

Eczema get medical
care for eczema? left
untreated,



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Eczema Eczema can lead to intense itching, flare ups, and infection, which can cause loss of sleep and self-esteem issues.

By knowing your triggers and keeping your skin moisturized, you can reduce some symptoms. But sometimes more intervention is required. By using phototherapy, systemic medications, and topical steroids, we can help ease the symptoms so you can get back to your life. Eczema Q&A What is Eczema? Eczema is inflammation of the skin that can lead to itching, rashes, and cracking anywhere on the body. Symptoms typically appear on the face, inner elbows, and knees. Who gets Eczema? Eczema is common among infants, who usually outgrow the condition. But many adults also suffer from chronic eczema.

You are more likely to have eczema if you: Were born to an older mother Live an urban area with higher air pollution, or Live in a colder climate. In many cases, eczema is genetic and can be caused by abnormal function of the immune system. A faulty skin barrier that lets out moisture while letting in germs can also be the culprit. Why is it important to get medical care for Eczema? Left untreated, eczema can cause other health complications, such as skin infections and eye problems.

People with eczema often develop asthma and hay fever. It's always a good idea to see your dermatologist when your eczema symptoms become so uncomfortable that you can't get a good night's sleep, or when you develop a skin infection that causes red streaks, pus, and yellow scabs. How is Eczema treated? Dr. Smith uses a variety of eczema treatments, depending on your personal needs. Topical steroids and prescription ointments are most

common, followed by inflammation-curbing injections given every two weeks to control the body's inflammatory response. For severe eczema, Dr.

Smith uses ultraviolet light therapy, which harnesses the non-harmful UVB rays found in sunshine. If you are susceptible to eczema flare ups, Dr. Smith suggests these care methods: moisturize your skin at least twice a day Identify and avoid triggers that worsen the condition, such as harsh soaps, detergents, food allergies, and stress. limit your baths or showers to 10 - 15 minutes and use warm - not hot - water. Gently pat-dry your skin If you're ready to take control of your eczema, call Dr.

Smith or schedule your appointment online.