Dear Enquirer

Thank you for your enquiry.

The Eczema Association of Australasia Inc (EAA), a Registered Non-Profit Support Group is not made up of medical people but volunteers with an interest in eczema. The EAA cannot give you specific medical advice but is assisted by a Medical Group of Health Professionals. We are available by phone 9am-4pm EST weekdays.

The EAA is available to lend an understanding friendly ear and offer support.

Our members have access to:

- **Samples of products** to try which can help cut down the cost of buying products
- **Information Sheets & Various Brochures** with specific information on eczema topics and treatments
- **EAA Quarterly Magazine** which is jam packed with heaps of articles, information relating to eczema treatments, new products and even recipes to help with eczema management and cut through the confusion
- **Access to up-to-date advice from Health Professionals**

Enclosed for you in this pack are:

- Application for Membership
- Survey Form, and our
- Caring for your Eczema brochure.

**Please take the time to fill out and return** the Survey Form provided, even if you do not wish to become a Member as this information will hopefully help to unlock the mysteries of eczema in the future.

**Donations** are always welcomed, the EAA is a registered charity and all donations over $2.00 are tax deductible & your generosity may be published in our magazine 😊

Best wishes & kind regards

ECZEMA ASSOCIATION OF AUSTRALASIA INC

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eaa gold corporate supporters:
MEMBERSHIP APPLICATION FORM

SURNAME: ........................................................................................................... DATE: ...........................................................................................................

SUFFERERS NAME: ........................................................................................................... AGE: ..........................................................

ADDRESS: .................................................................................................................. P/CODE: ..........................................................

TELEPHONE NO: ........................................................................................................ EMAIL ADDRESS: ..........................................................

APPLICANTS NAME: ................................................................................................ SIGNATURE: ..........................................................

Please check the relevant box: □ 1 year membership $39 □ 2 years membership $69

☐ My cheque/money order payable to Eczema Association of Australasia Inc is enclosed

☐ I charge my □ Mastercard □ Visa □ American Express □ Diners Club

Card Number: ________________ ________________ ________________ ________________ Expiry Date: ___ / ___

Card Check Value
(last 3 numbers on the back of the card if available) ________________ ________________ ________________

Signature: ________________

PRIVACY ACT: Membership Information collected is stored on our electronic database, which is password protected and, in our lockable filing cabinet. No information is distributed to a third party without your express permission, eg through the social register, where you give your consent for other members on the Social Register to be given your name, address, email address and phone number. You have the right to update and correct any personal information and the right to access any of your personal information held by the Eczema Association of Australasia Inc.

Social Register: Yes ☐ No ☐ Media Availability: Yes ☐ No ☐ Occasionally we receive media requests to interview our members about their experiences with eczema.

THE ANNUAL MEMBERSHIP FEE PROVIDES YOU WITH A COPY OF THE QUARTERLY NEWSLETTER, SOCIAL REGISTER, AS WELL AS RELEVANT INFORMATION AND SAMPLES THAT THE ASSOCIATION IS ABLE TO MAKE AVAILABLE. WE HAVE ACCESS TO TOP DERMATOLOGISTS & OTHER MEDICAL PROFESSIONALS IN THE COUNTRY FOR HELP AND INFORMATION. WE ARE HERE TO ASSIST YOU.

INFORMATION LIST

Please select a maximum of 5 information sheets/brochures and 3 samples per request

