www.eczema.org.au 1300 300 182 PO Box 1784 DC Cleveland QLD 4163 help@eczema.org.au ABN 47 072 394 542

# 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 deductable & your generosity may be published in our magazine ©

Best wishes & kind regards **ECZEMA ASSOCIATION** of Australasia inc

























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# **MEMBERSHIP APPLICATION FORM**

distributed to a third porty without your express permission, eg through the social register, where you give your consent for other members on the Social Register to be give manage, address, email address and phone number. You hove the right to update and correct any personal information and the right to access any of your personal information by the Eczema Association of Australasia Inc.  Social Register: Yes   No   Media Availability: Yes   No   (Occasionally we receive media requests to interview or 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 S. THAT THE ASSOCIATION IS ABLE TO MAKE AVAILABLE. WE HAVE ACCESS TO TOP DERMATOLOGISTS & OTHER MEDICAL PROFESSIONALS IN THE COUNTRY FO AND INFORMATION. WE ARE HERE TO ASSIST YOU.  INFORMATION LIST  Please select a maximum of 5 information sheets/brochures and 3 samples per request    Acrop Management   Discoid Eczema   Heredity   Nickel Allergy   Sun & Eczema   Sunscreens     All About the Skin   Eczema & A Man's World   Homeopathy   Patch Testing   Teenagers & Eczema   All Albout the Skin   Eczema & A Man's World   Homeopathy   Patch Testing   Teenagers & Eczema   House Dust Mites   Professional Counselling   The Great Topica   Debate     Anthistamines   Eczema & the Garden   House Dust Mites   Professional Counselling   The Role of IgE   Family   Hypnotherapy   Scalp Problems in Eczema   The Role of IgE   Family   Hypnotherapy   Scalp Problems in Eczema   The Role of IgE   Brush up your Basics   Eyes & Eczema   Infection & Eczema   Skin Allergies & Eczema   Treatments   Seborrhoeic Eczema—Adults   Treating Your Miterations   School   Topical Steroids   Treatments   School   Topical Steroids   Careers   Facial Eczema   Infection & Eczema   Skin Care & Current   Skin Care & Current   Treatments of Attentions   School   Topical Steroids   Current   School   Topical Steroids   Current   School   Skin Care & Current   School   Skin Care &	SUFFERERS NA			•••••	•••••								
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If no box selected, it will be assumed that the application is for 1 vear's memberable [sits go to www.esczema.org.g.u]  or charge my   Mostercard   Visa   American Express   Diners Club    Card Number:   Card Check Value   (last 3 numbers on the back of the card if a validable)    PRIVACY ACT: Membership Information collected is stored on our electronic databoses, which is password protected and, and in our lockable filling cabinat. No information indistributed to a third party without your express permission, egit through the social register, where you give your consent for other members on the Social Register to be give manner, oddress, and old others and phone number. You have the right to update and correct only personal information and the right cases may of your express permission, egit through the social register, where you give your consent for other members on the Social Register to be give manner, oddress, and old others and phone number. You have the right to update and correct may personal information and the right grown personal information of the right members on the Social Register. Yes   No   (Occasionally we receive media requests to interview on members about their experiences with eczemo.)  THE ANNUAL MEMBERSHIP FEE PROVIDES YOU WITH A COPY OF THE COLARTERY NEWSLETTER, SOCIAL REGISTER, AS WELL AS RELEVANT INFORMATION LIST  Please select a maximum of 5 information sheets/brochures and 3 samples per request  Annual Membership information and the right of the first personal information in the register personal informat	APPLICANTS N	NAME:											
If no box selected, it will be assumed that the application is for 1 year's membership [sits go to www.eczema.org.g.u] and follow the links or charge my   Mostercard   Visa   American Express   Diners Club    Card Number:   Card Check Value   (last 3 numbers on the back of the card if a voilloble)    PRIVACY ACT: Membership Information collected is stored on our electronic databases, which is password protected and, and in our lockable filling cabinat. No information idistributed to a third party without your express permission, egit through the social register, where you give your consent for other members on the Social Register to be give more, address, and address and phone number. You have the right to update and correct only personal information and the right cases may a your express permission, egit through the social register, where you give your consent for other members on the Social Register to be give more, address, and old advardable was the first throughten and personal information and the right members on the Social Register to be give more, address, and of autorial and the right personal information of the right members on the Social Register. Yes   No   (Occasionally we receive media requests to interview on members about their experiences with eczema.)  