

Does your child or you have
ATOPIC ECZEMA?



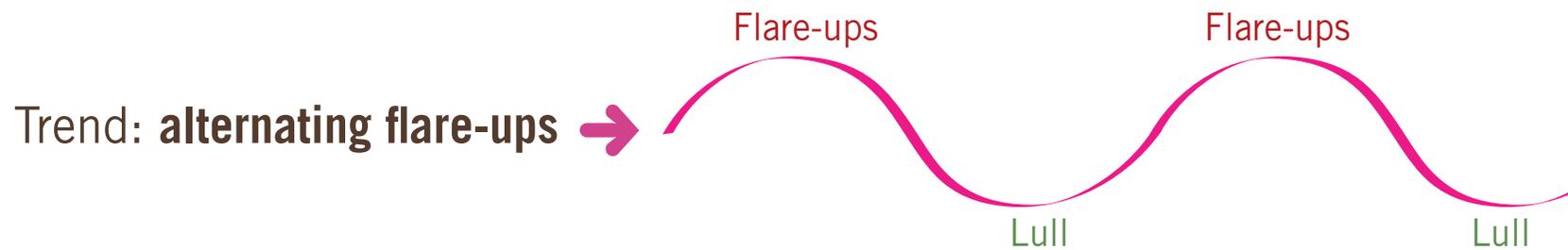
Atopic eczema is...



Dry **skin**



Red **inflamed patches**



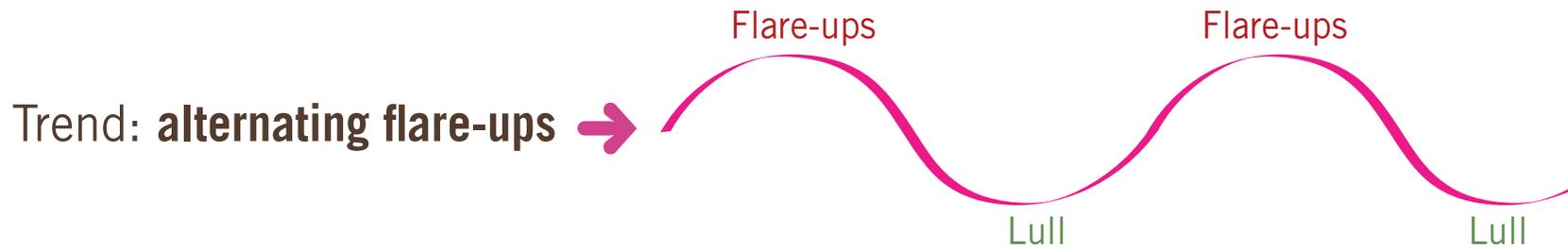
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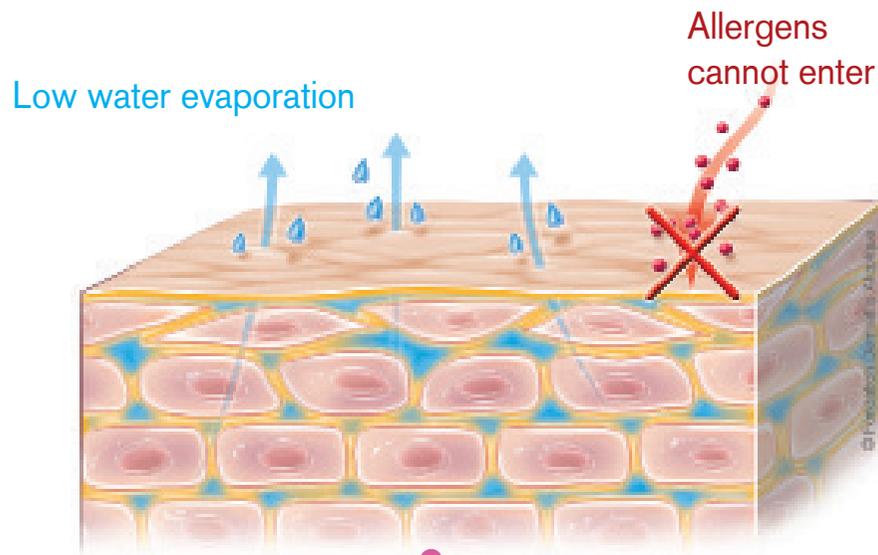


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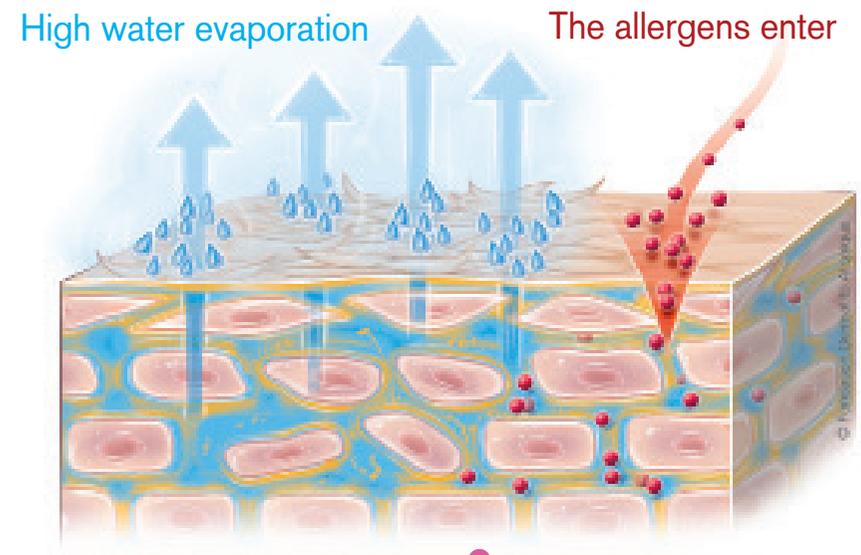
A skin barrier **problem**

