

Atomist FOR EA

Eczema & Atopic Dermatitis

It's not **Contagious!**
It's Just **Dry & Itchy Skin.**
Be an **Eczema Fighter.**

A Patient Education Initiative by Brinton

FROM THE MAKERS OF

Atomist®

Cream 125 g
Lotion 150 ml

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Eczema

Eczema refers to a group of conditions that cause inflamed skin. Signs of inflamed skin include a rash, itchiness, and excessive dryness. There are several types of eczema. Atopic dermatitis and contact dermatitis are the most common type.

Eczema

comes from a Greek word that means 'to boil'. Dermatitis means inflammation of the skin.

Atopic or atopy

Relates to hypersensitivity reactions to something in the environment. When talking about atopic dermatitis, many people say "eczema" or "atopic eczema."



Atopic Dermatitis

Atopic dermatitis (AD), which is a specific form of eczema, is the most common non communicable chronic inflammatory skin disease. It is associated with itchy usually starts in infancy and presents with dry skin, red and inflamed patches and skin barrier damage due to scratching.

Atopic dermatitis is seen in approximately 10% to 30% of children and 2% to 10% of adults in developed countries. This prevalence has increased two to three-fold in recent decades. Atopic dermatitis is more common in places farther from the equator, which might be linked to less sun exposure and lower humidity.

Atopic dermatitis is divided into three subsets based on the age of onset



EARLY ONSET

0-2 yrs age

80% cases start by early age

60% resolves by age 12



LATE ONSET

Symptoms begin after the onset of puberty



SENILE ONSET

Onset in patients older than 60 years old

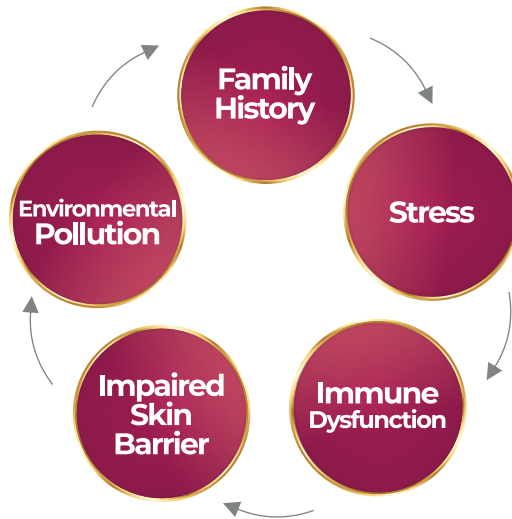
Does atopic dermatitis worsen with age?

This condition can worsen. That's why getting proper treatment soon after you notice signs and symptoms is so important. A treatment plan that's customized to meet your needs can help prevent atopic dermatitis from worsening.

What causes atopic eczema?

While the exact cause is not known, certain factors are thought to be important in its development. These include a weakened skin barrier, as well as altered inflammatory and allergy responses. Atopic eczema can run in families and frequently occurs alongside other atopic conditions, including hay fever and asthma. During a 'flare up', when eczema is very active, symptoms such as redness, dryness and itch worsen, while at other times, symptoms settle. A flare may be triggered by environmental irritants such as soap or detergents, changes in temperature, or allergens like animal dander, but sometimes no cause can be identified.

Signs & Symptoms



The major symptom of atopic dermatitis is an intense itch. Itching may be aggravated by sweating, dermal contact with certain textile articles (especially woollen textiles), cold-heat differences, and stress, weeping/oozing, papular, vesiculopapular-like lesions, and excoriation predominate in the acute stage, whereas lichenification and scaling predominate in the chronic stage.