☐ Acne Management
☐ Acupuncture
☐ All About the Skin
☐ Allergy
☐ Antihistamines
☐ Aromatherapy
☐ Atopic Eczema Explained
☐ Babies & Eczema
☐ Becoming an Expert Patient
☐ Breast Feeding & Weaning
☐ Brush up your Basics
☐ Careers
☐ Childhood Eczema
☐ Chinese Herbs
☐ Cleaners—Alternative
☐ Complementary Medicine
☐ Contact Dermatitis
☐ Cortisone & the Skin
☐ Cotton
☐ Diet & Eczema—Children
☐ Discoid Eczema
☐ Ear Eczema
☐ Eczema & A Man’s World
☐ Eczema & Sport
☐ Eczema & the Garden
☐ Effect of Childhood Eczema on the Functioning of the Family
☐ Emollients
☐ Emollient Therapy
☐ Evening Primrose Oil
☐ Eyes & Eczema
☐ Facial Eczema
☐ Food Additives
☐ Food Allergy
☐ Food Hypersensitivity
☐ Foot Eczema
☐ Genital Eczema
☐ Getting the Best out of Bath-time
☐ Hair Care
☐ Hand Eczema
☐ Heredity
☐ Holiday Tips
☐ Homeopathy
☐ Hormonal Influences on Eczema in Women
☐ House Dust Mites
☐ Humidifiers
☐ Hypotherapy
☐ Immunisation & Children with Atopic Eczema
☐ Immunosuppressant Topical Treatments
☐ Infection & Eczema
☐ Itching & Scratching
☐ Lactose Intolerance
☐ Letter to my School
☐ Light Treatments (Phototherapy)
☐ Long-Term Oral Steroid Therapy
☐ Make Your Home More Eczema Friendly
☐ Managing Adult Eczema
☐ Nickel Allergy
☐ Other Forms of Eczema
☐ Patch Testing
☐ Pregnancy
☐ Probiotics & Prebiotics
☐ Professional Counselling
☐ Psoriasis
☐ Scalp Problems in Eczema
☐ School
☐ Seborrheic Eczema—Adults
☐ Seborrheic Eczema—Infants
☐ Skin Allergies & Eczema
☐ Skin Care
☐ Skin Care & the Older Person
☐ Skin Management Made easier Through Play
☐ Starting Baby Food
☐ Starting School with Eczema
☐ Steroid Phobia
☐ Steroids & Eczema
☐ Stress
☐ Sun & Eczema
☐ Sunscreens
☐ Teenagers & Eczema
☐ The Great Topical Steroid Debate
☐ The Normal Skin
☐ The Role of IgE
☐ The Role of the Environment
☐ Topical Steroids
☐ Treating Your Mind and Emotions
☐ Treatments of Atopic Eczema
☐ Urticaria
☐ Vacuum Cleaners & Bedding
☐ Varicose Eczema
☐ Washing Products
☐ Water Softeners
☐ Wet Wraps
☐ Winter Tips
## SAMPLE/BROCHURE REQUEST

**(Subject to Availability)**

### Samples

| □ | Aveeno Baby Dermexa Moisturising Cream |
| □ | Bio Oil |
| □ | Bioderma Atoderm Intensive Baume |
| □ | Bioderma Atoderm Preventive |
| □ | Dermal Therapy Anti-Itch Soothing Cream |
| □ | Dermal Therapy Moisturising Lotion |
| □ | Dermal Therapy Very Dry Skin Lotion |
| □ | Dermal Therapy Soap Free Wash |
| □ | Dermal Therapy Heel Balm Platinum |
| □ | Dermasukn Daily Gentle Wash |
| □ | DermaVeen Sensitive Relief |
| □ | Dermeze Moisturising Soap Free Wash |
| □ | Dermeze Moisturising Lotion |
| □ | Dermeze Moisturising Cream |
| □ | Dermeze Treatment Cream |
| □ | Dermeze Treatment Ointment |
| □ | Dermeze Pack |
| □ | EGO QV Baby Gentle Wash |
| □ | EGO QV Intensive Cream |
| □ | EGO QV Intensive With Creamides |
| □ | Cottons Nursing Pads |

### Brochures

| □ | Dermeze Moisturising Brochure |
| □ | A Little Ego Every Day |
| □ | Lovekins Mother & Baby Brochure |
| □ | Natures Gold The Power Of Manuka Honey |
| □ | QV Every Day Where Beautiful Skin Begins |
| □ | QV Skin tips for all occasions |

| □ | Understanding Eczema |
| □ | Fern Fabric Brochure |
| □ | AllergEnd Plus Dust Mite Protective Bedding |
| □ | DermaSheets Medical Bedding |

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Disclaimer: It is not the policy of the Eczema Association of Australasia Inc to recommend or endorse any products or treatment. It is part of the role of the Association to provide information on a wide range of products and treatments to keep those involved with eczema as fully informed as possible as to all options available. We strongly recommend that eczema sufferers and their carers consult a qualified medical professional before using any products or treatments.
australian residents only

While stocks last, each new Eczema Association Member will receive a FREE Product Pack from Dermal containing some of their most popular products.
The Eczema Association is conducting a survey of Eczema sufferers in the hope of unlocking the mysteries of Eczema.

The Eczema Association asks that you take the time to answer each question on the following pages to the best of your ability. If there is insufficient space allowed, please enclose the answers on a separate sheet of paper, clearly marking the question number.

Privacy Act: Information collected in this survey is for statistical purposes only & is stored in our electronic statistics program, which is password protected, and in our lockable filing cabinet. No identifying information is distributed to a third party. You have the right to update & correct any personal information & the right to access any of your personal information held by the Eczema Association of Australasia Inc.