Normal **skin**



- Low water evaporation
- Allergens cannot enter

Atopic **skin**

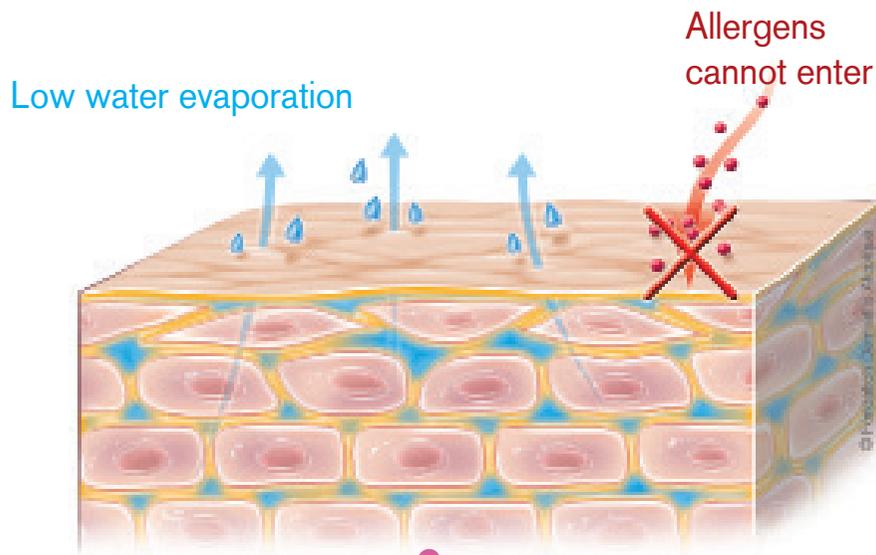


The skin does not play a protecting role; it allows too much water to evaporate and becomes dry.

Atopic eczema
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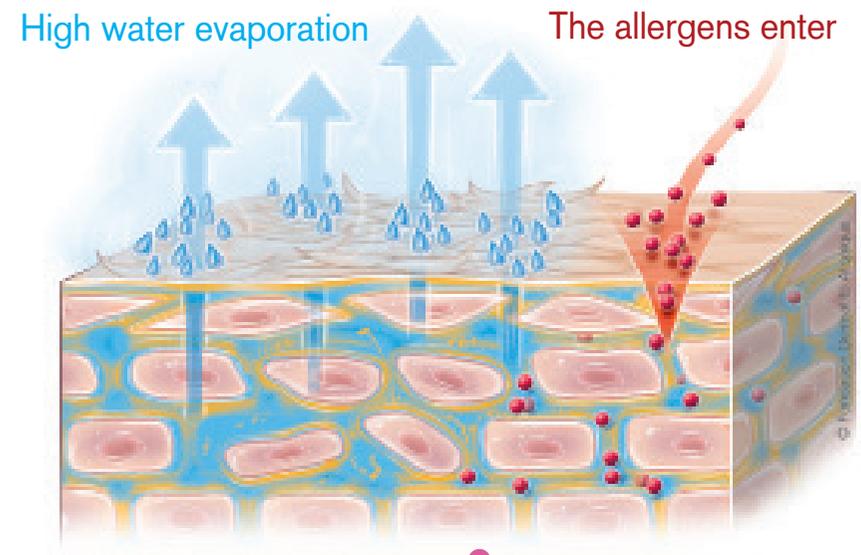
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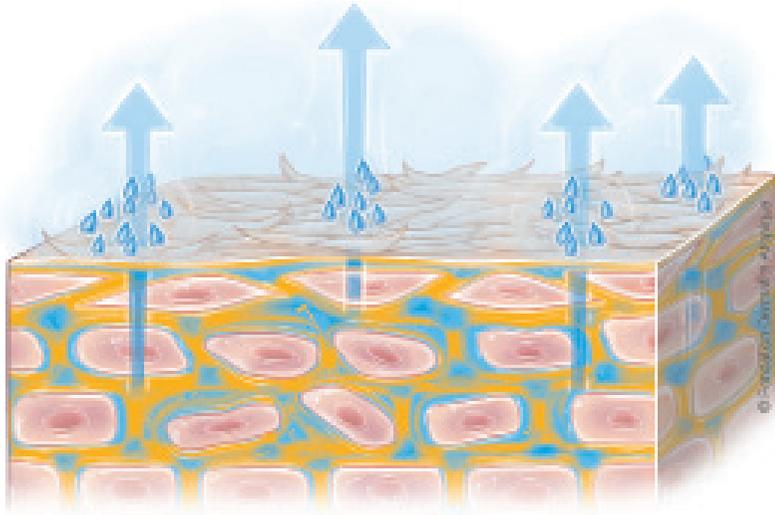


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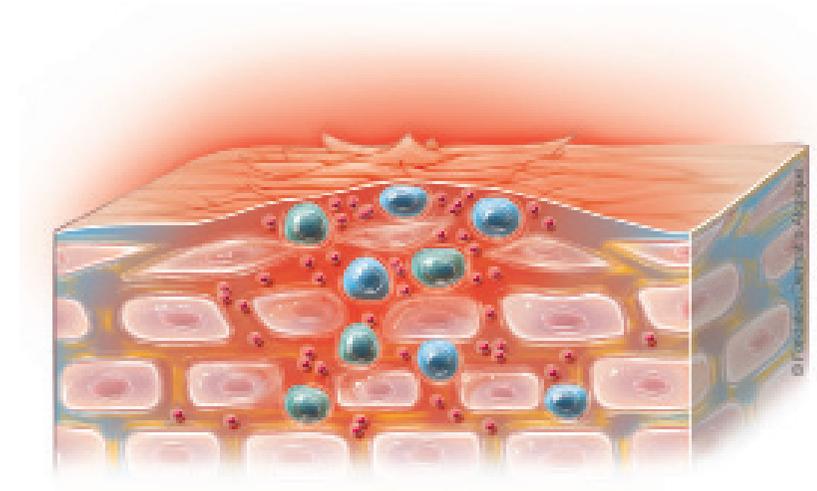