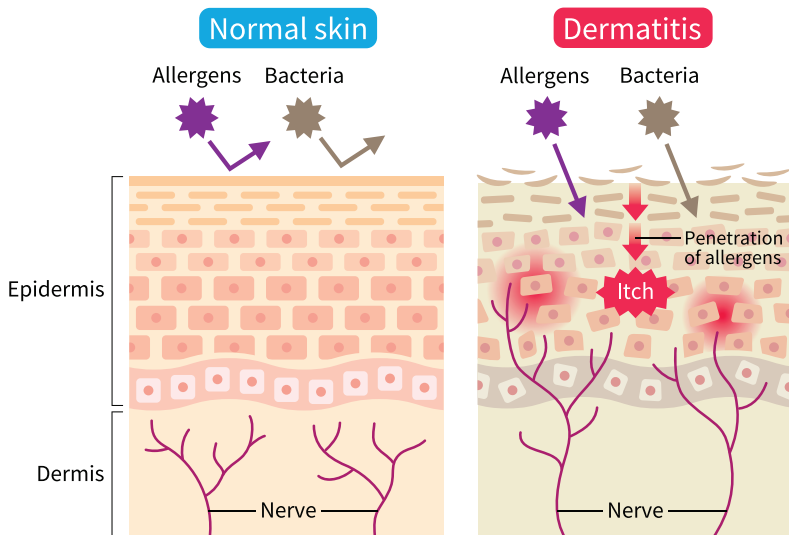
Scratching only provides temporary relief, and leads to more itching and scratching. This is often referred to as the itch scratch cycle, where itch leads to scratching and scratching makes the skin itchy. Scratching worsens eczema, and can make the skin more vulnerable to infection. The intense itch can also interfere with sleep, and negatively impact on a person's quality of life.

What is the difference between Healthy Skin and Atopic Skin?

The skin acts as a barrier preventing water loss, as well as entry of irritants (such as soap) or allergens (such as the house, dust, mite). A healthy skin prevents the entry of allergens and microbial substance inside the skin. Moisture is retained and maintains the hydration on the skin. The skin looks smooth and supple. Ceramides are the major constituents of the skin providing barrier protection and locks in moisture.

“Ceramides are essentially the glue that holds our skin cells together to form a healthy skin barrier.”

An Atopic dermatitis the skin barrier is weakened due to the depletion of ceramides leading to the entry of allergens and microbial substance inside skin causing irritation, inflammation. The skin is not able to retain the water as the gaps between the skin cells allow moisture to be lost out which makes the skin dry, tight and rough.



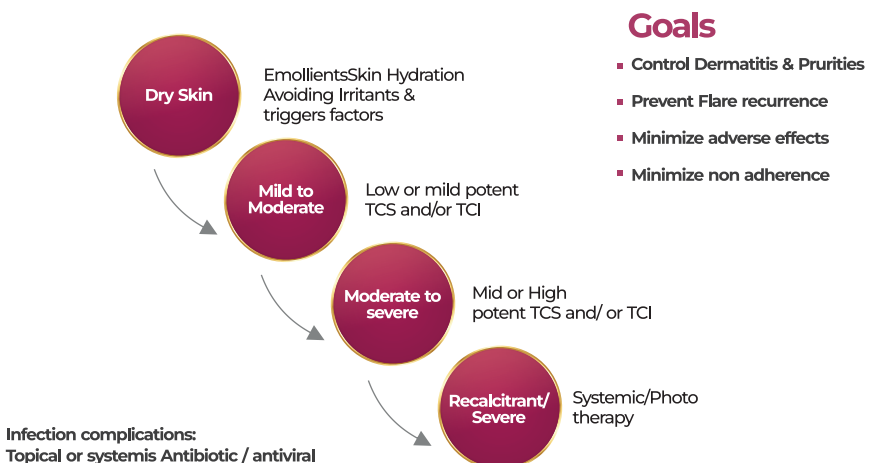
Is there a cure for atopic dermatitis?

At this time, atopic dermatitis cannot be cured. However, treatment can ease symptoms and lead to clearer — if not completely clear — skin. Today, newer medications are easing symptoms for patients who haven't been helped by previous treatments, always consult your health care practitioner to look for better ways to treat this condition.

Treatment and management for Atopic Dermatitis

Patient education is the foundation of successful management of Atopic dermatitis. Topical agents are the mainstay of AD therapy. Even in more severe cases needing systemic or phototherapy, they are often used in conjunction with these modalities.

A step wise approach for AD treatment and management.



Moisturizers

Emollients are used to hydrate the skin soothe dry, itchy skin, repair the skin's barrier thereby preventing entry of irritants and allergens which can trigger eczema flares. Increase the effectiveness of topical therapies. Various moisturizers are now augmented with ceramides which help in repairing barrier and prevents the water loss making skin more hydrated and supple. Ceramides help keep out harmful elements, like pollution, toxins and allergens making skin look healthy and replenished.

Bathing Practices

Bathing with water can hydrate the skin and remove scale, crust, irritants, and allergens. application of moisturizers soon after bathing is necessary to maintain good hydration status. Luke warm water mostly preferred. "Soak and smear" technique can improve response in cases where the topical anti-inflammatory alone is inadequate.

What is the 3 minute rule for eczema?

