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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## **Eczema – Causes And Treatment**

**By Paul Graham**

Eczema, also known as atopic dermatitis, is characterized by a red itchy rash that is scaly and is

oozing in some cases. The condition can appear on the arms and legs, cheeks, forehead, and in body parts such as knees and elbows where there are creases. In some cases, skin will have a leathery feel and even crack or blister. Some people also experience a thickening of the skin, red patches and even a slight color change when they have eczema.

### 1. Skin Conditions

This refers to the skin's inflammation, while atopic means an allergic, and usually genetic or inherited, tendency. The condition is common for infants, although eczema is typically outgrown. The child's condition could be chronic, or recur with regularity, if the problem persists beyond the second birthday, when eczema usually disappears. Eczema can worsen during winter, when dryness pervades the house, and summer, when temperatures could rise to extremes.

### 2. Treatment

The rashes are easy to eliminate, although they return sometimes even with proper treatment. To prevent eczema, bubble baths, exposure to extreme heat, strong soaps and other triggers must be avoided. In cases where these triggers are sometimes hard to avoid or identify, moisturizers may be the most important weapon one can use to prevent any flare-up of the condition. Since atopic dermatitis can accompany dry skin, individuals with this skin type will benefit from taking a daily bath – of about 5–10 minutes – with lukewarm water and using only a mild soap with moisturizing properties. This helps locks the moisture into the skin, limiting the likelihood of eczema development. Some people benefit from having topical medications as the first layer of treatment, with moisturizers or lubricants applied on top as the second layer, following a bath. This two-pronged approach should be enough to maintain healthy and hydrated skin.

### 3. Ointments & Creams

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Greasy ointments are one of several moisturizers available in the market. Aquaphor and Vaseline are probably the more popular choices, although consumers should also consider other brands and similar products to determine which one works best for their skin. For more extreme eczema break-outs, individuals may need to turn to topical steroids and Protopic and other non-steroidal treatments. Hydrocortisone creams are among the very mild over-the-counter topical steroids one can use, even on facial eczema. Drug stores will already ask for a prescription for Dermatop, 0.1% Triamcinolone, Cutivate, Elocon and other more potent topicals. These stronger products are generally not advisable for children, as they could have adverse effects.

### 4. Medications

Protopic, Elidel and other non-steroidal medications, or immunomodulators, are preferred for children with eczema. These milder topicals can be used twice daily, and even on the face and other more sensitive areas. However, steroid-free medications take a longer time before producing results compared to topical steroids. Some doctors recommend antihistamines as part of eczema treatment. Atarax,

Benadryl and other antihistamines with a sedative effect are particularly effective in cases when itching is already hampering sleep. Other solutions that can also help are cold compresses, wet dressings, ultraviolet light therapy, oral steroids and cyclosporin and other immunosuppressive drugs.

### 5. Other Factors

Some individuals may find that the condition is common within the family. One who is genetically disposed to having sensitive skin could easily trigger bouts of eczema due to an allergy, stress or other specific environmental factor. Asthma, allergic rhinitis and other similar disorders tend to accompany eczema in these individuals. When this happens, the allergen or source of the allergy must be identified first and properly addressed. These sources could include shrimp and other seafood, strawberries, nuts, cow's milk, eggs and other types of food. Pollen, dust mites and other airborne agents are also possible triggers. Eczema can also be driven by irritation to specific substances such as detergents, products containing chlorine, earrings and jewelry containing silver or nickel, woolen fabrics, synthetic materials, latex rubber, and formaldehyde and similar chemicals.

### 6. Treatment Tips

Eczema may not require continuous treatment, as most people generally outgrow the condition as they become older. However, antibiotics may have to be used when infections set in and hamper treatment of the flares. A dermatologist, allergologist or other specialist should be consulted after reasonable time and treatment fails to eliminate eczema or improve skin condition. Consultation should be immediate particularly if the affected individual develops fluid- or pus-filled blisters, which are symptomatic of eczema herpeticum – a rare complication attributed to the herpes simplex virus.

For more great eczema related articles and resources check out

<http://eczema.skincarehq.com>

## **Eliminating Scalp Eczema**

**By Mike Long**

Eczema, an itchy inflammation of the skin, effects many people in different forms, with one of the most common being scalp eczema.

The scalp is vulnerable because the skin of the scalp is different than skin elsewhere on the body. The scalp has a very rich supply of grease from the sebaceous glands as well as carrying follicles creating long hairs.

There are other symptoms to watch for with eczema besides itching. A person suffering from a form of eczema may also experience redness of the affected area, dry skin, lumps or blisters, and possibly signs of superficial infection such as weeping or crusty deposits.

It is important to let your medical provider know if you are suffering these symptoms and to which parts of your body, as there are several types of eczema, including atopic, allergic contact, irritant contact, discoid, seborrhoeic, and many others.

Eczema is actually a fairly common condition with atopic eczema (the "allergic" type often seen in people with allergies or asthma), affecting about 10–20 percent of school children and 3–5 percent of adults in the UK.

This number is increasing and becoming more common. The cause of this strain becoming more common may be due to an increased exposure to allergens such as house dust or environmental factors.

Now that we know what the symptoms are, how is eczema and scalp eczema treated? Treatment can consist of topical creams or ointments that are applied regularly.

Or, if the area is infected, your medical provider may prescribe antimicrobial medicines, such as antibiotics, antifungals, or antivirals. These may either be taken orally or topically.

Depending on the severity of your condition, either method has proven over time to be effective.

Although eczema or scalp eczema are conditions which can be annoying or troublesome, there is hope that the treatments can be effective and one suffering from eczema can lead a full, productive life.

Mike Long is the publisher of

<http://www.FourishingHealth.com>

Inside you will find informative,

up-to-date articles covering topics such as pityriasis rosacea, tonsil stones, scalp eczema, and much more.



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