Atopic skin

Dry skin



Inflammation



- High water evaporation
- The mortar between the cells is weak
- The skin flakes

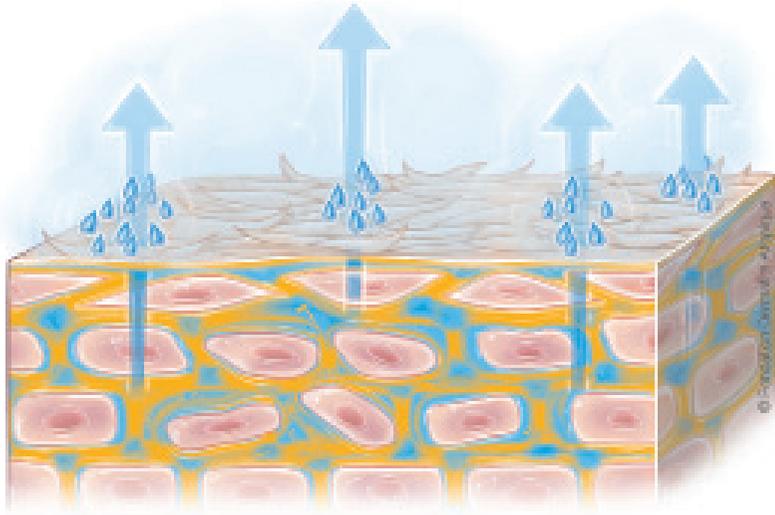
- The **inflammatory** cells arrive
- **Redness** and **swelling** appear

Itching

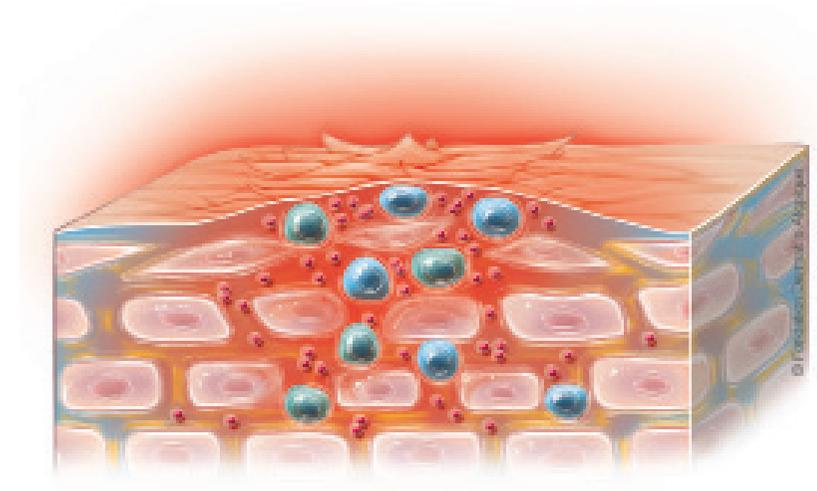
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Signs of inflammation



Swelling



Redness

Signs of inflammation



Swelling



Redness



There are a number of predisposing factors

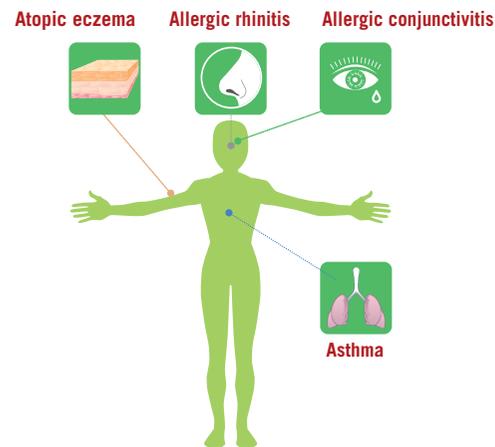


GENETIC PREDISPOSITION



ENVIRONMENTAL SENSITIVITY

and atopic condition



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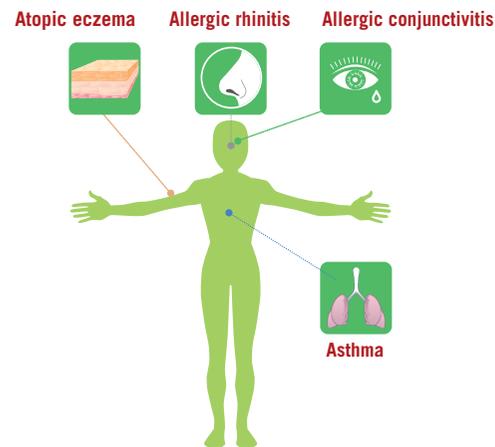


GENETIC PREDISPOSITION



ENVIRONMENTAL SENSITIVITY

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When the first signs appear,

Who do I see?

Your **DOCTOR**, your **PHARMACIST**



Why?

To **BETTER CARE FOR YOURSELF OR YOUR CHILD**



How?

by **BEING INFORMED AND TO BETTER UNDERSTAND
AND TO KNOW HOW TO ASSESS** your **ECZEMA** condition

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PO-SCORAD, a tool for assessing your eczema condition

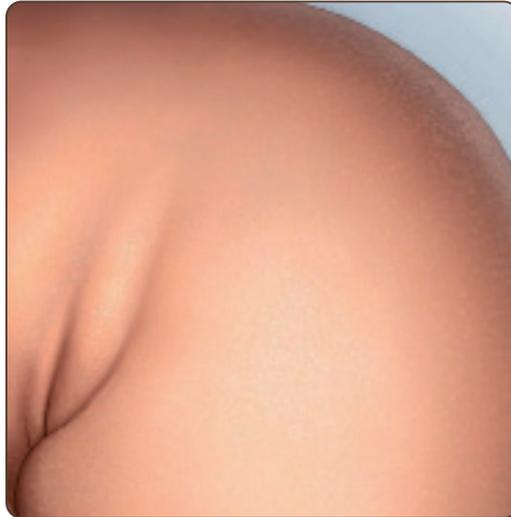
DRY SKIN (xerosis)

