 Nesma Alasbah 1874
Khadija Attia 2713



Introduction

- ✓ An eczema is a form of dermatitis. Dermatitis means inflammation of the outer layer of the skin.
- ✓ Though commonly used to describe atopic dermatitis, it is characterized by a variety of skin conditions that cause the skin to become dry, red, irritated, and itchy.
- ✓ Eczema has been classified into various subgroups:
 - a) The commonest one is atopic eczema (atopic dermatitis).
 - b) Contact dermatitis.
 - c) Xerotic eczema (winter itch: eczema that worsens in winter).
 - d) Other less common variants such as discoid eczema, venous eczema, etc.

Signs and Symptoms



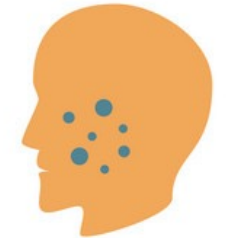
RED PATCHES



ITCHING



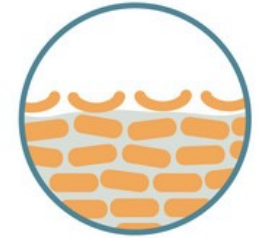
CRACKED SKIN



SMALL RAISED BUMPS



SENSITIVE SKIN

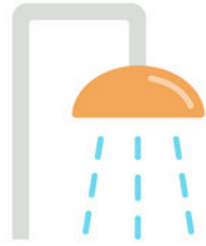


DRY SKIN

Treatment



CORTICOSTEROIDS



LUKEWARM SHOWER



HUMIDIFIER



EAT HEALTHY



WEAR SOFT CLOTHES



MOISTURISER

Prevention

A few tips can help you prevent outbreaks or keep them from getting worse:

- Avoid sudden changes in temperature or humidity.
- Try not to sweat or get too hot.
- Avoid stress, and take time for yourself to relax.
- Avoid scratchy materials such as wool.
- Avoid certain food that might trigger Eczema symptoms.
- Avoid perfumes and scented soaps
- Choose a soap that has an oil or fat base.

Self-care management

1. Apply moisturizer every day
2. Use baths, showers, and handwashing to hydrate your skin.
3. Use mild, fragrance-free, and hypoallergenic skin care products (cleanser, body wash, or soap) made for dry skin.
4. Keep a humidifier running when indoor air feels dry.
5. Protect your skin from injury and harsh chemicals.
6. Reduce stress.
7. Avoid overheating
8. Wear loose-fitting clothing made of soft, breathable fabric.