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Jamjoom Pharma

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ECZPL^{ORE}

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What is Eczema?

Eczema is a noncontagious inflammatory skin condition characterized by intense itching, redness, oozing, and scaly rashes. It can lead to pain, changes in skin color, and blisters.¹ In adults, eczema often appears on the backs of the knees, inner elbows, back of the neck, and face.²

Eczema Care: 7 Essential Tips for your Routine

Follow your Prescription: Apply any prescribed topical medication first, as directed, before reaching for your moisturizer.³

Lock in Moisture: Within three minutes of bathing or showering, generously apply a thick layer of moisturizer to seal in hydration and protect your skin barrier.³

Choose Wisely: Fragrance-free and dye-free moisturizers to minimize irritation.³

Stay Clean: Use a clean tool, not your hands, to scoop moisturizer from the container to avoid contamination.³

Smooth Application: Warm the moisturizer between your hands, then apply it to your skin using downward strokes with your palms. Avoid rubbing in the moisturizer by stroking up and down, or in circles.³

Let it Absorb: If your skin feels slightly sticky after applying moisturizer, leave it be. The excess will be absorbed in a few minutes.³

Moisturize Often: Keep your hands hydrated by moisturizing after every wash or any time they're exposed to water.³



Greasy Moisturizers, your Skin's Best Friend

Greasy moisturizers like ointments and creams are your best companion.

They're rich in oil, locking in moisture and shielding your skin from irritants. Apply right after washing and patting your hands dry. To make it a habit, place a moisturizer by every sink at home and carry a small tube with you for easy reapplication throughout the day.³

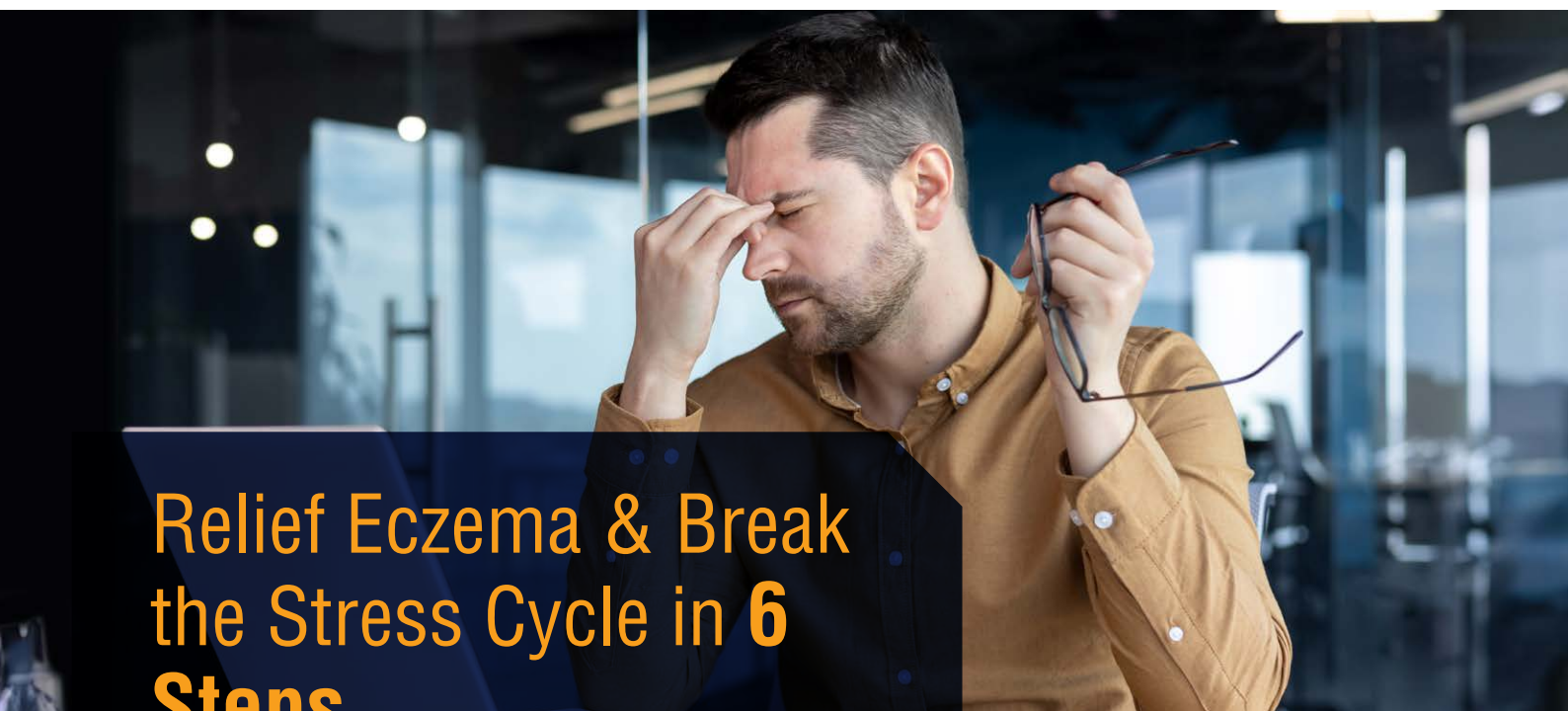
Eczema Alert: Stingy Lotions Aren't for you