0 : Not dry at all

1 : A little dry

2 : Fairly dry

3 : Extremely dry



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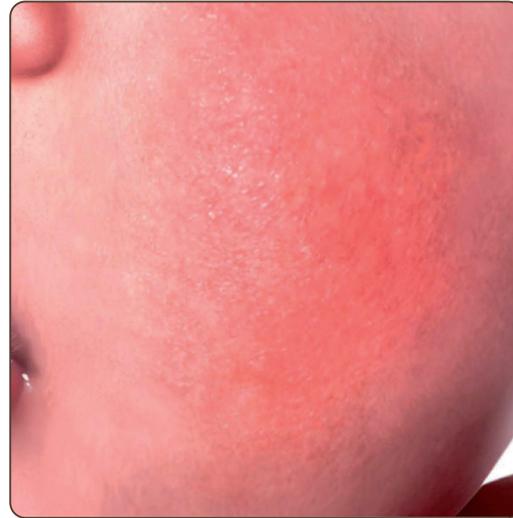
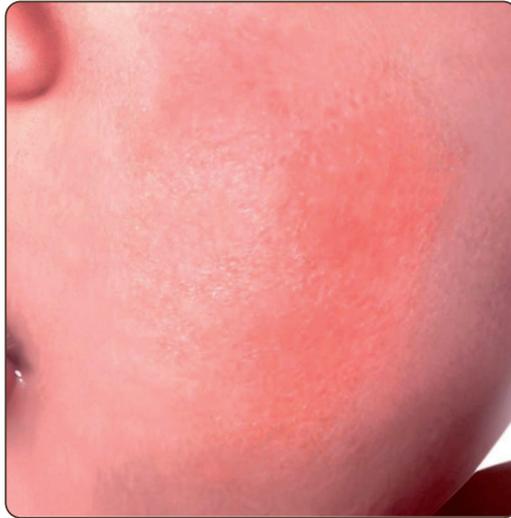
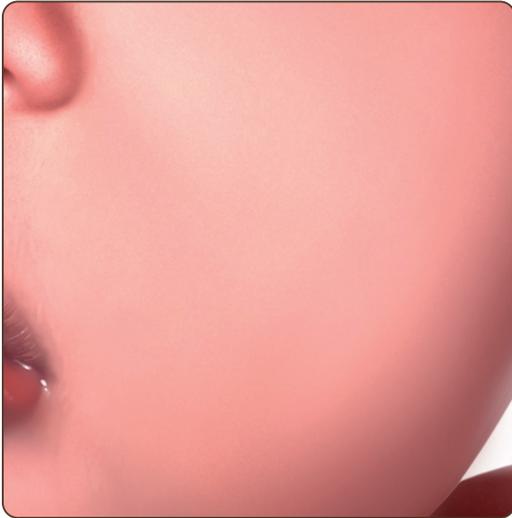
RED PATCHES (erythema)

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3 : Extremely red



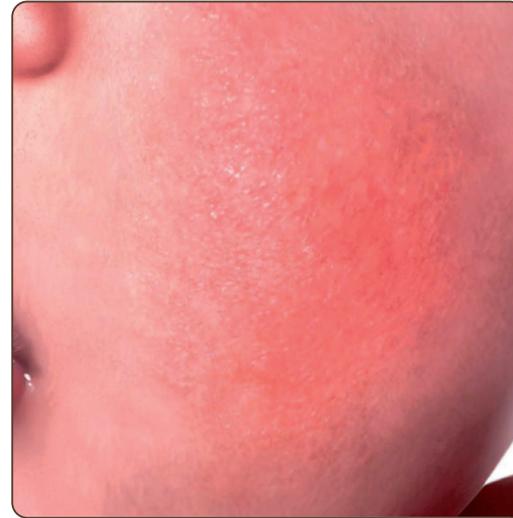
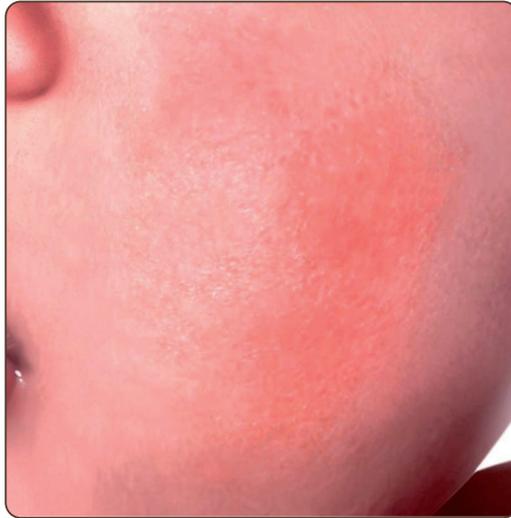
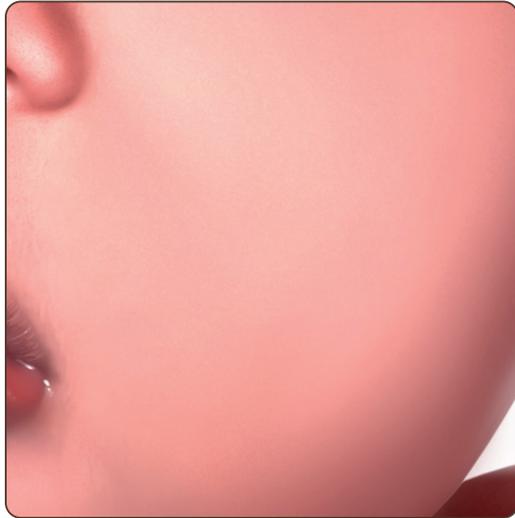
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SWELLING (edema)

