



*Advice From
Your Allergist on*
Eczema

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AllergyAndAsthmaRelief.org



Find an allergist. Find *relief*.

Anyone with allergies and asthma should be able to feel good, be active all day and sleep well at night. You don't need to accept less. Allergists are specially trained to help you take control of your allergies and asthma, so you can live the life you want.

An allergist is a doctor who specializes in diagnosing and treating allergic diseases and conditions such as:

- Asthma and frequent cough
- Hay fever (allergic rhinitis)
- Sinus infections
- Eye allergies
- Reactions to food, insect stings and drugs
- Skin allergies, including eczema and hives
- Immune system problems that might cause frequent infections

When should I see an allergist?

See an allergist if you have any of these conditions. Allergists treat two of the nation's most common health problems – allergies and asthma. More than 50 million people in the United States have these allergic diseases. Although symptoms may not always be severe, allergies and asthma are serious and should be treated that way. Many people with these diseases don't realize how much better they can feel. Allergists also treat conditions with similar symptoms, such as non-allergic rhinitis.

What is an allergist?

An allergist is a physician trained to find the sources of your symptoms, treat them and help you feel healthy. Life's too short to struggle with allergies or asthma. An allergist can help you find the answers you're looking for.

After earning a medical degree, allergists complete a three-year residency training program in either internal medicine or pediatrics. They then finish two or three more years of study in asthma, allergy and immunology. The best way to manage your allergies or asthma is to see an allergist.



About Eczema

Eczema, the most common form of which is atopic dermatitis (AD), is a chronic, non-contagious, inflammatory skin condition characterized by dry, red, irritated and itchy skin, oozing and scaly rashes. People with eczema often have a family history of allergies. Eczema is common. It affects between 10 and 20% of children and 7% of adults. AD affects people of all races, but is more common among Black and Hispanic populations than white people. Eczema can be extremely challenging for people of color where it tends to be more severe and cause more loss of sleep. AD in Black people also tends to persist from childhood into adulthood and manifest differently in darker skin, which can cause doctors to misdiagnose or downplay the severity of AD.

What is eczema

People with eczema have very dry and sensitive skin. Symptoms may worsen with exposure to many different things, like allergens such as pet dander or dust mites and irritants. Other common triggers include:

- Sweat
- Fragrances
- Chemicals



- Rough fabrics
- Heavy or tight clothing
- Humidity or extreme changes in temperature
- Bacteria

Identifying the triggers that can irritate your skin or make your eczema flare up is key to addressing this condition – and staying healthy.

About 50% of people with eczema will experience symptoms by 12 months old, and 85% will experience symptoms by age five. Most eczema resolves during childhood, but 30% of cases continue into adulthood. Adult eczema is a chronic condition. In fact, one out of every four cases start in adulthood.

What are eczema symptoms?

Symptoms of eczema include:

- A red rash or red patches of skin, especially inside the folds of the elbows and knees
- Itching
- Dry skin, which can crack and bleed

In infants and young children, eczema is usually located on the cheeks, outside of the elbows and on the knees. In older children and adults, eczema is typically on the hands and feet, the arms and on the back of knees.

Adults with chronic eczema may have inflamed, red, itchy patches of skin that can erupt in oozing flare-ups. Over time, the skin affected by eczema can thicken.

Symptoms can be painful, cause skin coloring changes and blisters. Scratching the skin may lead to skin infection.

How is eczema diagnosed?

Allergists often see patients with eczema because allergists are specially trained to treat skin conditions that are often related to an allergic response.



Your allergist may perform a skin prick test, which involves applying a diluted allergen on the surface of your skin. The allergist observes the tested area for about 15-20 minutes to see if a bump or redness develops. The test is usually done on the back or forearm in adults and on the back in children, with several allergens tested at once.

Some young children with moderate to severe eczema also have food allergies. It is recommended that children under the age of five who have moderate to severe eczema be evaluated if food allergy is suspected such as to milk, egg, peanut, wheat and soy allergies. If the child continues to have eczema even after treatment, an allergist can help identify triggers such as foods, if any, to remove from your child's diet.

Recent guidelines put infants who have severe eczema and/or egg allergy in the highest risk category for peanut allergy. These high-risk infants should be seen by an allergist who can determine if they are candidates to be introduced to peanut-containing foods between four to six months to prevent peanut allergy.



Eczema in skin of color

For Black patients, the itching due to eczema seems to be worse and likely more severe. It is also more difficult to see the redness and inflammation of the skin and they sometimes have grayish-white skin discoloration ("ashy skin"). It can also show up in different ways with small bumps on the torso, arms, and legs (called papular eczema). Sometimes, bumps develop around hair follicles and resemble goosebumps. Black people also tend to have more extensive skin dryness and dark circles around the eyes. And all that rubbing and scratching can lead to a thickening of the skin called lichenification and raised bumps called prurigo nodules. When the eczema finally calms down, patients with darker skin can heal in different colors. The skin around the eczema can be darker or lighter – it can cause a sort of polka dot, or checkerboard look. It usually returns to normal, but it can take months.

How is eczema treated?

Children and adults diagnosed with eczema can manage the condition with the guidance of an allergist.

Moisturizing is the first line of treatment, no matter your skin color. Since eczema is a chronic condition, moisturizers should be applied twice daily even when skin appears clear to help prevent dryness.

Your allergist might tell you to bathe at least once a day using a mild, nonsoap cleanser. Immediately apply moisturizer, while you are still wet, to seal in moisture. This method can provide relief from the itching and improve the eczema.

For mild to moderate eczema which is not responding to moisturizers alone, your allergist might consider stepping up your treatment to a prescription corticosteroid or nonsteroidal cream or ointment.

For moderate to severe cases of eczema that are not controlled well by topical prescription therapies, your allergist might suggest a biologic. Biologics are targeted therapies designed to treat specific inflammatory cells and proteins involved in eczema. Biologics have been shown to improve and clear eczema lesions, decrease the number of eczema flare-ups, control itching and provide more overall comfort and relief for sufferers. A biologic can be used with or without topical anti-inflammatory treatments.

Phototherapy is another option for severe cases of eczema that uses a special type of light to reduce itchiness and inflammation. This type of therapy can also increase vitamin D production, which can help skin. Phototherapy is given in three to five weekly applications over two to three months at a facility with special equipment.

Another option is systemic immunosuppressant oral medications that may be used as an alternative to phototherapy. These have been shown to be effective with severe and difficult to manage cases. Regular follow-up visits with your allergist and blood tests may be needed to watch for side effects.

It's time to talk to an allergist if:

- Your allergies are causing symptoms such as sinus infections, nasal congestion, difficulty breathing or itchy, watery eyes.
- Symptoms related to your allergies are negatively affecting your quality of life, making it hard to sleep or keeping you from activities you enjoy.
- You experience hay fever or other allergy symptoms several months out of the year.
- Antihistamines and over-the-counter medications or creams do not control your allergy symptoms or create unacceptable side effects, such as drowsiness.
- Your allergies or asthma are interfering with your ability to carry on day-to-day activities.
- You sometimes struggle to catch your breath or feel tightness in your chest.
- You often wheeze or cough, especially at night or after exercise.
- You previously have been treated for asthma, but you still have frequent attacks even though you are taking asthma medication.
- You have had reactions to foods, medications or stinging insects.

Allergists are specially trained to help you take control of your allergies and asthma, so you can live the life you want.

For more information about allergies and asthma, visit: AllergyAndAsthmaRelief.org



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