

# ECZEMA

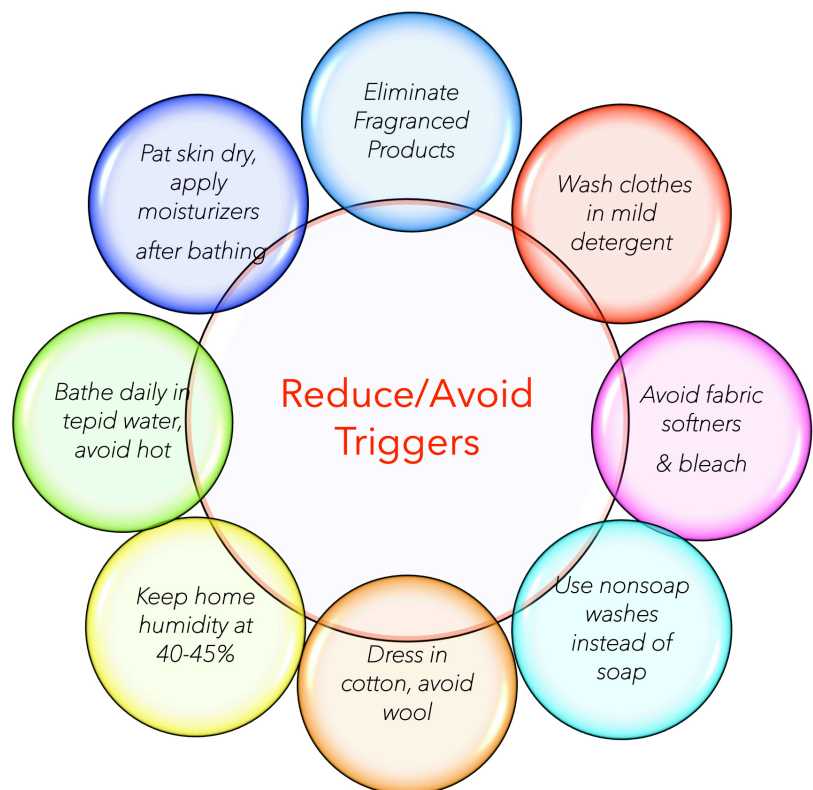
## What is Eczema?

A chronic, noncontagious, inflammatory skin condition caused by an abnormality in the skin barrier function causing dry, itchy, scaly, red inflamed areas with bumps that may ooze, crust or blister. It can be controlled, not cured with lifestyle & medication measures. The different types of eczema include: atopic, contact {allergic, irritant}, nummular, dyshidrotic, stasis, neurodermatitis, & seborrheic dermatitis. This bulletin addresses **ATOPIC ECZEMA**.

## Atopic Eczema Facts:

- Affects 17% of Canadians
- Seen with hay fever/ asthma
- Typically affected areas:
  - Babies: cheeks, trunk
  - Kids/Adults: creases of knees, elbows, wrists, ankles, neck, hands, eyelids
- 50% kids outgrow eczema but may persist into adulthood

Causes significant impact off



## General Skin Care:

**Triggers:** Avoid these to help prevent or reduce flares of eczema. See diagram above.

**Moisturizers:** are *ESSENTIAL* to help restore the defective skin barrier in eczema. Apply 2x per day even if skin is clear as maintenance to prevent drying and irritation. Eg: Cerave, Cetaphil Restoraderm, Glaxal Base, Lipikar Baume or Cliniderm. How much ??? Kids: 250 gm/week; Adults: 500 gm/week. Wash with: Dove Sensitive Soap or Cetaphil Restoraderm Non-Soap Wash.

## Medications:

**Steroids (creams, lotions, ointments):**

May be required & when used properly under supervision are safe. These come in various strengths adjusted periodically depending upon the severity of eczema. Your doctor will advise you on which agent is appropriate, duration of use and correct body area to apply. Follow instructions for use to avoid potential side effects.

**Non-Steroids (Creams/Ointments):**

(*Elidel, Protopic, Eucrisa*). Used in place of steroids for both flares and maintenance/preventative therapy.

**Antihistamines:** May be prescribed for insomnia due to itching. (Benadryl, Atarax)

**Other:** For more severe cases, oral medications may be required.

### TOPICAL STEROIDS: How Much Do I Apply?

Place a line of the prescribed steroid cream onto your index finger covering the tip to the first crease.

This is called a *fingertip unit* (FTU).

Follow the chart below for age & number of FTUs needed for each body part.

Rub into the the affected area only.

### The fingertip unit method\*

FTU = Fingertip unit(adult)

1 FTU = 1/2 g of cream or ointment.

Measurement based on 5mm nozzle.



FACE & NECK	ARM & HAND	LEG & FOOT	TRUNK (front)	TRUNK (back inc buttocks)			
1	1	1½	1	1½	3-6 months		
1½	1½	2	2	3	1-2 years		
1½	2	3	3	3½	3-5 years		
2	2½	4½	3½	5	6-10 years		
FACE & NECK	ONE ARM	ONE HAND	ONE LEG	ONE FOOT	TRUNK (front)	TRUNK (back)	
2½	3	1	6	2	7	7	Adult