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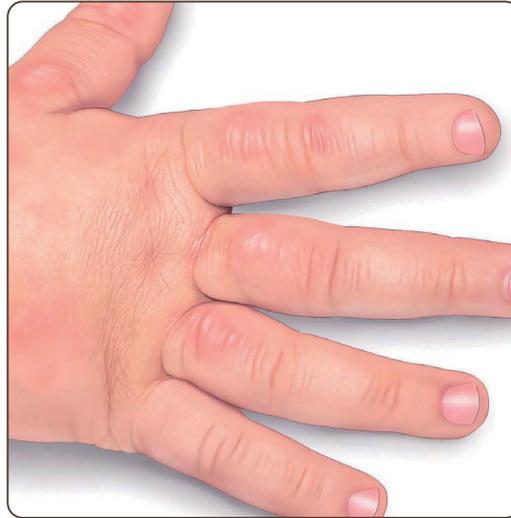
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OOZING (vesicles, crusting)

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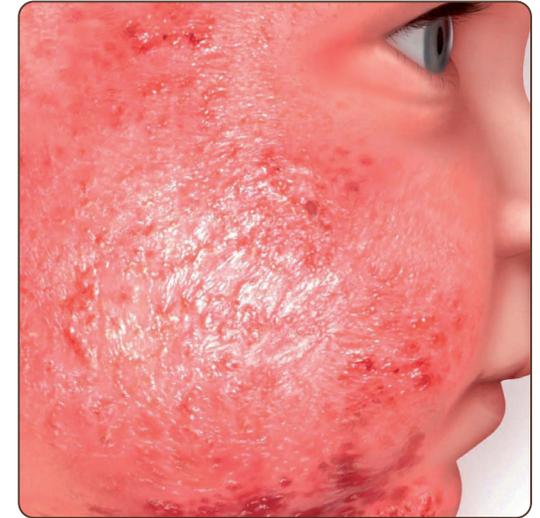
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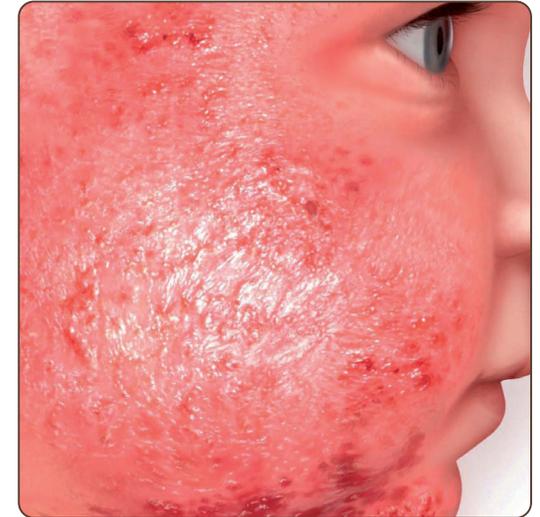
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SCRATCH MARKS (excoriation)

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THICKENING OF THE SKIN (lichenification)

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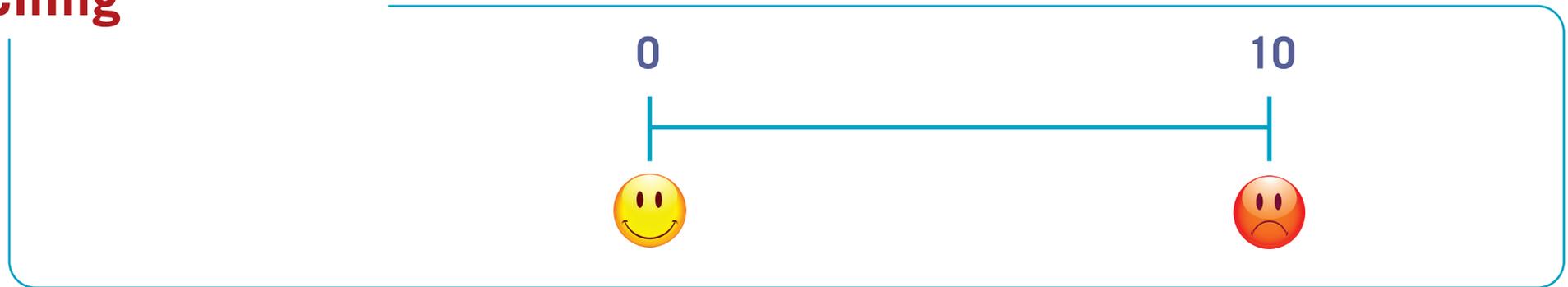
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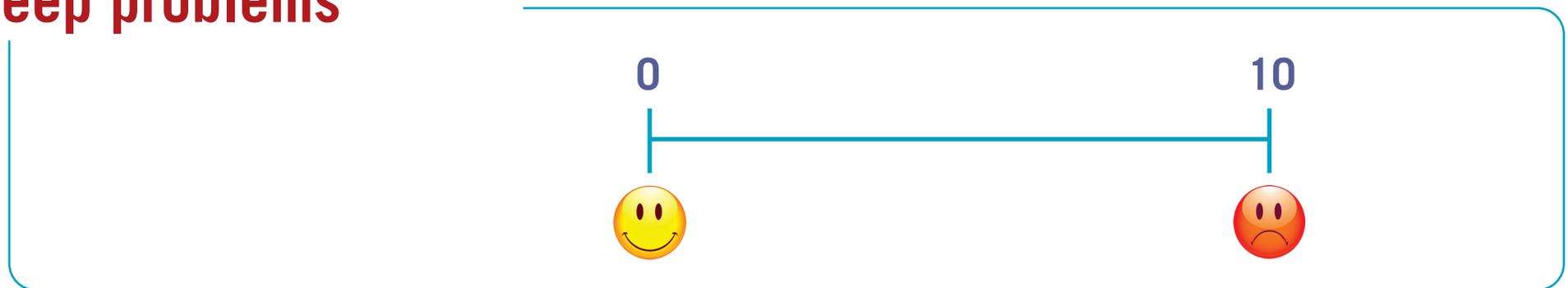
0: no itching, no sleep loss

