



Managing the Symptoms of Eczema

Atopic dermatitis, also known as eczema, is a skin problem that causes dry, itchy, scaly, red skin. Medication can prevent your eczema from getting worse and can calm the skin, prevent infections and stop the skin from thickening. You can also improve your eczema by changing your habits.

The following are some common symptoms of eczema and side effects from medication with tips on how to best manage them.



Itching

Itching is one of the most common symptoms of eczema. Try your best to avoid scratching your skin. This can lead to worsening symptoms and infection

- ▶ Moisturize your skin at least twice a day.
- ▶ Take a lukewarm oatmeal bath. Oatmeal bath mix can be purchased at your local drug store.
- ▶ Put a cold pack on itchy spots.
- ▶ Wear comfortable, loose clothes.
- ▶ Ask your doctor if you can use anti-itch creams or allergy medications.

Bathing and Moisturizing

- ▶ Don't take baths or showers that are too hot. Lukewarm water is best.
- ▶ Showers or baths shouldn't be longer than 10 minutes.
- ▶ Use unscented, mild soap.
- ▶ Apply moisturizer immediately after bathing to prevent skin from drying out.
- ▶ Consider using a thick cream or ointment. Lotion may have more water, making it less effective.

Sun Protection

Heat is a key factor that can worsen eczema and being in the sun can irritate your already itchy skin. Take steps to protect your skin from the sun year-round.

- ▶ Don't use tanning beds.
- ▶ Limit your time in the sun. Remember, you can still get sunburned when it's cloudy.
- ▶ Dress properly when you're in the sun and choose clothing that covers your skin.
- ▶ Apply sunscreen 15 minutes before going out in the sun. Never apply sunscreen to damaged skin.

Laundry

Your clothes and how you wash them may bother your eczema. These laundry tips can help manage these issues.

- ▶ Use a laundry soap made for sensitive skin.
- ▶ Avoid scented soap and dryer sheets.
- ▶ Use the extra rinse cycle if you have it. You want to rinse all of the soap out of your clothes.
- ▶ Wash new clothing before wearing it.
- ▶ Avoid uncomfortable fabric, like wool.
- ▶ Wear loose fitting clothes.

Stress

Stress can worsen your eczema. Physical symptoms of stress can include headache, backache, stomach ache and tight muscles. Emotional signs of stress include anxiety, anger and depression. Stress can also make it hard to sleep.

- ▶ Get at least eight hours of sleep each night.
- ▶ Try to exercise daily.
- ▶ Practice meditation and focus on a calm state of mind.
- ▶ Keep a journal of how you feel each day.
- ▶ Take up a hobby.
- ▶ Take a walk somewhere quiet.

Infection

Scratching your itchy skin may be tempting but should be avoided. Scratching can lead to infection. Symptoms of infection include:

- Redness
- Streaks
- Blisters
- Swelling
- Fever
- Honey-colored crusting

- ▶ To help reduce the damage of scratching, keep your fingernails trimmed short. If you think you have an infection, tell your doctor.

Weakened Immune System

Some eczema medications may weaken your immune system. This increases your risk for infection. Take steps to improve your health and well-being if this is a side effect from any of your medication

- ▶ Get enough sleep — the average adult needs between seven and nine hours each night.
- ▶ Eat a nutritious diet that includes fruits, vegetables and whole grains.
- ▶ Exercise often. Exercising 10 to 15 minutes two times a day is a good and safe way to begin increasing your physical activity.
- ▶ Limit time with people who are sick with anything contagious.
- ▶ Wash your hands often.
- ▶ Don't use tobacco.





FAQs

What is eczema?

Atopic dermatitis, also known as eczema, is a skin problem that causes dry, itchy, scaly, red skin. People of all ages can get eczema. Eczema is not curable but medication and lifestyle changes help with symptoms.

What are the symptoms of eczema?

Symptoms of eczema include:

- Intense itching
- Patches of redness
- Small bumps
- Skin flaking
- Cracked or dry flaking skin

Children may have a rash that begins in the creases of elbows or knees. It's also common on the neck, wrists or ankles. Adults usually have the rash all over the body, especially on the face. Scratching the skin too much can cause infection. If your skin has blisters, streaks, swelling or crusting, talk to your doctor.

Who gets eczema?

Eczema can run in families. You may be more likely to get eczema if you or people in your family have asthma or allergies.

What treatments are available?

Medication can prevent your eczema from getting worse. It can also calm the skin, prevent infections and stop the skin from thickening. Your doctor may prescribe a cream to control itching or repair the skin. Allergy medicine can also help with itching. If your skin gets infected, you may need antibiotics. You can also treat your eczema by changing your habits. Moisturizing daily will keep your skin from drying out. You should also use unscented soaps and lotions.

Another tip is to make sure your baths or showers aren't too hot. It's important to find out what makes your eczema worse and take steps to avoid it. Writing down skin changes in a journal and sharing this with your doctor can help you monitor your progress. This also helps you learn what bothers your skin and helps you remember questions you may want to ask your doctor.

How do I manage medication side effects?

Medication can affect each patient differently. Amber Specialty Pharmacy works with patients to help manage any side effects that occur. It's important to discuss any side effects that you experience with your pharmacist or doctor early.



Amber Specialty Pharmacy is here to help.

We offer guidance and support through our dedicated team of healthcare experts. From the beginning, we help you with the enrollment process and review your insurance coverage. We explore financial assistance opportunities to help you lower your medication costs whenever possible. Our pharmacists review your prescriptions with you - including how to take your medication and manage any side effects. Pharmacists are available 24/7 to assist you when you have questions. Our Registered Nurse and Registered Dietitian offer personalized consultations to assist you with any medically-based questions and nutritional care. We stay in touch with you regularly to remind you when it is time to refill your prescriptions. We are always here to help.

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