THE ANNUAL MEMBERSHIP FEE PROVIDES YOU WITH A COPY OF THE GUARTERLY NEWSLETTER, SOCIAL REGISTER, AS WELL AS RELEVANT INFORMATION LIST  Please select a maximum of 5 information sheets/brochures and 3 samples per request  All About the Skin   Sea Eczema   Heredity   Nickel Allergy   Sun & Eczema   Sunscreens   Heredity   Nickel Allergy   Sun & Eczema   Sunscreens   Heredity   Nickel Allergy   Sun & Eczema   Sea Eczema   Heredity   Nickel Allergy   Sun & Eczema   Sea Problems in Eczema   Professional Counselling   The Rore of type and the first person   The Rore of type and type and type and				٦.		ı: <b>¢</b> 00					***		
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distributed to a third porty without your express permission, eg through the social register, where you give your consent for other members on the Social Register to be give manage, address, email address and phone number. You hove the right to update and correct any personal information and the right to access any of your personal information by the Eczema Association of Australasia Inc.  Social Register: Yes   No   Media Availability: Yes   No   (Occasionally we receive media requests to interview or 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 S. THAT THE ASSOCIATION IS ABLE TO MAKE AVAILABLE. WE HAVE ACCESS TO TOP DERMATOLOGISTS & OTHER MEDICAL PROFESSIONALS IN THE COUNTRY FO AND INFORMATION. WE ARE HERE TO ASSIST YOU.  INFORMATION LIST  Please select a maximum of 5 information sheets/brochures and 3 samples per request    Acrop Management   Discoid Eczema   Heredity   Nickel Allergy   Sun & Eczema   Sunscreens     All About the Skin   Eczema & A Man's World   Homeopathy   Patch Testing   Teenagers & Eczema   All Albout the Skin   Eczema & A Man's World   Homeopathy   Patch Testing   Teenagers & Eczema   House Dust Mites   Professional Counselling   The Great Topica   Debate     Anthistamines   Eczema & the Garden   House Dust Mites   Professional Counselling   The Role of IgE   Family   Hypnotherapy   Scalp Problems in Eczema   The Role of IgE   Family   Hypnotherapy   Scalp Problems in Eczema   The Role of IgE   Brush up your Basics   Eyes & Eczema   Infection & Eczema   Skin Allergies & Eczema   Treatments   Seborrhoeic Eczema—Adults   Treating Your Miterations   School   Topical Steroids   Treatments   School   Topical Steroids   Careers   Facial Eczema   Infection & Eczema   Skin Care & Current   Skin Care & Current   Treatments of Attentions   School   Topical Steroids   Current   School   Topical Steroids   Current   School   Skin Care & Current   School   Skin Care &	Card Name:				(last 3 num	nbers on	the back	c of			Signature	<b>::</b>	
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□ Long-Term Oral Steroid □ Starting School with Eczema □ Washing Product	Acupuncture All About the Allergy Antihistamine Aromatherpy Atopic Eczem Babies & Ecze Becoming an Breast Feedin Brush up your Careers Childhood Ecz Chinese Herb Cleaners—Alt	ement  Skin  es  Lack Explained  Expert Patie  ang & Weaning  Ir Basics  Izema  Sternative  ary Medicine		Discoid E Ear Eczer Eczema & Eczema & Eczema & Eczema & Eczema & Eczema & Effect of on the F Family Emollient Evening F Evening F Evening F Facial Ecze Food Alle Food Alle Food Hyp	czema ma & A Man's Wo & Sport & the Garden Childhood Ec unctioning of ts t Therapy Primrose Oil czema zema dittives ergy persensitivity	orld czema i the	Hormatio Holida Home Horma Eczen House Hypno Hypno Immun Atopia Infecti Itching Lactos Letter	in sheets/k lity ay Tips copathy conal Influence ma in Womer e Dust Mites diffiers otherapy misation & Cr ic Eczema mosuppressal ments g & Scratchin se Intolerance to my Schoo	ees on hildren wit ant Topical a	□ Nick □ Othe □ Patc □ Preg □ Profe □ Psor □ Scalp □ Scbo □ Sebo □ Skin □ Skin □ Skin □ Skin	el Allergy r Forms of E n Testing nancy iotics & Prel essional Cou asis n Problems i ol rrhoeic Ecze rrhoeic Ecze Allergies & E Care Care & the C Managemei	czema  Diotics Inselling In Eczema  Ema—Adults Ema—Infants Eczema  Dider Person Int Made	□ Sun & Eczema □ Sunscreens □ Teenagers & Eczem □ The Great Topical State □ The Normal Skin □ The Role of IgE □ The Role of the Environment □ Topical Steroids □ Treating Your Mind Emotions □ Treatments of Atop Eczema □ Urticaria □ Vacuum Cleaners & Bedding