10: unbearable itching, making sleep impossible

Itching



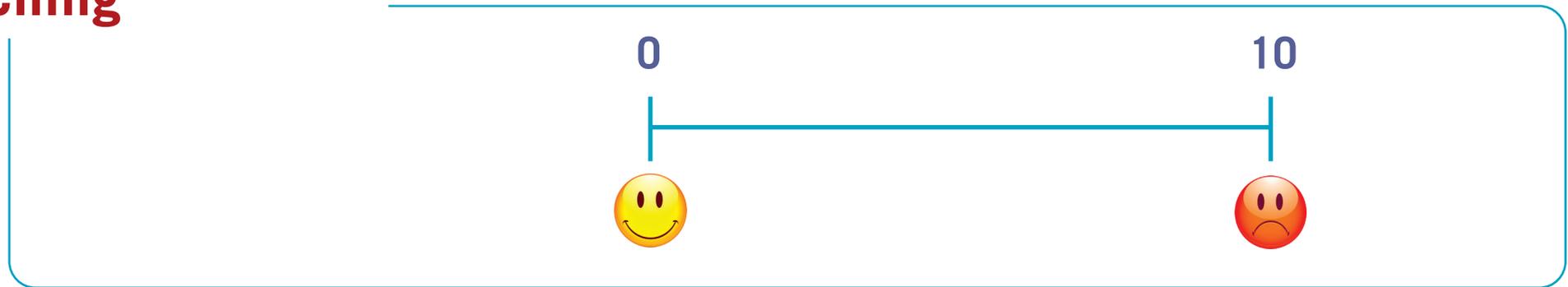
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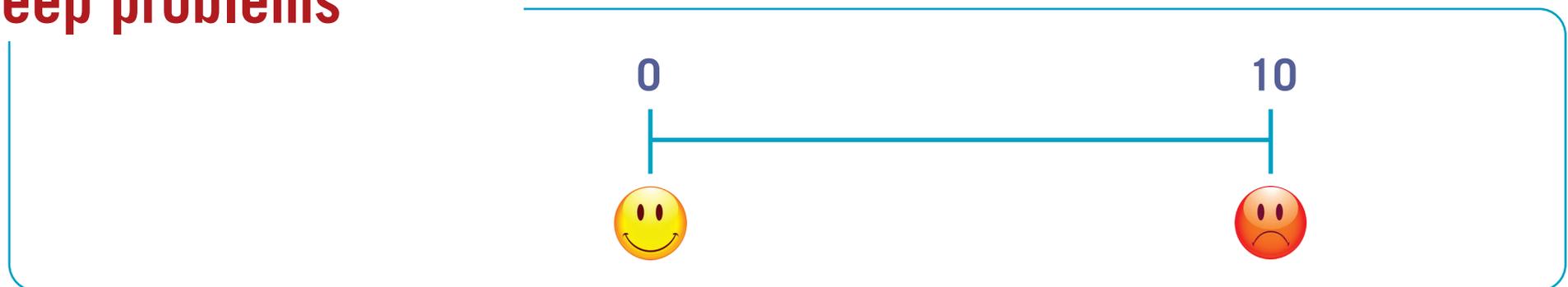
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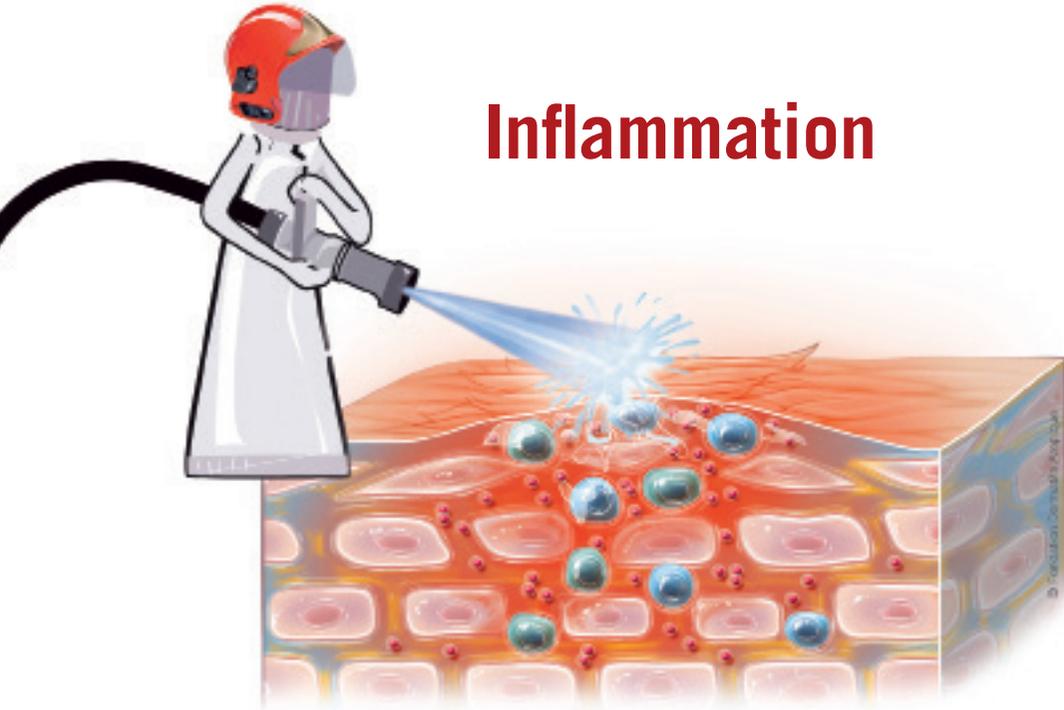
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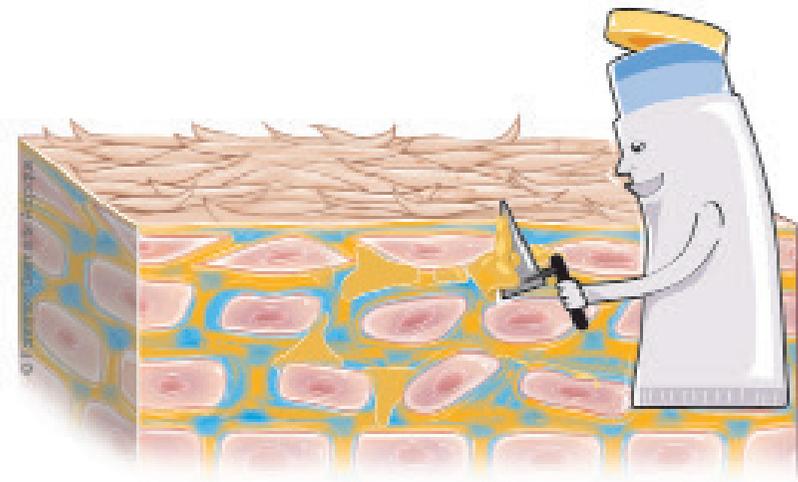
What should I do?