Is a bath or shower better for my eczema? Water is an effective way to put moisture back into the skin, but only if you use lukewarm water, avoid scrubbing and apply a moisturizer within three minutes after bathing or showering.

Topical corticosteroid & calcineurin inhibitors

Topical calcineurin and steroids are used for mild to severe conditions. Always consult a healthcare practitioner for better and appropriate treatment according to your disease conditions.



How much steroid ointment or cream you should use will depend on how big the affected area of skin is. A unit known as the “fingertip unit” (FTU) is used to describe the amount needed. 1 FTU is the amount of ointment or cream that is squeezed out of a tube along the last section of an adult’s finger. Ask your healthcare professional to explain how to apply topical steroids and how much to apply. You may be asked to use the ‘fingertip unit’.

1 fingertip unit (1 FTU)

Depending on the area of skin, the following amounts (in FTUs) are recommended in children:

SKIN AREA	Finger tip unit (FTU) or 0.5 g of ointment				
	Face and Back of Neck	Arm and Hand	Leg and Foot	Chest and Belly	Back and Buttocks
AGE	Finger tip unit (FTU) or 0.5 g of ointment				
3-6 MONTHS	1	1	1.5	1	1.5
1-2 YEARS	1.5	1.5	2	2	3
3-5 YEARS	1.5	2	3	3	3.5
6-10 YEARS	2	2.5	4.5	3.5	5

CHILDREN Table: Amount of ointment for children

Depending on the area of skin, the following amounts (in FTUs) are recommended in adults:

SKIN AREA	Finger tip unit (FTU) or 0.5 g of ointment					
	Face and Back of Neck	Arm	Leg	Chest and Belly	Back and Buttocks	Hand Elbow, Knee, Foot
	2.5	4	6	7	7	1 FTU each

ADULTS Table: Amount of ointment for adults

Wet Wrap Therapy (WWT)

Most use a technique of a topical agent that is covered by a wetted first layer of tubular bandages, gauze, or a cotton suit, followed by a dry second/outside lay. WWT appears to help via occluding the topical agent for increased penetration, decreasing water loss, and providing a physical barrier against scratching. The wrap can be worn from several hours to 24 hours at a time, depending on patient tolerance.

Systemic & Phototherapy

For patients with moderate-to-severe disease refractory to topical therapy, the use of phototherapy or systemic agents are considered by the healthcare practitioner. Narrowband UVB is the most commonly used type of phototherapy for AD and is typically administered 2 to 3 times per week. Narrow-band UVB is a safe option that can provide relief from the signs and symptoms of AD.



How Atopic dermatitis affects people's lives?

Chronic or recurrent itch, skin pain, and disfiguring lesions results in psychological distress, sleep disturbances, stigmatization, social embarrassment, and impaired quality of life. These factors can result in people experiencing difficulties with concentration and may lead to poor school or work performance.

Children with severe atopic dermatitis have an increased risk of depression and internalizing behaviors that result from negativity focused inward, such as social withdrawal, feeling unloved, and feelings of loneliness or guilt.

Adults with atopic dermatitis, reporting dramatically higher rates of depression and anxiety, but also indicating that these psychological conditions often go undiagnosed.

The disease can have an impact on sleep, relationships, school/work, psychological wellbeing, and socializing. Visible skin lesions on the face and body can lead to social stigmatization and reduced self-esteem. More than half of people with moderate-to-severe atopic dermatitis experience disrupted sleep, depression, anxiety, and reduced quality of life and ability to work.

Tips for managing Eczema

- Establish a good daily skincare routine and try to stick to it.
- Don't stop moisturising when your skin is clear.
- Apply emollients in a smooth, downward motion in the direction of hair growth.
- Remember – avoid soap! And use syndets
- Your bath or shower should be a lukewarm temperature; 5-7 minutes bathing is enough, apply moisturizer immediately.
- If you can't reach your back, sponges with long handles can be useful. Remember to wash them after every application.
- Dry skin itches – take your moisturisers everywhere.
- When eczema flares, treat at the first sign of symptoms.
- Use topical steroids for eczema flares as recommended by your healthcare professional.
- Always keep fingernails short.
- Wear cotton clothing where possible.
- Protect your skin from changes in temperature, e.g. during harsh weather
- Avoid chemical sprays and harsh household cleaning products.
- Reduce the dust mite at home.
- Freshly dry-cleaned clothes should be removed from plastic and allowed to air for 24 hours before wearing, to reduce the risk of possible chemical irritation of the skin.

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