

Atopic dermatitis

Atopic eczema is a genetically determined skin disease that appears during early childhood. Often it gets better with treatment, usually before the age of five. Rarely, it may extend into adulthood. It needs medical attention and attention from the attending family, to avoid much of the medical and social discomfort that afflicts the patients.

People with atopic eczema are more likely than others to develop asthma, allergic rhinitis, and conjunctivitis of the eyes, as well as skin allergy (urticaria).



The main symptoms to be treated are:

Severe itching, persistent dry skin, redness and cracking of the skin, which may result in serious bacterial or viral infections.

In addition, some patients also suffer from allergies to chemicals, minerals or plants.

Treatment

- Avoid sharp weather fluctuations, especially when moving from one season to another.
- Reduce anxiety and psychological stress.
- Avoid allergens such as soaps, woolen clothes, and synthetic fabrics.
- Also avoid common skin irritants as dust mites, cat and dog hair, pollen during spring.
- Some patients may need to avoid certain types of food, such as cow's milk, and this comes with experience because it is difficult. Know what types the patient is allergic to.
- Continuous and regular daily use of emollient creams to moisturize the skin is very important to reduce itching, especially after bathing while body still slightly wet.
- **Prescription medications:**
- Topical creams (cortisone or alternatives are often used with or without topical antibiotics).
- Use of antihistamines regularly.
- In very severe cases, UV therapy or oral treatment may be used which may contain steroids or immunosuppressants.

If you have any questions, please do not hesitate to ask the doctor