Steroid Phobia   Water Softeners	Acupuncture All About the Allergy Antihistamine Aromatherpy Atopic Eczem Babies & Ecze Becoming an Breast Feedin Brush up you Careers Childhood Ecz Chinese Herb Cleaners—Alt Complementa	ement  Skin  es  Ana Explained  ema  Expert Patie  ng & Weaning  Ir Basics  zema  ss  ternative  ary Medicine  natitis		Discoid E Ear Eczer Eczema & E	czema ma & A Man's Wo & Sport & the Garden Childhood Ec unctioning of ts t Therapy Primrose Oil czema ditives ergy persensitivity ema czema	orld czema i the	Hered Holida Home Hormo Eczen House Humic Hypno Immun Atopic Infecti Itching Lactos Letter Light T (Phot	in sheets/k lity ay Tips opathy onal Influence na in Womer e Dust Mites diffiers otherapy nisation & Ch ic Eczema nosuppressal ments ion & Eczema g & Scratchin se Intolerance to my Schoo Treatments otherapy) Term Oral Ste	brochure ces on n hildren wit ant Topical a ng e	Nick   Other   Patc   Preg   Profe   Psor   Scalp   Schoo   Seboo   Skin   Skin   Skin   Skin   Start	el Allergy r Forms of E n Testing nancy iotics & Prel essional Cou asis Problems i ol rrhoeic Ecze Allergies & I Care Care & the ( Managemen r Through P ing Baby For	ciczema  piotics nselling n Eczema ema—Adults ema—Infants Eczema  Dider Person nt Made	□ Sun & Eczema □ Sunscreens □ Teenagers & Eczem □ The Great Topical State □ The Normal Skin □ The Role of IgE □ The Role of the Environment □ Topical Steroids □ Treating Your Mind Emotions □ Treatments of Atop Eczema □ Urticaria □ Vacuum Cleaners & Bedding
Make Your Home More   Make Your Home More   Steroids & Eczema   Mot Wrans	Acupuncture All About the Allergy Antihistamine Aromatherpy Atopic Eczem Babies & Ecze Becoming an Breast Feedin Brush up your Careers Childhood Ecz Chinese Herb Cleaners—Alt Complementa Contact Derm	ement  Skin  es  Ana Explained  ema  Expert Patie  ng & Weaning  Ir Basics  zema  ss  ternative  ary Medicine  natitis		Discoid E Ear Eczer Eczema & E	czema ma & A Man's Wo & Sport & the Garden Childhood Ec unctioning of ts t Therapy Primrose Oil czema ditives ergy persensitivity ema czema	orld czema i the	Hered Holida Home Hormo Eczen House Hypno Hypno Immun Atopic Infecti Itching Lactos Letter Light T (Phot	in sheets/k lity ay Tips copathy conal Influence ma in Womer e Dust Mites diffiers otherapy misation & Cr ic Eczema mosuppressal ments ion & Eczema g & Scratchin ise Intolerance to my Schoo Treatments otherapy) Term Oral Ste	ces on hildren with ant Topical ang e	Nick   Other   Patc   Property   Proference   Scalp   Schoo   Seboo   Skin   Skin   Skin   Skin   Start   Start	el Allergy r Forms of En Testing nancy iotics & Prel essional Cou asis r Problems i ol rrhoeic Ecze rrhoeic Ecze Allergies & I Care Care & the C Managemen r Through P ing Baby For	ciczema  piotics nselling n Eczema ema—Adults ema—Infants Eczema  Dider Person nt Made	Sun & Eczema Sunscreens Teenagers & Eczem The Great Topical St Debate The Normal Skin The Role of IgE The Role of the Envinent Topical Steroids Treating Your Mind Emotions Treatments of Atop Eczema Urticaria Vacuum Cleaners & Bedding Varicose Eczema Washing Products
□ Diet & Eczema—Children □ Hand Eczema □ Managing Adult Eczema □ Stress □ Winter Tips	Acupuncture All About the Allergy Antihistamine Aromatherpy Atopic Eczem Babies & Ecze Becoming an Breast Feedin Brush up yout Careers Childhood Ecz Chinese Herb Complementa Contact Derm Cortisone & th	ement  Skin  es  Ana Explained  ema  Expert Patie  ng & Weaning  Ir Basics  Izema  as  ternative  ary Medicine  natitis  the Skin	nt a	Discoid E Ear Eczer Eczema & E	czema ma & A Man's Wo & Sport & the Garden Childhood Ec unctioning of ts t Therapy Primrose Oil czema zema ditives ergy persensitivity ema czema the Best out of	orld czema i the	Hered Holida Home Hormo Eczen House Humic Hypno Immun Atopic Infecti Itching Lactos Letter Light T (Phot	in sheets/k lity ay Tips copathy conal Influence ma in Womer e Dust Mites diffiers otherapy nisation & Cr ic Eczema mosuppressal ments ion & Eczema g & Scratchin se Intolerance to my Schoo Treatments otherapy) Term Oral Ste	ces on hildren with ant Topical ang e	Nick   Other   Patc   Preg   Prob   Psor   Scalg   School   Sebool   Skin   Skin   Skin   Start   Start	el Allergy r Forms of En Testing nancy iotics & Prel essional Cou asis r Problems i ol rrhoeic Ecze Allergies & E Care Care & the C Managemen r Through P ing Baby For ing School v oid Phobia	ciczema  piotics nselling n Eczema ema—Adults ema—Infants Eczema  Older Person nt Made elay od with Eczema	□ Sun & Eczema □ Sunscreens □ Teenagers & Eczem □ The Great Topical Structure □ The Normal Skin □ The Role of IgE □ The Role of the Environment □ Topical Steroids □ Treating Your Mind Emotions □ Treatments of Atop Eczema □ Urticaria □ Vacuum Cleaners & Bedding □ Varicose Eczema □ Washing Products □ Water Softeners