Be cautious with lotions, some can sting due to preservatives, especially on damaged skin. Instead, choose lotions rich in beneficial oils and go for fragrance-free hand creams and body lotions. For eczema-prone skin, look for ingredients like oats, shea butter, aloe, glycerin, hyaluronic acid, petrolatum, vitamin E, humectants, and niacinamide.³

New Products? Test Before you Trust!

Always check product labels if you're allergic to certain ingredients. When trying a new product, apply a small amount to your wrist or elbow and leave it unwashed for 24 to 48 hours. Monitor the area for signs of an allergic reaction like redness, rash, breakouts, itching, pain, or flaking.³





Relief Eczema & Break the Stress Cycle in 6 Steps

STRESS is a major trigger for eczema flare-ups, but managing it doesn't have to be overwhelming. Even small changes in your mindset and lifestyle can make a big difference.⁴

- **Say No:** Set boundaries to avoid overcommitting.
- **Time Management:** 'To do' lists are great but if they include too many actions, they can leave you feeling overwhelmed.
- **Regular Exercise:** Reduce stress hormones and enhance your mood through physical activity.
- **Eat Healthy Meals:** When stressed, we often skip meals or comfort eat, but our diet affects our mental well-being. Eating healthy, nutritious meals is essential for protecting and repairing your skin.
- **Spot your Triggers:** Make a list of everything in your life that you find stressful and look for workarounds.
- **Share your Feelings:** Get into the habit of talking about how you're feeling with those around you so that you have a support network.