The Eczema Association would appreciate it if you could post the Questionnaire to: ECZEMA ASSOCIATION OF AUSTRALASIA INC PO Box 1784 DC CLEVELAND QLD 4163

We hope that the information we gather, will provide valuable data, which will be of benefit to everyone involved with the treatment of Eczema.

Please return this survey and thank you for your support.

SURVEY START

Name: ........................................................................................................................................ Date: .................................................................................................................................

Sufferers Name: ................................................................. Age of Sufferer: .................................................................

Address: .................................................................................................................................................................................. Postcode: .................................................................

Date of Birth of Sufferer: ___/___/___ Is the Sufferer a twin, triplet, etc? ............................................................................. Sex: Male / Female

Eye Colour: ................................................................. Hair Colour: ................................................................. Skin Colour: .................................................................

1. (a) Age when eczema was diagnosed/recognised: .................. (b) Age when eczema returned: .................................................................

2. Does the sufferer also have: Asthma □ Yes □ No □ Unsure Hay fever □ Yes □ No □ Unsure

3. (a) (i) Is there a history of Eczema: □ Yes □ No □ Unsure

If so please tick the boxes which apply:

Paternal

□ Father □ Cousin □ Mother □ Cousin
□ Aunty □ Grandmother □ Aunty □ Grandmother
□ Uncle □ Great Grandmother □ Uncle □ Great Grandmother
□ Nephew □ Grandfather □ Niece □ Grandfather
□ Niece □ Great Grandfather □ Nephew □ Great Grandfather

(ii) Does the sufferer have □ Brother/s □ Sister/s □ Other (Half/Step) with eczema

If other please list: ........................................................................................................................................................................

(b) (i) Is there a history of Asthma: □ Yes □ No □ Unsure

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Aveeno  Cetaphil  DermaVeen  G9  the scent of healthy skin  Pfizer  SANOFI GENZYME  WaterWipes
If so please tick the boxes which apply:

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<tr>
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<th>Maternal</th>
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<tr>
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<td>□ Niece</td>
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</table>

(ii) Does the sufferer have □ Brother/s □ Sister/s □ Other (Half/Step) with asthma

If other please list: ...........................................................................................................................................................................................................

(c) (i) Is there a history of Hay Fever: □ Yes □ No □ Unsure

If so please tick the boxes which apply:

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<td>□ Niece</td>
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</table>

(ii) Does the sufferer have □ Brother/s □ Sister/s □ Other (Half/Step) with hay fever

If other please list: ...........................................................................................................................................................................................................

4. (a) Is the eczema condition still current □ Yes □ No

(b) How would you describe the severity of the condition: (please tick box/boxes)

□ Mild □ Seasonal □ Moderate □ Controllable □ Chronic

5. What sort of impact has eczema had on you or the rest of the family?

□ No Affect (easily controllable) □ Moderately (affects sleep occasionally) □ Severely (disrupts sleep regularly/or hospital visits)

6. List the professional people you have seen and if they were helpful or not

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<th>Very Helpful</th>
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## Treatments recommended:

### Steroid/Cortisone Treatments:  
- Yes  
- No

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Other: ____________________________ ☐ ☐ ☐ ☐ ☐ ☐

### Wet Dressings:  
- Yes  
- No

Other: ____________________________ ☐ ☐ ☐ ☐ ☐ ☐

### Immuno-suppressants:  
- Yes  
- No

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<th>Improvement</th>
<th>Great Improvement</th>
<th>Excellent Results</th>
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Other: ____________________________ ☐ ☐ ☐ ☐ ☐ ☐

### Antibiotics:  
- Yes  
- No

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Other: ____________________________ ☐ ☐ ☐ ☐ ☐ ☐

### Antihistamines:  
- Yes  
- No

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<th>Improvement</th>
<th>Great Improvement</th>
<th>Excellent Results</th>
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<th>Will Not Use</th>
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Other: ____________________________ ☐ ☐ ☐ ☐ ☐ ☐

### Sedatives:  
- Yes  
- No

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Other: ____________________________ ☐ ☐ ☐ ☐ ☐ ☐
ECZEMA ASSOCIATION OF AUSTRALASIA INC. - SURVEY

