

CHRONICLE PATIENT PRIMER

A tool for patient counselling and adherence. Online at www.derm.city/primer

CAUSES

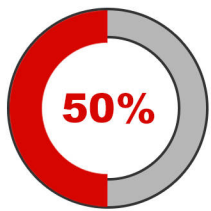
IS NOT CONTAGIOUS

Your patients need to know there is no need to worry about catching AD or giving it to someone.

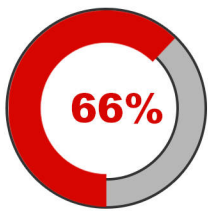
RUNS IN FAMILIES

People who have atopic dermatitis (AD) usually have family members who have AD, asthma, or hay fever. This means that genes play a role in causing AD.

- Children are more likely to develop AD if one or both parents have AD, asthma, or hay fever.
- About 50% of the people with severe AD will develop asthma and 66% will develop hay fever.



Asthma



Hay Fever

Other causes of atopic dermatitis:



Soaps & Detergents



Cosmetics



Clothing



Sweat



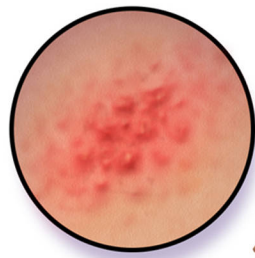
Temperature Changes



Allergens

ATOPIC DERMATITIS AND QUALITY OF LIFE

Despite the symptoms caused by atopic dermatitis, it is possible for people with the disorder to maintain a high quality of life. The keys to an improved quality of life are education, awareness, and developing a partnership among the patient, family, and doctor. Good communication is essential for all involved. It is important that the physician provides understandable information about the disease and its symptoms to the patient and family to ensure that they will be properly carried out.



ATOPIC DERMATITIS ECZEMA

TREATMENT

The key to staying healthy while living with AD is to keep symptoms under control. That is why it is good for patients to know about the everyday “triggers” in their surroundings, like dry skin, irritants, allergens, and stress, which might make flare up, or get worse. Some basic steps patients can take to help control AD:

Establish a daily skin care routine
Try not to miss treatments, but be flexible if symptoms change.

Recognize stressful situations and events and learn to avoid or cope with them by using techniques for stress management.

Be mindful of scratching and rubbing and limit contact with materials or substances that may irritate their skin.

OTC PRODUCTS

Over-the-counter (OTC) AD treatments are used for moisturizing skin; some are used to help skin symptoms such as rash, redness and itch; and some are for gently cleaning skin to prevent infection.

BATHING

The most effective way to treat dry skin is to give it the moisture it needs through proper bathing and moisturizing. Soak in a warm bath or take a shower and then moisturize immediately afterward (within three minutes). Patients can help calm specific symptoms of eczema by adding bleach, vinegar, salt, oatmeal or baking soda to their bath water.

MOISTURIZING

When patients' skin gets too dry, it can become irritated and cause their AD to flare. Wind, low humidity, cold temperatures, harsh soaps and too much washing without the use of a moisturizer immediately after, can all lead to dry skin.

PRESCRIPTION TOPICALS

Prescription topical medications include corticosteroids (steroids) and topical calcineurin inhibitors (TCIs). These medications are applied to the affected area of the skin to help ease redness, rash, and itching.

PHOTOTHERAPY

Phototherapy is used to emit narrowband ultraviolet B (UVB) light onto the skin in order to help reduce itching and inflammation, and increase vitamin D production and bacteria-fighting systems in the skin.

SYSTEMIC MEDICATIONS

The root cause of atopic dermatitis is still not fully understood. However, it is known that the immune system goes haywire and causes inflammation in the skin. This inflammation can cause some symptoms of atopic dermatitis such as itching and redness. For moderate to severe cases of atopic dermatitis, clinicians can prescribe a systemic medication to stop patients' immune system from overreacting.

COMPLEMENTARY AND ALTERNATIVE THERAPIES

Studies have shown that certain complementary and alternative therapies can be beneficial in controlling the symptoms of AD. These include some supplements, plant-based topicals such as coconut oils, meditation and biofeedback.

