



Atopic Dermatitis

Atopic Dermatitis is a long standing and recurring skin problem that causes dry, itchy, scaly, red skin.^{1,2}

It frequently starts in infants but can affect children, and adults as well.¹

Causes of Atopic dermatitis ¹

Genetics, epidermal barrier disruption, environmental & infectious triggers all play a key role in developing the disease.

Symptoms¹



Intense itching



Inflamed skin



Redness



Skin flaking

Managing atopic dermatitis^{1,3}

Eliminating trigger factors:¹

- Cold or dry environments
- Sweating
- Emotional stress
- Rapid temperature changes
- Exposure to certain cleaning solutions, perfumes and cosmetics, wool or synthetic fibres, dust, sand, and cigarette smoke.



Keeping your skin hydrated:¹

- Emollients are creams and ointments that moisturize the skin and prevent it from drying out
- Lukewarm (warm to touch) baths or showers can hydrate and cool the skin
- An unscented, mild soap or non-soap cleanser should be used sparingly
- Hot or long baths (more than 10 to 15 minutes) and showers should be avoided since they can dry out the skin.

Treating skin irritation¹

Your doctor may suggest a cream or ointment if you have atopic dermatitis. These will help to reduce symptoms and moisturize your skin.



If you experience any of these symptoms, do not hesitate to contact your medical doctor.

References

1. Wollenberg A, Barbarot S, Bieber T, Christen-Zaech S, Deleuran M, Fink-Wagner A et al. Consensus-based European guidelines for treatment of atopic eczema (atopic dermatitis) in adults and children: part I. J Eur Acad Dermatol Venereol. 2018 May;32(5):657-682
2. Weston WL. Patient information: Atopic dermatitis (eczema) (Beyond the Basics). Post TW, ed. UpToDate. Waltham, MA: UpToDate Inc. <http://www.uptodate.com> (Accessed on March 16, 2022)
3. Wollenberg A, Barbarot S, Bieber T, Christen-Zaech S, Deleuran M, Fink-Wagner A et al. Consensus-based European guidelines for treatment of atopic eczema (atopic dermatitis) in adults and children: part II. J Eur Acad Dermatol Venereol. 2018 Jun;32(6):850-878.