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Treatment Options for Hand and Foot Eczema

By Mike Long

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by: **Mike Long**

There are many kinds of eczema, and too few people who can tell you how to cure them. Scientists are trying get a better handle on the causes of such eczema as hand and foot eczema, but they may still have years to go before they find a tested and sound way to prevent the condition.

In the meantime, your best bet is to follow the latest advice that health experts offer on the problem.

To get relief from hand and foot eczema and other forms of the condition, it is important to make key lifestyle modifications. These may not necessarily be an eczema cure, but they can help to prevent flare-ups.

First, see your dermatologist regularly for treatment. Second, use the medication that he or she prescribes. They may not be quite as reassuring as an eczema cure, but these steps, can be the difference between keeping the condition at bay, or letting it ruin your life.

What You Can Do First To Help Yourself

Start your assault on your hand and foot eczema by avoiding the many things around your home that can irritate the condition.

Things that can irritate your skin include household cleansers, detergents, aftershave lotions, soap, gasoline, turpentine, and other solvents. Try to steer clear of these things that make your hand and foot eczema flare up.

Of course, it's also essential to wash your hands only when absolutely needed. Soaps and wetness can cause skin irritation. Dry your hands completely, as well, after you wash them.

The Importance of Wearing Gloves

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Other ways to experience a temporary eczema cure involve all the methods under the sun to protect your hands. These include wearing gloves to protect the skin. Put on vinyl or plastic gloves for work if it requires you leaving your hands in water for long periods of time.

Wear gloves and shoes, too, when you think your hands will be exposed to anything that can irritate your skin and bring on hand and foot eczema.

Another potential temporary eczema cure are cotton gloves underneath plastic gloves, as well as cotton socks in plastic or leather shoes. The cotton can soak up sweat from your hands and feet. If even this cotton is getting drenched, then take frequent breaks from your activities or work.

Remove your gloves and shoes to prevent a buildup of sweat inside them. Don't forget your gloves when you go outside during the winter either. Cold air and low humidity are enemies of your skin and

can easily bring on hand and foot eczema by drying out your skin.

Other Eczema Triggers You Should Think About

Besides cold and dry air, stress and other psychological factors can also be an eczema trigger. Learning how to manage your emotions can be an eczema cure all to itself. You may not be able to get at the root cause of eczema by cutting back on the stress in your life.

But controlling your emotions and avoiding stressful situations can be a potent way to reduce the frequency and the intensity of your eczema attacks. Your behavior, then, can be a powerful eczema cure until doctors come up with the ultimate one.

Mike Long is a successful web publisher and health aficionado providing valuable tips, advice, and info at

.

His many articles provide the reader with well researched products, money saving tips, and valuable topical insight.

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.

Treatment Options for Hand and Foot Eczema

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

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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