Remember,

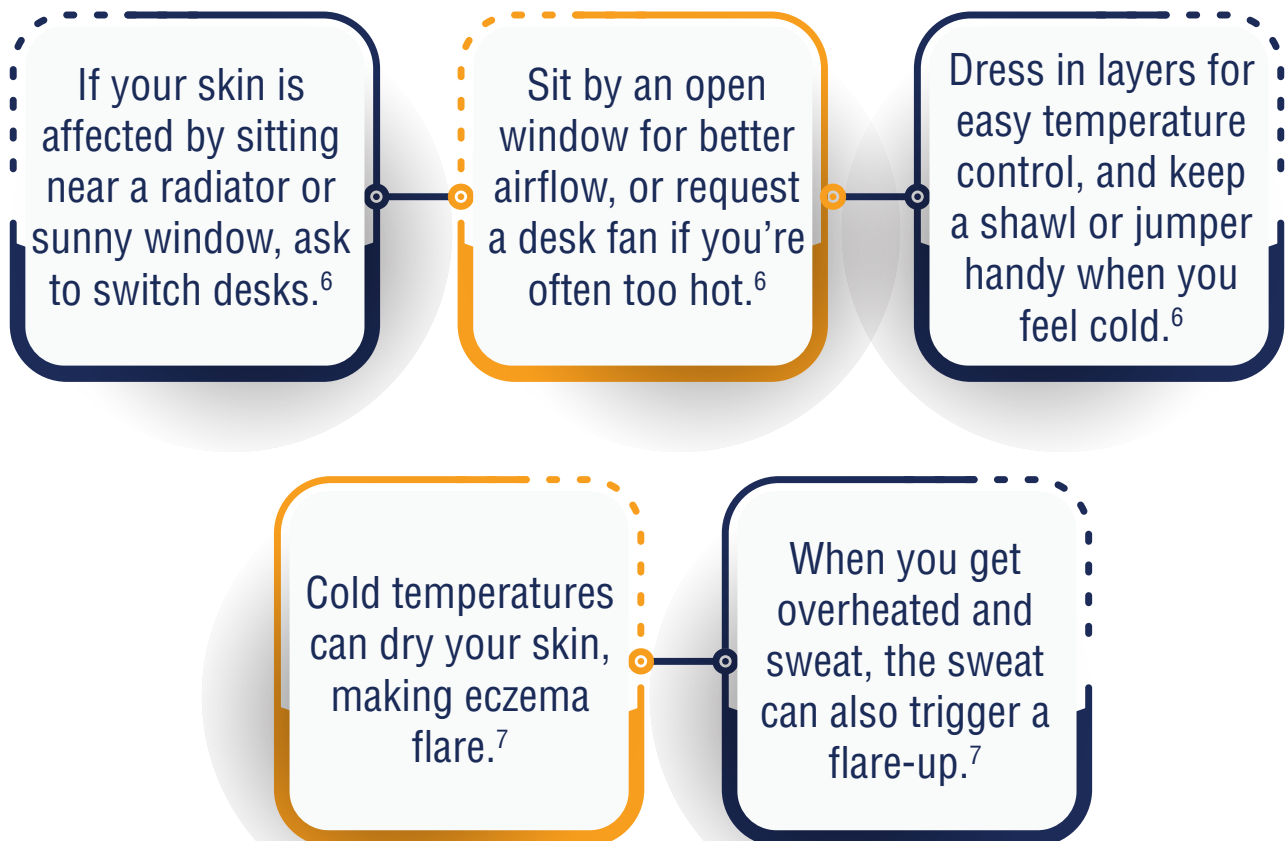
Nearly a third of adults with eczema face challenges in their academic or professional lives, so managing stress is key to thriving.⁵



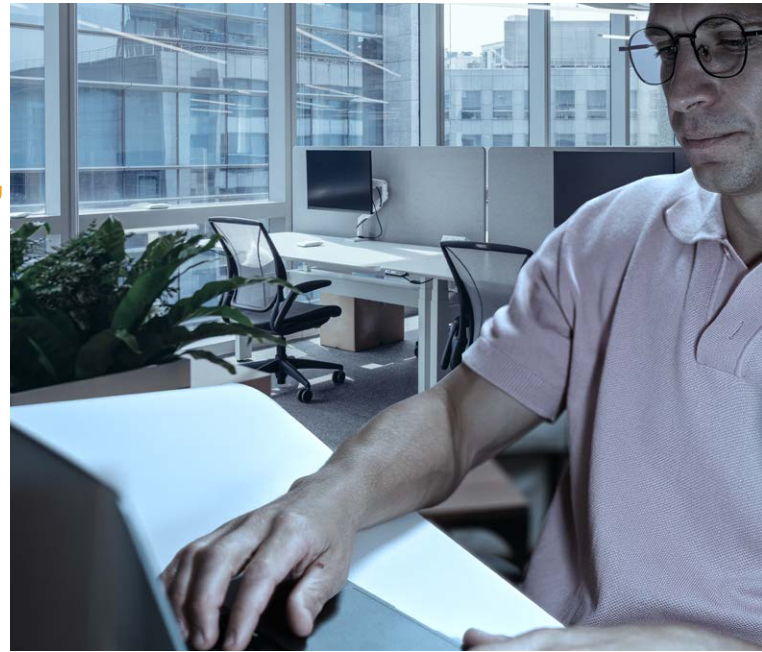
Eczema-Friendly Workdays: Start Here!

Eczema can make it tough to focus at work, especially with triggers like temperature, stress, and work attire.

Temperature:



When managing eczema in the workplace, not only is temperature control important, but the type of clothes you wear also plays a key role in preventing flare-ups and maintaining comfort throughout the day.