Reduce inflammation, **rebuild** the skin

Inflammation



Dry skin



Cortisone cream **reduce**
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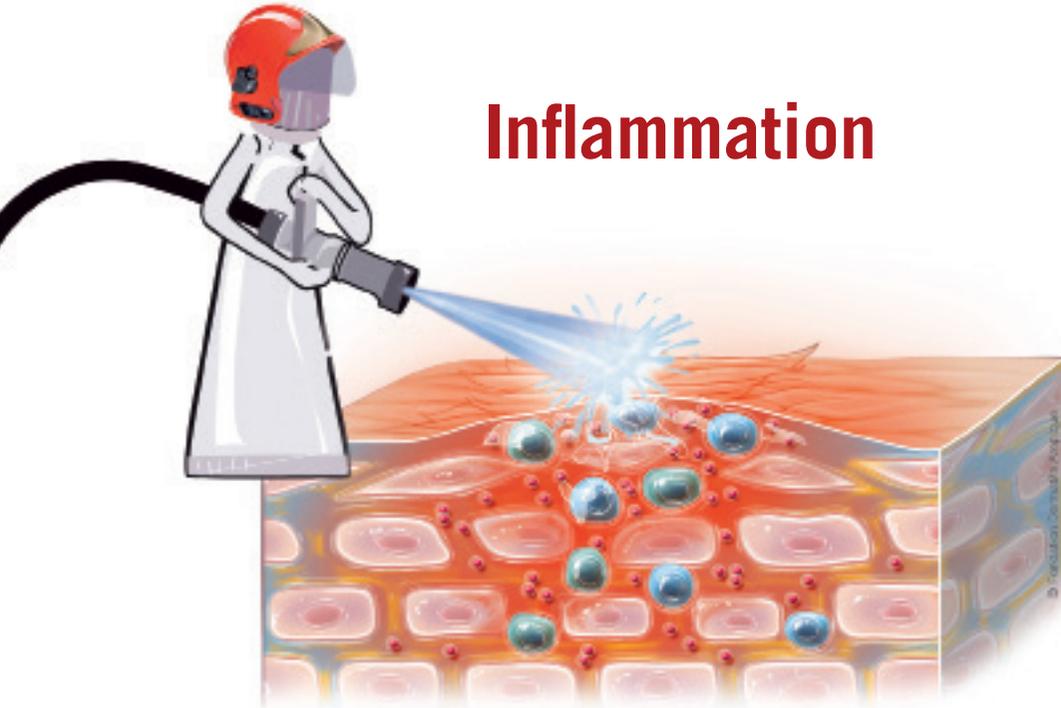


An emollient
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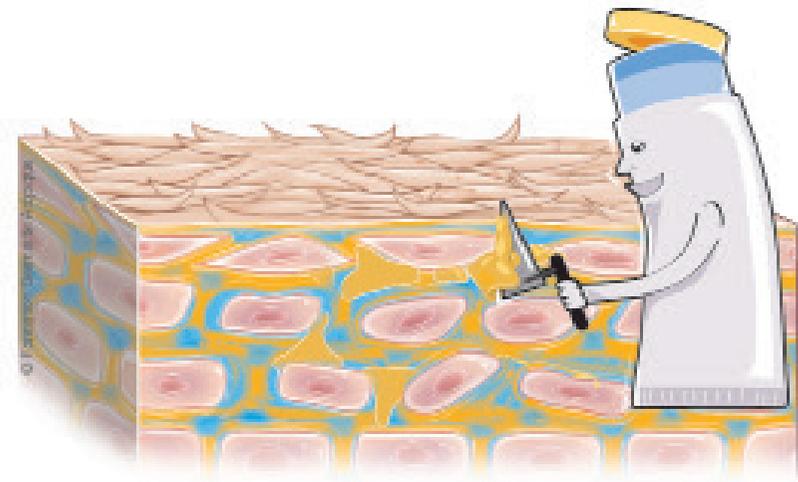
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Reduce inflammation

with dermo-corticosteroids...

→ Why?

- Dermo-corticosteroids are crucial for **calming inflammation and reducing red and oozing lesions**

→ When?

- **Apply** the dermo-corticosteroid **once a day until the inflamed lesions completely disappear**
- **Start applying dermo-corticosteroid again once redness appears**

→ How?

- **Apply the dermo-corticosteroid only on the affected areas. You may apply slightly outside of the area once lesions appear**

→ How much should I use?

- According to the «finger-tip unit rule», **the quantity applied on the index finger should cover the skin surface equivalent to that of two palms paumes de main** (a finger-tip unit equals 0.5g of product)





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Restore the skin barrier

by applying the emollient

→ **During flare-ups:**

Apply an emollient **only on unaffected skin** (not red)

→ **During a lull:**

Apply an emollient **to the entire body, several times per day if necessary**

The emollient reduces skin dryness, thereby reducing sensations of itching and tightness.





