

## ECZEMA

### What is Eczema?

Eczema is a skin disease. It is noncontagious and is most commonly found among babies and children. Most children outgrow eczema by the time they reach adolescence.

### Symptoms of Eczema

Eczema is red, dry, and itchy skin. This is usually found on the inside of the elbows and behind the knees. Other common areas are hands, feet, and the face.

### Causes of Eczema

The causes of eczema are currently unknown. It is a combination of genetic and environmental factors. Those with a family history of eczema usually have a higher probability of having eczema as well. Some environmental factors that can cause eczema include cold dry air, pollen and dust.

### Treatment of Eczema

While there is no cure for eczema, there are some things that can be done to manage and decrease the severity of the symptoms. They include:

Medication:

- Medicated cream such as non-prescription hydrocortisone cream
- Prescribed medications such as corticosteroids
- UV light therapy (talk to your doctor to see if this is appropriate for you)

Skin care:

- Take lukewarm baths
- Use gentle, scent-free soap
- Apply scent-free moisturizer after bathing
- Avoid scratching the skin
- Avoid wearing clothing that irritates your skin such as wool



If your condition does not improve, ask your doctor for additional advice.

For more information about eczema, please visit:

- National Eczema Association  
<https://nationaleczema.org/>
- National Institute of Allergy and Infectious Diseases  
<https://www.niaid.nih.gov/diseases-conditions/eczema-atopic-dermatitis>