OTC Creams from Pharmacy: □ Yes □ No

- Egozite
- Cetomacrogol Cream
- Other: ______________________

Fungal Creams: □ Yes □ No

- Canestan
- Daktrin
- Other: ______________________

Medical Procedures: □ Yes □ No

- UV Treatment
- Innoculation Needles
- Injection – Sodium Thiosulphate
- Injections (other)
- Other: ______________________

Allergy Tests □ Yes □ No

Skin Biopsy □ Yes □ No

Blood Tests □ Yes □ No

Prick Tests □ Yes □ No

Saliva Tests □ Yes □ No

7. (a) Is there something that you feel triggers off the eczema: □ Yes □ No

(b) If Yes, please describe: □ Food □ Weather □ Stress □ Grasses □ Soaps □ Dust □ Emotions

Other please list: ...........................................................................................................................................

8. Could you please name the brands you use for the following:

- Shampoo: .................................................................
- Conditioner: .................................................................
- Soap/Cleanser: .................................................................
- Bath Oil: .................................................................
- Moisturiser: .................................................................
- Toothpaste: .................................................................
- Deodorant: .................................................................
- Sunscreen: .................................................................
- Insect Repellent: .................................................................
- Washing Powder: .................................................................
- Nappy Wash: .................................................................
- Other: ...............................................................................................................................................

9. How often do you moisturise per day? ...........................................................................................................

10. (a) Has anyone ever studied the sufferer's diet: □ Yes □ No

(b) If so, what was recommended: ...............................................................................................................

11. (a) Are there animals at home: ........................................................................................................

(b) What kind: □ Bird/s □ Cat/s □ Chickens □ Cow/s □ Dog/s □ Duck/s □ Fish

□ Guinea Pig/s □ Horse/s □ Kangaroo □ Mouse □ Possum □ Rabbit/s □ Sheep

□ Other: ...............................................................................................................................................

12. How did you find out about the Eczema Association? ..................................................................................

13. (a) How much would you spend on Prescription treatments per Quarter?

□ $50 - $100 □ $100 - $200 □ $200 - $300 □ Other: ........................................................................

14. □ $50 - $100 □ $100 - $200 □ $200 - $300 □ Other: ........................................................................
ECZEMA ASSOCIATION OF AUSTRALASIA INC - SURVEY

(b) How much would you spend on Over the Counter treatments per Quarter?
☐ $50 - $100 ☐ $100 - $200 ☐ $200 - $300 ☐ Other: .................................................................

FOR MOTHER’S OF SUFFERERS UNDER THE AGE OF TEN WE WOULD APPRECIATE THE FOLLOWING INFORMATION:

15. (a) Were there any problems during the pregnancy: ☐ Yes ☐ No
(b) What kind:
☐ Breech ☐ Bleeding ☐ Blood Pressure ☐ Chicken Pox ☐ Diabetes ☐ Fertility ☐ Fluid Retention
☐ Hyperemic ☐ Infections ☐ Miscarriage/s ☐ Morning Sickness ☐ Preclampsia ☐ Stress ☐ Toxemia
Other ........................................................................................................................................................

16. Type of Birth: ☐ Natural ☐ Caesarian

17. Was baby: ☐ Premature ☐ Full term ☐ Late

18. What was baby’s weight? ........../kg ☐ Small ☐ Small/Average ☐ Average ☐ Average/Heavy ☐ Heavy

19. Baby’s Measurements:
☐ Small ☐ Small/Average ☐ Average ☐ Average/Tall ☐ Tall

20. (a) Were drugs used in labour: ☐ Yes ☐ No
(b) What kind: ☐ Epidural ☐ Fentinol ☐ Gas ☐ Nitrous Oxide ☐ Oxytocin ☐ Paracetmol
☐ Pethadine ☐ Sleeping Tablets ☐ Syntocin ☐ Other:.............................................................................................

21. What was the town of birth? ................................................................................................................................

22. (a) Was baby breastfed ☐ Yes ☐ No For how long? ..........................................................................................
(b) Was baby bottle-fed ☐ Yes ☐ No Which Formula was used? ...............................................................................

23. (a) At what age were solids introduced? .................................
(b) At what age was cow’s milk introduced? .................................
(c) At what age were eggs introduced? .................................

24. Did baby suffer from: Jaundice ☐ Yes ☐ No Hepatitis ☐ Yes ☐ No
Any form of kidney failure ☐ Yes ☐ No

25. Has the child been: Immunised ☐ Yes ☐ No

26. Did the child have: Colic: ☐ Yes ☐ No Gastric Reflux: ☐ Yes ☐ No

If you feel you have any information which could be of value to this survey, please write details here:
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Prick or blood tests may aid in establishing some trigger factors. These are guidelines for treating the condition of eczema.