Clothes:

Go for looser-fitting clothing with open collars. If you wear a tie, leave the top button of your shirt undone.⁶

Choose professional, eczema-friendly cotton, bamboo, tencel, or silk fabrics.⁶

If your uniform isn't 100% cotton, wear a cotton T-shirt underneath.⁶

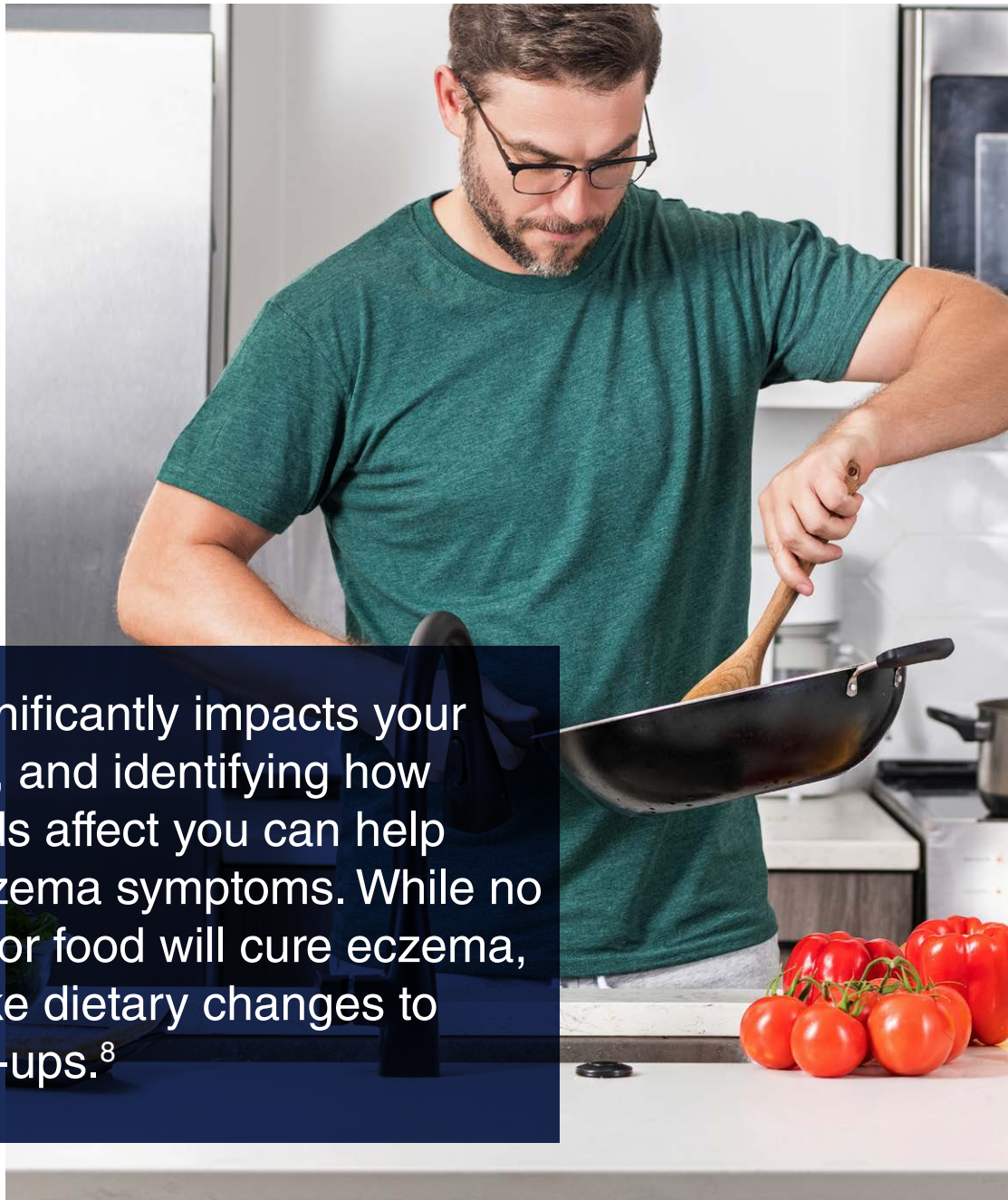
Keep spare clothes at work for quick changes if needed.⁶

Wash new clothes before wearing them.⁷

Buy clothing that comes without tags or remove the tags.⁷

If you need to wear a mask, layer a 100% cotton mask under your PPE, wash it daily, and care for your skin with emollients and lip balm. Cleanse and moisturize your face after prolonged mask use and take breaks outside when possible.⁶

Is your Diet Feeding your Eczema Flare-Ups?

