

Joydens Wood Pharmacy

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Opening Times

Monday 9am - 6.30pm
Tuesday 9am - 6.30pm
Wednesday 9am - 6.30pm
Thursday 9am - 6.30pm
Friday 9am - 6.30pm
Saturday 9am - 4.30pm
Closed for Lunch 1pm - 2pm

Please take your FREE Healthy Living Leaflet for August 2017

1. What is eczema?
2. What types of eczema are there?
3. What is the most common form of eczema?
4. What are the symptoms of atopic eczema?
5. Which parts of your body are most likely to be affected?
6. What are the causes of atopic eczema?
7. What are the usual triggers for atopic eczema?
8. What different types of emollients are there?
9. What is the best emollient?
10. When is the best time to apply emollients?

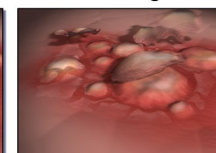
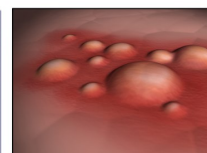
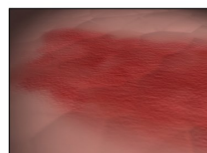
Eczema



Redness

Blisters

Flaking



Answers on the bottom of page two

What is Eczema?

Eczema is a condition that causes your skin to become itchy, red, dry and cracked. There are various types:

- ◆ Discoid – this eczema occurs in circular or oval patches on your skin
- ◆ Contact dermatitis – this occurs when your body comes into contact with a particular substance
- ◆ Varicose – affects your lower legs most often and is caused by problems with the flow of blood through your leg veins.
 - ◆ Seborrheic - occurs when red, scaly patches develop on the side of your nose, eyebrows, ears and scalp
 - ◆ Dyshidrotic



or pompholyx- This produces tiny blisters across the palms of your hands.

The most common form of eczema is atopic. Some people only have small patches but others experience widespread red, inflamed skin all over their body. Although atopic eczema can affect any part of your body it most often affects your hands, the inside of your elbows, the backs of your knees and the face and scalp in children. To be diagnosed you should have an itchy skin condition in the last 12 months and three or more of the following:

- ◆ Visibly irritated red skin in the creases of your skin
- ◆ A history of skin irritation in the same areas
- ◆ Generally dry skin in the last 12 months
- ◆ A history of asthma or hay fever
- ◆ The condition started before the age of 2.

What are the causes of atopic eczema?

The exact cause of atopic eczema is unknown but it is clear it is not down to one single thing. It often occurs in people who get allergies – atopic means sensitivity to allergens. It can run in families and often develops alongside other conditions such as asthma and hay fever. There are also certain triggers such as soaps, detergents, stress and the weather. Sometimes food allergies can play a part especially in young children with severe eczema, when it is a good idea to keep a food diary to help pinpoint the specific food.

Treatments

Treatment for atopic eczema can help to relieve the symptoms and in many cases it will clear up over time. However, Severe eczema often has a significant impact on daily life, which may be



difficult to cope with physically and mentally.

Many different treatments can be used to control symptoms and manage eczema including:

- ◆ Selfcare techniques such as reducing scratching and avoiding triggers
- ◆ Emollients (moisturising

treatments) used on a daily basis for dry skin

- ◆ Topical corticosteroids used to reduce swelling, redness and itching during flare ups.
- ◆ Topical pimecrolimus or tacrolimus for eczema in sensitive sites not responding to simpler treatment
- ◆ Bandages or special body suits to allow the body to heal underneath
- ◆ More powerful treatments offered by a dermatologist

Emollients

These are moisturising treatments applied directly to the skin to reduce water loss and cover

it with a protective film. Several different types of emollients are available:

- ◆ Occlusive emollient creams, ointments, lotions and sprays
- ◆ Humectant-containing emollients which contain additives such as urea glycerol, propylene glycol and lactic acid to attract and hold water in the top layer of your skin.
- ◆ Antipruritic emollients which contain ingredients to help treat itching
- ◆ Antiseptic emollients which have ingredients to stop infection.

The best emollient is the one that suits your skin condition and you should be given the opportunity to try a variety.

Emollients can be applied as often as recommended by the manufacturer to keep the skin moisturised and in good condition. It's especially important to regularly apply an emollient to your hands and face because they are exposed to the elements more than any other part of your body.

Certain activities like swimming or gardening can irritate the skin so it may be helpful to apply an emollient beforehand. Emollients are best applied after washing your hands, taking a bath or showering because this is when the skin is moist.

If you would like more information about this or any other health issue please don't hesitate to call in to speak to our trained team.



Quiz Answers

How much did you know about Eczema ?

1. It is the name for a group of skin conditions that cause dry irritated skin.
2. Discoid, varicose, seborrheic and dyshidrotic.
3. Atopic eczema.
4. Your skin becomes itchy, dry, cracked, sore and red.
5. Hands, inside of your elbows, back of knees and the face and scalp of children.
6. The exact cause is unknown but it often occurs with people who get allergies.
7. Irritants, allergens, food allergies, stress and the weather.
8. Occlusive, Humectant containing, antipruritic and antiseptic
9. It is the one that suits your skin condition
10. After washing your hands, taking a bath or having a shower