- Place a sheet of cotton or bamboo on a chair before sitting to help
- Keep furniture and fittings simple and easy to clean
- Use dustmite protective mattress and pillow covers
- If possible avoid sleeping on the lower bunk of bunk beds
- Use 100% cotton or bamboo bedding and change regularly
- Wear loose fitting 100% cotton and/or bamboo clothing

Evening Primrose Oil treatments. A number of sufferers have found relief from these forms of eczema. In clinical trials these have been shown to prevent or reduce the

It is always advisable to consult your health’s professional. The above suggestions are not to be regarded as medical advice.

How Can I Help Myself, or My Child, to Manage Eczema?

Can Changing Diet Help?

Which Type of Eczema do I have?

EMOLLIENTS
These keep dry skin moisturised and lubricated and are essential to minimise itchiness. Each person with eczema should have a separate supply of emollient, to avoid cross-infection.

- Use frequently, especially when the skin feels dry and itchy
- Apply with clean hands
- Gently apply a thin even layer, taking care not to rub the skin too hard as this can set off itching
- Use the dot method for thick preparations. Apply small amounts where required, starting from the top downwards. Smooth in gently

BATHING
- Use suitable soap alternatives
- Bath oils may aid in moisturising
- Use lukewarm water
- Do not use bubble bath
- Avoid perfumed toiletries

CLOTHING
- Cotton and/or bamboo is preferred
- Avoiding wool and certain synthetics is advisable
- Wear loose fitting clothing to avoid aggravation from friction caused by seams and fabric

ITCHING
- Keep fingernails short
- Keep skin cool
- Avoid over-tiredness and stress

PHARMACEUTICAL/MEDICAL TREATMENTS

Topical Steroids
Topical steroids are steroids applied to the skin and act to reduce inflammation.

Oral Steroids
These can be prescribed in very severe cases when topical steroids have been found to be ineffective.

Antihistamines
Can aid in reducing itchiness and help with sleep.

Antibiotics
People with eczema may sometimes need a course of antibiotics even with only a mild infection.

Immunosuppressants
There are several of these prescription drugs on the market, both oral & topical types. The oral drugs are usually used by those with very severe eczema which has not responded to other treatments. The topical treatments (or those applied to the skin) are used for mild to severe cases.

Bandaging
People with severe eczema may have special ‘wet wrap’ bandages or clothing that can assist in reducing itchiness and aid in healing lesions.

Therapeutic Silk Garments with Antimicrobial
The smooth fibres of Medical Silk can promote healing to the irritated skin and the Antimicrobial acts by killing the bacteria that causes infections on the surface of the skin.

MEMBERSHIP
(Annual Family Membership $39)

Benefits of Membership

- Eczema Quarterly Magazine with tips, information & details of the latest products on the market.
- Free samples of products.
- Social Register (optional) - You can get in touch with people in your area and arrange, for example, a coffee morning.
- Information Sheets: Covering a wide range of topics and help for the condition of eczema & its difficulties.
- We are here to discuss your condition with you so you know you are not alone.
- We have access to the top Dermatologists and Natural Therapists in the country for help and information.

MEMBERSHIP APPLICATION FORM

Social Register
Media Availability

Sufferer’s Name
Applicant’s Name
Address

Postcode

Telephone

Email

I enclose my cheque payable to the ECZEMA ASSOCIATION OF AUSTRALASIA INC, PO Box 1784 DC CLEVELAND QLD 4163.
or please charge my:  

Mastercard  
Visa Card
American Express  
Diners Club

Card Number:

Expiry Date

Card Check Value:

Card Name

Signature

PRIVACY ACT: Membership information collected is stored on our electronic database, which is password protected, and in our lockable filing cabinet. No information is distributed to a third party without your express permission, eg. for our social register and with the exception of any information is required by our professional advisers such as solicitors, accountants & auditors.
**What is ECZEMA?**

Eczema, or dermatitis as it is sometimes called, is a very distressing condition which results in dry, inflamed and sometimes weeping or infected skin, affecting not just individuals but families and friends, often placing enormous pressure on those involved.