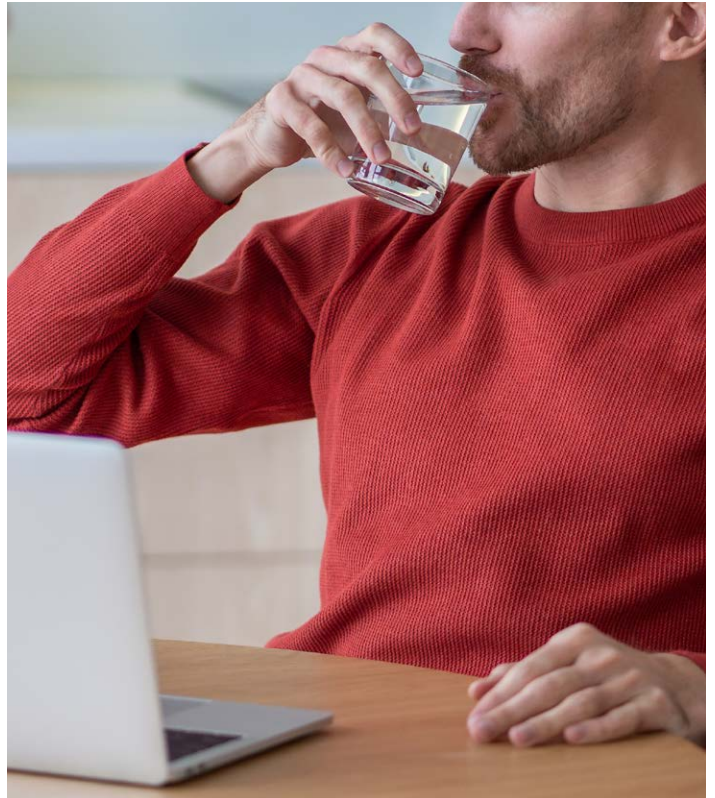


Your diet significantly impacts your skin's health, and identifying how different foods affect you can help minimize eczema symptoms. While no specific diet or food will cure eczema, you can make dietary changes to prevent flare-ups.⁸

Understanding how diet impacts eczema is the first step in managing symptoms, and on the following page, we explore specific types of diets that can help alleviate flare-ups.

Remember,

Drinking plenty of water daily is crucial for preventing eczema outbreaks and keeping your skin hydrated.⁹



Consider these diets that may help with eczema:⁹

Anti-inflammatory diet: Limits dairy, whole grains, red meat, flour, and sugar while emphasizing vegetables and fish, which can help reduce eczema symptoms.

Eczema elimination diet: Involves removing certain foods and gradually reintroducing them to identify potential triggers.

Mediterranean diet: Focuses on vegetables, whole grains, legumes, omega-3-rich fish like salmon, and olive oil for overall skin health.

Gluten-free diet: Reducing gluten, found in foods like bread and sauces, may help some people manage their eczema.

Eczema-Friendly Laundry: Clean Without the Itch



Choose Sensitive-Skin Detergents: Opt for laundry detergents designed for sensitive skin. Avoid scented fabric softeners or dryer sheets, as they can cause irritation.¹⁰

Use Recommended Detergent Amount: Follow the guidelines for the correct amount of detergent to prevent residue buildup.¹⁰

Ensure Proper Rinsing: Use plenty of water to thoroughly rinse out detergent from your clothes.¹⁰

Identify Flare-Up Triggers: Learn what causes you or your child's eczema to flare. Avoid specific triggers to help reduce flare-ups.¹¹

Protect Against Extreme Temperatures: Cold weather can dry out your skin, worsening eczema. Conversely, overheating and sweating can also trigger flare-ups.⁷

Adherence: The Secret to Eczema Relief



Adherence is critically important in treating eczema.¹²

Eczema is a chronic relapsing skin condition that requires:¹³

- Daily management with treatment regimens that are oftentimes created specifically for individual patients, prescribed by your physician.
- Treatment over an extended period.
- Skin care routine.

Poor adherence to treatment in eczema can be a **major limiting factor** for the outcome of this disease.¹⁴

Improving adherence is essential for: optimizing disease outcomes, which in turn improves quality of life and reduces economic burden.¹⁴



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For references scan here