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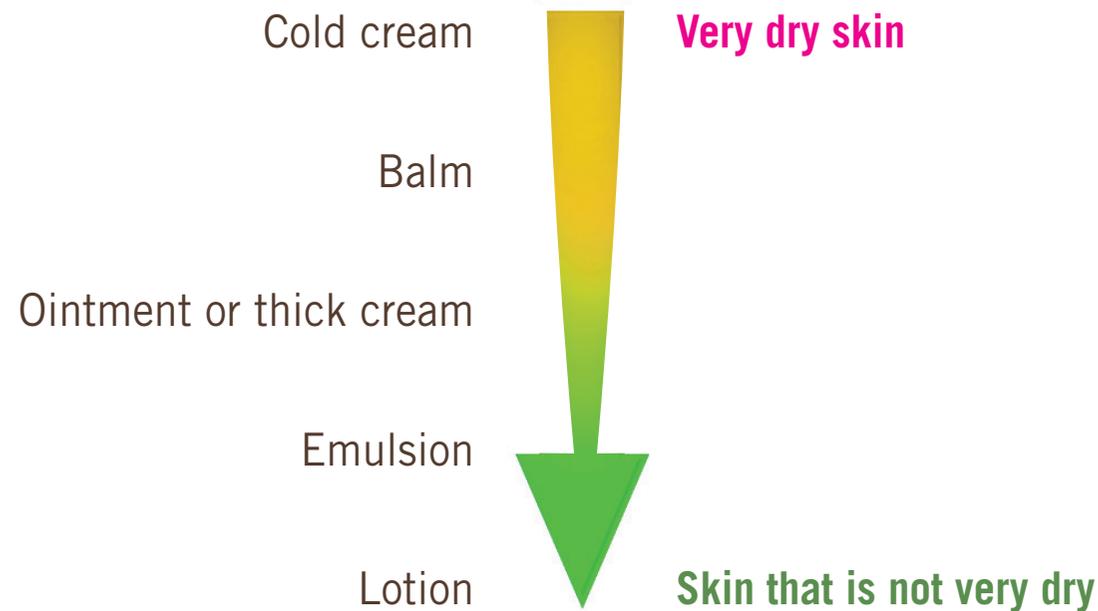
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Which emollient should I use?

Many emollients are available **in different forms**
How they are used will depend **on how dry the skin is.**



The best emollient is the one that your skin or your child's skin tolerates the best and is applied regularly



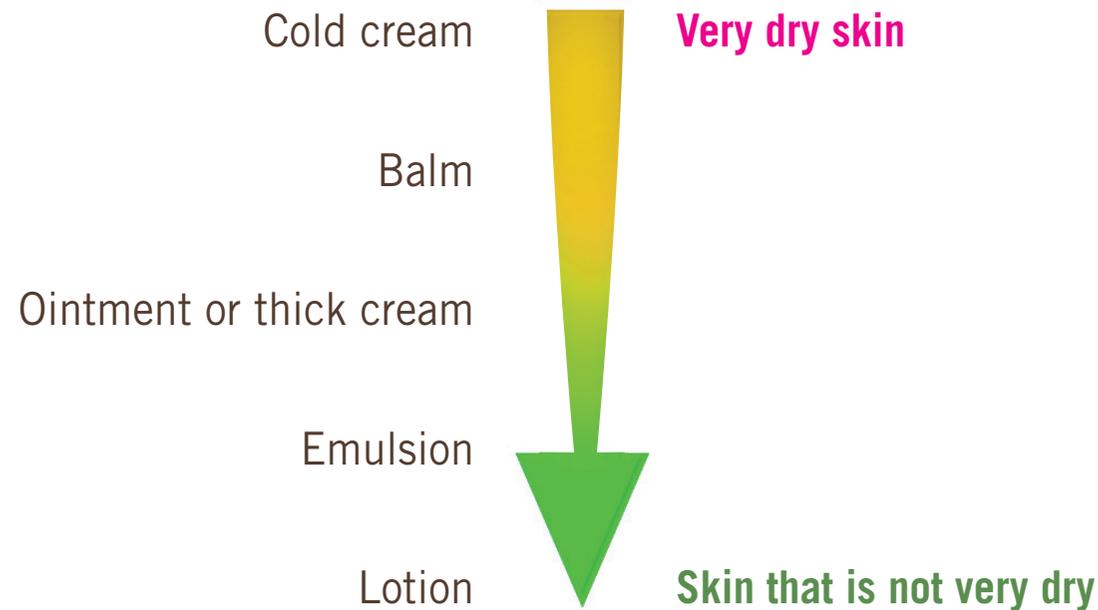
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- The doctor may decide to use other treatments (immunosuppressants), **depending on the severity of the eczema** and **the patient's** age.
- **If the disease cannot be easily dealt with, «educational therapy»-type treatment usually solves many problems.**



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Advice

→ ALTERNATIVE TO SCRATCHING

- **Hydration:** prevents and reduces itching
- **Thermal spring water:** Spray over an extended period of time or use compresses soaked with thermal spring water, and then apply an emollient
- **Put the thermal spring water spray in the refrigerator.**
- **Cold and cool:** neutralizes itching
- You may use **gel packs** while ensuring that they are wrapped **to avoid direct contact with the skin**, as well as smooth pebbles or small wooden wheels, etc...
- **For night-time itching:** we suggest that you apply an emollient **before you go to bed.**
- To prepare **for the night**, place the following on the table: thermal spring water **spray**, **hydrating cream. Also put on (or have your child put on) some cotton gloves.**



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→ HYGIENE

- **Water temperature:** below 34°C
- **Showers:** less than 5 minutes
- **Baths:** not more than 15 minutes
- **Use a fragrance-free soap-free cleanser** (bar or syndet)
- **Dab the skin dry without rubbing**



→ HYDRATION

- **Apply a fragrance-free emollient every day** to your face and to the entire body (not on the red patches)
- **Wash your hands before and after** each application

→ CLOTHING

- **Cotton is a better choice**
- **Do not cover up too much**
- **Avoid turtlenecks and warm spots**

