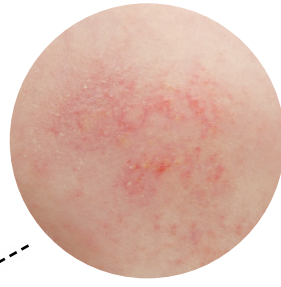
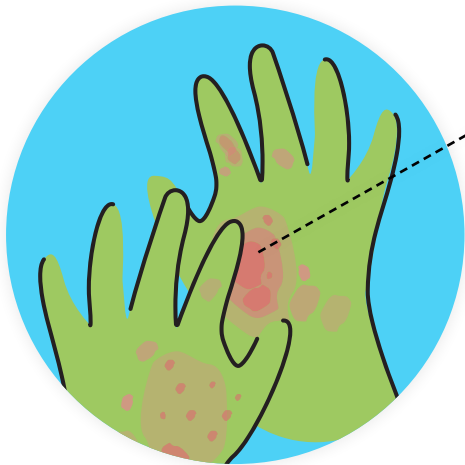




# MANAGING ATOPIC DERMATITIS (ECZEMA) IN CHILDREN



Eczema is a skin barrier defect characterized by dry, red and itchy skin.

## Targetting eczema hence consists of these steps:

- Repairing the skin barrier adequately with thick layers of regular moisturizing.
- Choose moisturizers rich in fats, cholesterol and ceramides which are reduced in eczema skin.
- Zinc containing creams are also helpful as this is a natural skin micronutrient which is anti-inflammatory, has antibacterial properties and helps with skin regeneration and healing.
- Complement moisturizers with a soap free and fragrance free cleanser for showers.
- Keep up with a regular skincare regime.
- Reduce external irritants like harsh lathering soaps, fragranced products, powders, bubble baths.
- Keep showers short for 5-10 minutes in lukewarm temperature.
- Wipe down sweat and drool frequently with a clean wet towel.
- Opt for bamboo or cotton for clothing, towels and bedsheets in contact with the skin.
- Identify and reduce any potential allergic triggers (foods in some young infants or dust mites and other environmental allergens in older children)
- Keep the skin Staphylococcal load low as this is proinflammatory with gentle antiseptic washes daily to alternate day.
- Treat any early signs of infection (wet weepy, oozing skin or yellow crusted skin) which may require oral antibiotic courses.
- Targetting the gut microbiome which modulates inflammation in the skin. Consider lactobacillus rhamnosus or reuteri species probiotics 10 billion colony units daily (eg. LactoGG 1 sachet or capsule daily).