



ECZEMA

LEARN ALL ABOUT ECZEMA AND HOW TO MANAGE YOUR SKIN

WHAT ARE COMMON ECZEMA TRIGGERS?

Every case of eczema is different, but dermatologists have identified several eczema triggers, that, when combined with a genetic predisposition,¹ can lead to an eczema outbreak. It's important to keep in mind that there can be a delay between exposure to eczema triggers and an eczema flare up¹, making it difficult to identify what triggers eczema. Among the most common eczema triggers are:

DRY SKIN



Long, hot showers¹ can lead to dry skin. Dry skin is more likely to experience an eczema flare up.²

WEATHER



Excessive heat and sweating during summer and dry skin caused by winter weather often leads to an eczema outbreak.⁵

STRESS



Emotional stress is an eczema trigger, perhaps because of the increased production of the hormone cortisol.⁸

IRRITANTS



Cleaning supply chemicals, smoking³, soap, detergent, dyes, shampoo, skincare products, wearing polyester or wool and touching fruits, vegetables and meats can be eczema triggers.⁴

ALLERGENS



Pollen, dust mites, mold, and pet dander⁶ are common allergen eczema triggers.

INFECTIONS



An eczema flare up can occur when the body is fighting bacteria, fungus, and viruses such as staph, molluscum or herpes.⁹

HORMONES



Women are especially prone to an eczema outbreak in tandem with hormonal fluctuations.⁷

IT'S ESPECIALLY IMPORTANT TO AVOID EXPOSURE TO ANY TRIGGERS THAT HAVE LED TO AN ECZEMA FLARE UP IN THE PAST – and understand how to stop eczema itching and get the eczema relief your skin needs. If you need help identifying your unique triggers and managing eczema symptoms, it's best to consult with your dermatologist.

HOW TO MANAGE AN ECZEMA FLARE UP

Now that you know what causes eczema to flare up, the next step is understanding how to keep skin calm and comfortable.

- ✔ Avoid eczema triggers
- ✔ Keep skin moisturised with ointments and creams
- ✔ Manage itching and avoid scratching that can injure skin ^{10, 11, 12}
- ✔ Use products that contain ingredients like ceramides that can help restore the skin's barrier
- ✔ Avoid long baths and showers and hot water
- ✔ Be mindful of the clothing you wear as well – and opt for soft, natural fabrics such as cotton and silk to help minimise the chances of an eczema outbreak¹⁰



IF THESE EFFORTS DON'T HELP
IMPROVE ECZEMA SYMPTOMS,
IT'S BEST TO SEE A DERMATOLOGIST.

EVERYDAY SKINCARE FOR ECZEMA-PRONE SKIN

A good first step for getting eczema relief is the proper skincare regimen. Eczema can be aggravated by harsh personal care products, which is why it's important to choose a gentle wash that cleanses, soothes and hydrates the skin. Apply a moisturiser that helps restore the skin barrier, which helps keep moisture in and irritants out.

1. "Eczema and Bathing." National Eczema Association, National Eczema Association, nationaleczema.org/eczema/treatment/bathing/. 2. Proksch, Ehrhardt et al. Journal of Dermatological Science, Volume 43, Issue 3, 159-169. 3. "Eczema Causes and Triggers." National Eczema Association, National Eczema Association, nationaleczema.org/eczema/causes-and-triggers-of-eczema/. 4. "Contact Dermatitis." National Eczema Association, National Eczema Association, nationaleczema.org/eczema/types-of-eczema/contact-dermatitis/. 5. Vocks, E., Busch, R., Fröhlich, C. et al. Int J Biometeorol (2001) 45: 27. 6. T. Ruzicka, B. Przybilla, J. Ring (2006) Handbook of Atopic Eczema; 2nd edition; Springer. 7. Kanda, Naoko et al. "The Roles of Sex Hormones in the Course of Atopic Dermatitis." International journal of molecular sciences vol. 20,19 4660. 20 Sep. 2019, doi:10.3390/ijms20194660. 8. Akdis CA, Akdis M, Bieber T, et al. Diagnosis and treatment of atopic dermatitis in children: European Academy of Allergy and Clinical Immunology/American Academy of Allergy, Asthma and Immunology/PRACTALL Consensus Report. J Allerg Clin Immunol. 2006;118:152-169. Oszukowska M, Michalak I, Gutfreund K, et al. Role of primary and secondary prevention in atopic dermatitis. Postep Derm Alergol. 2015;32(6):409-420. 9. Akdis CA, Akdis M, Bieber T, et al. Diagnosis and treatment of atopic dermatitis in children: European Academy of Allergy and Clinical Immunology/American Academy of Allergy, Asthma and Immunology/PRACTALL Consensus Report. J Allerg Clin Immunol. 2006;118:152-169. Oszukowska M, Michalak I, Gutfreund K, et al. Role of primary and secondary prevention in atopic dermatitis. Postep Derm Alergol. 2015;32(6):409-420. 10. Sidbury R, Tom WL, et al. "Part 4: Guidelines of care for the management of atopic dermatitis. Part 4: Prevention of disease flares and use of adjunctive therapies and approaches." J Am Acad Dermatol. 2014 Jul;71(1):1218-33. 11. Thomsen SF. Atopic dermatitis: natural history, diagnosis, and treatment. ISRN Allergy. 2014;354250:1-7. 12. Eichenfield LF, Tom WL, Chamlin SL, et al. Guidelines of care for the management of atopic dermatitis. Section 2. Management and treatment of atopic dermatitis with topical therapies. J Am Acad Dermatol. 2014;71(1):116-132.