

It's National Eczema Awareness Month – Press Release | Skin Laboratory

Tuesday, October 23 2012, 3:23 PM

It's National Eczema Awareness Month

Expand Your Knowledge of this Common Skin Problem

October is national eczema awareness month. Educate yourself with Skin Laboratory's [eczema pictures](#) and dermatitis videos. The term eczema is used to generally describe several types of dermatitis. Specific forms of eczema include atopic dermatitis, seborrheic dermatitis, dyshidrotic eczema, and nummular eczema.

- **Atopic Dermatitis:** Sometimes used interchangeably with eczema, this form is hereditary and is associated with hay fever and asthma.
- **Seborrheic Dermatitis:** Appearing on the face, ears, scalp, and other body parts, seborrheic dermatitis is yellowish, oily, itchy, crusty, scaly patches of skin. Seborrhea is also called dandruff in adults and sometimes “cradle cap” in infants
- **Dyshidrotic Eczema:** Tiny blisters just below the epidermis are filled with fluid, potentially causing severe itching, scaling and cracking, and intense flare-up. It occurs on the hands and feet.
- **Nummular Eczema:** Coin like appearances of eczema.

Eczema can affect anyone. Regardless of age, gender, or race, no one is guaranteed to avoid it. Eczema accounts for roughly 15% of dermatological referrals. At least 15 million Americans have some sort eczema symptoms.

Identifying eczema is the first step. It can appear practically everywhere on the skin. Eczema face appearance is probably the most likely to have social and emotional impact on a person.

Doctors do not know of a specific cause of eczema. There are several **known factors**, however, when researching what causes eczema:

- **Heredity:** Inheriting eczema from family
 - This is the strongest factor in eczema, and unfortunately nothing can be done about it.
- **Allergic Reactions:**
 - **Food or Drinks:**
 - Reaction occurs when a person eats food that they're allergic to. Usually happens soon after consumption.
 - Foods with higher levels of acidity like **tomatoes and oranges** tend to cause **more allergic** reactions
 - **Chemical Sensitivity:** Household chemicals that a person is sensitive to
 - **Detergents and Concentrates:** should be inspected carefully of their ingredients
 - **Environment:** Weather, pollution, or geographic location
 - Exposure to the sun, heat, or cold can increase the severity of eczema to a more dramatic level.

Naturally, prevention is the best cure. Skin care tips and skin care routine advice can be found on Skin Laboratory's website: www.skinlaboratory.com Paying attention to your skin will help catch any issues early.

To **keep eczema under control** and prevent it from further damaging the skin:

- Help with **Itching**:
 - **Selsun Blue Shampoo**: Pyrithione zinc dandruff shampoos are often used by dermatologists as an “off label” treatment for helping control skin conditions such as acne, rosacea, dermatitis, psoriasis and eczema.
 - **Calomine Lotion**: It can be rubbed on affected areas of the skin to help ease the itch.
- **Avoid Triggers**:
 - Avoid touching or using harsh **detergents, chemicals or fragrances** that may irritate your skin.
 - **Dove Soap**: contains very few potential allergens
 - **Deft Laundry Detergent**: a baby detergent, contains very few potential allergens
- **Moisturize** the Affected Areas:
 - Moisturize the skin at least **twice a day**. Especially, right after taking a shower.
 - Avoid taking a long bath unless taking one to help remedy an itch. Instead, take a **short, lukewarm shower**.

Many types of dermatitis exist. Thus addressing eczema and dermatitis techniques vary greatly. Each person is different. Unfortunately this means no single treatment works for everyone. If you think you or someone you care about has eczema, do some research and contact a dermatologist.

There is a type of dermatitis for which many have found help. **Seborrheic dermatitis** is one of the more commonly occurring types of dermatitis. **Symptoms** for seborrheic dermatitis include:

- **Red Skin**: Inflammation of the skin
- **Crusty or Patchy Skin**: The scalp can form thick crusts or become patchy and scaling
- **Dandruff**: Anywhere on your hair, head or body, white and yellow flakes can appear
- **“Yucky Skin”**: Greasy red skin covered with white flakes or yellow scales
- **Uncomfortable Skin**: Itching or sore skin

Seborrheic dermatitis doesn't have to stay! Solutions for seborrheic dermatitis are sometimes found with salicylic acid peels. Salicylic acid is able to remove plaques and rough spots very effectively. Salicylic does this without being overly irritating to the underlying skin layer.

When using salicylic acid, dry skin can occur. Glycolac is an excellent option for hydrating skin. For many, alternating between Skin Laboratory's Salicylic and [Glycolac chemical peels](#) weekly has proven an effective method of getting the benefits of salicylic while keeping the skin well hydrated.

This Autumn, **throw a 1-2 punch at dermatitis** and [beat eczema!](#)

About Skin Laboratory

Skin Laboratory manufactures a line of aggressive, results oriented products with specific protocols that target all skin types and improve a variety of skin conditions. Savvy consumers, who are no longer willing to age gracefully, are demanding solutions to maintaining a youthful looking appearance and many of these consumers are finding solutions with Skin Laboratory products.