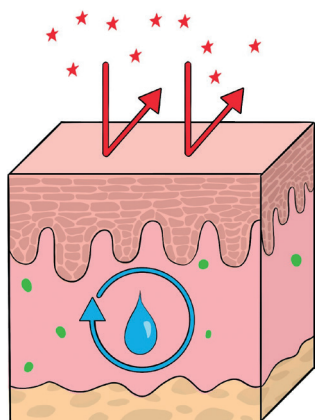


Atopic eczema

(constitutional eczema or atopic dermatitis)

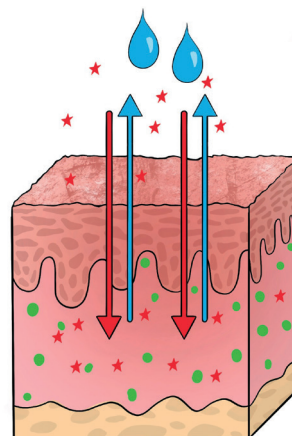
If you have atopic eczema, your skin is different:
eczema causes itchiness and red patches that are flaky, bumpy, chapped, blistery or scabby.
Your skin will feel dry too.

Skin without eczema



- The skin cells are tightly packed together.
- The skin is able to retain moisture properly.
- The skin protects against outside triggers.
- The immune system in the skin is healthy.

Skin with eczema



- The skin cells are more loosely arranged.
- Moisture can easily escape through the skin.
- Triggers can more easily penetrate the skin
- The immune system is overactive in the skin.

You can develop atopic eczema at any age.
It is a common condition, especially in young children.
Someone with atopic eczema is also at greater risk of hay fever and pet allergies / asthma / food allergies

Facts about atopic eczema

- **It is** treatable
- **It is** a chronic condition: it can return even when treated
- **It is** very unpleasant: it can have a major impact on how you feel

Myths about atopic eczema

- **It is not** contagious
- **It is not** dangerous
- **It is not** caused by a food allergy

This type of eczema is caused by your genes and your immune system. Irritants and triggers in your environment can make the symptoms of atopic eczema worse. The exact irritants and triggers differ from person to person. Examples include:



Long, hot showers



Scratching



Clothing made of wool



Hot or cold weather



Illness



Soap, shower gel and shampoo



Stress



Cleaning products

Atopic eczema

(constitutional eczema or atopic dermatitis)

Treatments

Lots of treatments are available for eczema.

Speak to your healthcare professional to decide which treatment is the best fit for you.

This depends on the severity of your eczema, among other things.

<p>Creams Eczema is treated using an emollient and a medicated cream (corticosteroid). An emollient is a non-medicated ointment or cream Medicated and unmedicated cream is safe to use both by adults and children, as long as you apply it correctly Instructions on how to do so can be found on eczeemwijzer.nl, vmce.nl and thuisarts.nl</p>	<p>Emollient</p>	<ul style="list-style-type: none"> • Cetomacrogol cream or ointment • Lanette cream or ointment • Cetomacrogol cream with (%) vaseline • Lanette cream with (%) vaseline • Vaseline / paraffin • Cooling cream
<p>Other treatments: pills or injections If the emollient and medicated cream do not have sufficient effect, other treatments are available. Not everyone can access these treatments. This depends on your age and the severity of your eczema. You will still need to apply cream with these other treatments.</p>	<p>Medicated cream</p>	<ul style="list-style-type: none"> • Medicated cream (corticosteroid) • Other medicated cream
		<p>Examples of pills or injections include:</p> <ul style="list-style-type: none"> • Cyclosporine and methotrexate • Biologics • JAK inhibitors

TIPS

Things you can do yourself against irritants and triggers that make your eczema worse



Showers

- Keep showers quick: no longer than five to ten minutes.
- Shower using water that's no hotter than 37-38°C.
- Use as little shower gel/soap/shampoo as possible.
- Use oil-based shower or bath products.
- Apply an emollient to your entire body after showering.



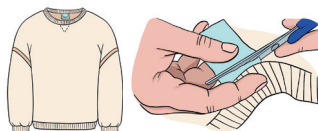
max.
5-10 min



max.
37-38°C

Clothing

- Wear clothes made of cotton, silk or bamboo.
- Wear baggy clothes with a loose fit.
- Cut the labels from your clothing, as they may cause itchiness.



Swimming

- Have a quick shower using lukewarm water straight after swimming.
- Always apply your emollient after showering.



Do not scratch

- Keep your nails short.
- Lightly tap or blow on the itchy spot.
- Place something cool on the itchy spot.



Winter

- Apply emollient more frequently.
- Do not set the heating any higher than 19°C.

Summer

- Rinse off your sweat in the shower and apply emollient directly afterwards.

If you'd like to know more about eczema, take a look here! →



eczeemwijzer.nl



vmce.nl



cream application guide
Apple App Store



cream application guide
Google Play Store



thuisarts.nl

Animations →



Genetic predisposition



Food allergies



Emollients



Medicated creams



Lifestyle advice