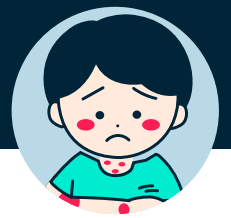


Mild Atopic Dermatitis (Eczema)

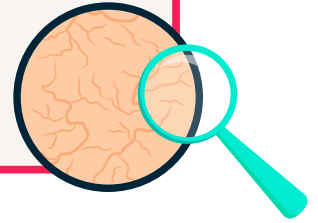


WHAT YOU NEED TO KNOW



What is atopic dermatitis (eczema)?

Atopic dermatitis is a condition that causes a rash with itchy, dry, cracked, sensitive skin. It is common in young children but can happen at any age. Mild atopic dermatitis may go away for a while then come back.



HOW DO YOU TREAT MILD ATOPIC DERMATITIS?

Atopic dermatitis can have a very big effect on quality of life, so it is important to treat it effectively. Treat the rash as soon as possible to stop it from getting worse or getting infected from scratching.

Moisturizer

Use a generous amount of moisturizer on all skin, including the rash area once a day and whenever needed if the skin is dry and itchy. The type of moisturizer does not matter as much as making sure enough is applied. The best moisturizer for you is one that:

- Does not sting or make the rash worse
- Has a feel and smell you like
- Fits your budget

Adding oils to bath water does not help the skin and can cause slips and falls in the tub.



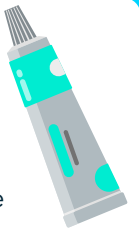
Medicated products

Moisturizer alone may clear up some very mild cases, but most people will also need to use a medicated (corticosteroid) cream or ointment such as hydrocortisone twice daily. This will relieve itch and inflammation and help the rash to heal.

- Your pharmacist can help you choose a product and advise you on the right amount to use.
- Some people worry about using too much corticosteroid product, but using too little means it won't work as well or as quickly as it could.
- For mild cases, continue the corticosteroid treatment until

the rash clears completely (may take up to 2 to 3 weeks) and then stop and continue with moisturizer alone. Stopping treatment before the rash is completely gone could cause it to flare up again.

- Do not stop using moisturizer while you are using a corticosteroid product. Use medicated products directly on the rash; once it has dried, moisturizers can be applied on top.



Other tips for managing atopic dermatitis:

- Avoid anything that irritates the skin or makes it itchy
- Be aware that stress can make symptoms worse. Exercise and relaxation can help with stress
- Use plastic or vinyl gloves (avoid latex) for any wet work like doing dishes
- Avoid clothing and fabrics that itch or irritate the skin
- Cleansing
 - Use warm, not hot, water for washing, bathing and showering
 - Keep baths short (5-10 minutes)
 - Use small amounts of mild soap or soapless cleanser
 - Pat the skin dry, do not rub
 - Apply moisturizer while your skin is still damp to trap the water in the skin



See a health-care provider if:

- Pain, itching or inflammation gets worse at any time during treatment
- There are oozing blisters or fever
- The rash is not completely gone after 3 weeks of recommended treatment
- The rash comes back often

