

ECZEMA

HOW TO STOP THE ITCH



Eczema is an inflammatory condition that causes dry and itchy skin, sometimes presenting as rough-textured and sensitive to touch. Eczema can be caused by a variety of factors, including an overactive immune system, genetic predisposition, or exposure to environmental triggers, including the cold, dry air that comes with seasonal weather. It tends to be chronic, meaning it may wax and wane throughout a patient's lifetime, but always lies dormant in the system, flaring up when triggered. Eczema is not considered infectious, nor is it contagious.



WHAT TRIGGERS AN ECZEMA FLARE?

There are multiple potential triggers of eczema. Some of the most common are direct contact with allergens, extreme heat or cold (many patients experience flares during the winter weather), and stress. Common allergens include pollen, metals, chemicals, fragrance, and synthetic materials, but may also include food sensitivities.

HOW TO TREAT ECZEMA

There is no permanent cure for eczema, but there are treatments to manage and prevent flares. The first line of treatment includes topical corticosteroids and topical non-steroidal anti-inflammatory agents. Aggressive moisturizing is also helpful in many cases. Other treatment options include wet dressings, UVB light therapy, oral medications and injections.



Tips and Tricks for Eczema-Prone Skin:

- Moisturize daily - Vanicream makes a great moisturizer for sensitive skin. Ointments and creams tend to be more beneficial than lotions due to their ability to protect the moisture barrier more effectively.
- Seal in moisture after bathing by immediately applying moisturizer to skin while it is still damp.
- Take no more than one quick shower or bath daily, using warm water (hot water can aggravate symptoms).
- Avoid scratching as much as possible- it can lead to an itch-scratch cycle that ultimately worsens symptoms and damages the skin, causing pain and possible scarring.
- Consider an antihistamine such as Claritin or Zyrtec to help manage itching.

ROSACEA

BEAT THE FLUSH



Rosacea is a chronic condition that causes redness/flushing of the face, and may include acne, spider veins, textural changes, or ocular issues. The exact cause of rosacea is not fully understood, but it may be due to a variety of factors, including dysfunction of the immune system, vascular hyperactivity, and genetics.



Common triggers of rosacea include sunlight exposure, stress, alcohol, caffeine, spicy foods, exercise and heat. Rosacea can be clinically diagnosed; skin biopsies may be helpful when trying to rule out other issues, such as lupus.

ROSACEA CAN BE STUBBORN AND SOMETIMES CHALLENGING TO TREAT

While symptoms can be controlled, there is no cure. Treatment options include avoidance of common triggers, diligent protection from sun exposure, and incorporating a gentle daily skin care routine. Choose products that are fragrance-free, and do not contain skin-drying ingredients like alcohol, camphor, or menthol.



Other treatment options include topical medications, oral doxycycline, and pulsed-dye laser. Studies have shown that reducing inflammation is helpful in calming rosacea symptoms, so adjustments in diet may be warranted. Redness can be covered up cosmetically with a green-tinted foundation, followed by a flesh-colored foundation.

If you have questions regarding the diagnosis and treatment of eczema or rosacea, we are here to help!