**AGGRAVATING FACTORS:**

**EXTERNAL**
- Tobacco smoke
- Pets (ie cats, dogs, birds) - fur, feathers or dander
- Dustmites
- Soaps, shampooos, washing powders
- Certain synthetics & woollen material
- Grasses, pollens & moulds
- Sand
- Chlorinated water
- Some cosmetics & toiletries
- Nickel (only if specific allergy present)
- Air conditioning
- Overheating
- Stress
- Weather conditions (ie hot & humid or cold & dry weather)

**INTERNAL**
- Dairy products
- Citrus fruits
- Wheat products
- Eggs
- Nuts
- Natural Food Preservatives
- Seafood
- Chemical food additives
- Food preservatives
- Food colourings
- Stress
- Alcoholic drinks

**What Causes Eczema?**

The causes of eczema are varied depending on the type of eczema. Atopic eczema is thought to be a hereditary condition according to research. Some people with atopic eczema are sensitive to allergens in the environment because their skin barrier is defective.

There is an excessive reaction by the immune system producing inflamed, irritated and sore skin. Associated atopic conditions include asthma and hayfever.

Other types of eczema are caused by irritants such as chemicals and detergents and allergens such as nickel. Environmental factors and stress can also play a role.

**Which Type of Eczema do I have?**

The first step in effective treatment of eczema is a correct diagnosis – visit your Doctor. It may be necessary to be referred to a Specialist.

**Is There a Cure for Eczema?**

It is the general opinion of qualified professionals who deal with eczema that there is no known cure unless it is an allergic eczema and the substance is avoided, eg nickel. However, research continues to shed new light on the condition.

**Are Steroid Creams Safe to Use?**

Steroid Creams come in different strengths. As long as the steroids are used appropriately and as directed by your Doctor, the likelihood of side effects is very rare. Reported side effects have been largely due to the use of very potent steroid preparations over a long period of time.

**Can Changing Diet Help?**

The role of diet in the management of eczema is unclear. Generally, changes in diet are only considered by health professionals in severe cases when conventional treatments are failing. Sometimes dietary changes can be quite helpful in keeping eczema under control. When considering altering the diet it is important to seek advice from a dietitian or nutritional therapist to ensure adequate nutrition.

**Will My Child Grow Out of Their Eczema?**

There are no guarantees that a child will grow out of eczema. However, research has shown that 60-70% of children are virtually clear of the condition by the time they reach their mid-teens.

**Should I Get My Child Immunised?**

To avoid any possible complications from vaccination, discuss the eczema patient’s condition with your Doctor. However, the usual childhood immunisations generally pose no problem.

**How Can I Help Myself, or My Child, to Manage Eczema?**

There are many ways to minimise the discomfort and distress which eczema can bring, the foundation of which is an effective skin care routine. Eczema is a highly individual condition and what works for one sufferer may not be suitable for another.

In closing, remember eczema is part of your life not your whole life.

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**Other Treatments**

**Probiotics**

In clinical trials these have been shown to prevent or reduce the incidence of eczema.

**Chinese Herbs**

Some Chinese herbs have been found to be helpful in atopic eczema.

**Naturopathic & Homeopathic Treatments**

A number of sufferers have found relief from these forms of treatments.

**Evening Primrose Oil**

Clinical trials have shown evening primrose oil to be effective in reducing eczema symptoms in some people.

**Stress Relief**

There are many ways to help with stress management. The choice is very individual and may be of some use in relieving the symptoms of eczema.

**Allergy Testing**

Prick or blood tests may aid in establishing some trigger factors.

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**USEFUL TIPS**

**Personal**

- A plastic bag filled with ice cubes held next to the skin can help relieve itching
- Avoid stuffed toys which harbour dustmites
- Ventilate house as often as possible
- Keep cool and avoid hot, humid places

**Clothing**

- Wear loose fitting 100% cotton and/or bamboo clothing
- Unpick name tags from clothing
- Wearing of mittens by children may help to stop them scratching
- Use rubber gloves with cotton liners

**Home**

- Use 100% cotton or bamboo bedding and change regularly
- Avoid feather filled pillows
- If possible avoid sleeping on the lower bunk of bunk beds
- Use dustmite protective mattress and pillow covers
- Damp dust to minimise dust particles in the air
- Keep furniture and fittings simple and easy to clean
- Place a sheet of cotton or bamboo on a chair before sitting to help stop the backs of legs from being hot and itchy
- Place a cotton or bamboo sheet on carpets to keep aggravation to a minimum
- The above suggestions are not to be regarded as medical advice
- These are guidelines for treating the condition of eczema.
- It is always advisable to consult your health professional.

The above suggestions are not to be regarded as medical advice. These are guidelines for treating the conditions of eczema. It is always advisable to consult your health’s professional.