# SAMPLE/BROCHURE REQUEST

(Subject to Availability)

1300 300 182

www.eczema.org.au

Aveeno Baby Dermexa Moisturising Cream  Bio Oil  Bioderma Atoderm Intensive Baume  Bioderma Atoderm Preventive  Bioderma Atoderm Preventive  Company Anti-Itch Soothing Cream  C	е
Bioderma Atoderm Intensive Baume  Bioderma Atoderm Preventive  Kenkay Body Wash  Dermal Therapy Anti-Itch Soothing Cream  Dermal Therapy Moisturising Lotion  Dermal Therapy Very Dry Skin Lotion  Dermal Therapy Soap Free Wash  Little Bodies Eczema Relief Crea  Little Bodies Eczema Relief Crea	
Bioderma Atoderm Preventive  Dermal Therapy Anti-Itch Soothing Cream  Dermal Therapy Moisturising Lotion  Dermal Therapy Very Dry Skin Lotion  Dermal Therapy Very Dry Skin Lotion  Dermal Therapy Soap Free Wash  Lovekins Baby Body Moisturiser	
Dermal Therapy Anti-Itch Soothing Cream  Dermal Therapy Moisturising Lotion  Little Bodies Eczema Moisturisin  Dermal Therapy Very Dry Skin Lotion  Little Bodies Eczema Relief Crea  Dermal Therapy Soap Free Wash  Lovekins Baby Body Moisturiser	
Dermal Therapy Moisturising Lotion  Dermal Therapy Very Dry Skin Lotion  Little Bodies Eczema Moisturising  Little Bodies Eczema Relief Crea  Little Bodies Eczema Relief Crea  Lovekins Baby Body Moisturiser	
Dermal Therapy Very Dry Skin Lotion  Little Bodies Eczema Relief Crea  Dermal Therapy Soap Free Wash  Lovekins Baby Body Moisturiser	ng Lotion
Dermal Therapy Soap Free Wash  Lovekins Baby Body Moisturiser	The state of the s
Dermal Therapy Heel Ralm Platinum Medihoney Eczema Cream	
Dermal Therapy Heel Balm Platinum Medihoney Eczema Cream	
Dermasukin Daily Gentle Wash  Mustela Stelatopia Emollient Cree	am
DermaVeen Sensitive Relief  Nutri-Synergy Pack	
Dermeze Moisturising Soap Free Wash  Pure Peony Sensitive Creme	
Dermeze Moisturising Lotion  Sebmed Liquid Face & Body Wa	sh
Dermeze Moisturising Cream  Sebmed Moisturising Body Lotic	on
Dermeze Treatment Cream  Sudocrem Healing Cream	
Dermeze Treatment Ointment Uriage Anti Irritations Creme	
Dermeze Pack Water Wipes	
EGO QV Baby Gentle Wash Cottons Maternity Pads	
EGO QV Intensive Cream Cottons Overnight Pads	
EGO QV Intensive With Creamides Cottons Ultra Thin Pads	
Cottons Nursing Pads Cottons Ultra Thin Pantyliners	
ochures	
Dermeze Moisturising Brochure Understanding Eczema	
A Little Ego Every Day	
Lovekins Mother & Baby Brochure  AllergEnd Plus Dust Mite Protection	ve Bedding
Natures Gold The Power Of Manuka Honey  DermaSheets Medical Bedding	
QV Every Day Where Beautiful Skin Begins	
QV Skin tips for all occasions	



www.eczema.org.au 1300 300 182 PO Box 1784 DC Cleveland QLD 4163 07 3206 3633 help@eczema.org.au ABN 47 072 394 549

# 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.





PO Box 1784 DC Cleveland QLD 4163 help@eczema.org.au ABN 47 072 394 542

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**

Naı	ne: .						•••••		•••••		Date:		••••••
Suf	ferer	s Name:	•••••				•••••		Aç	ge of Sufferer	r:		
Add	dress	:											
		•••••									Post	code:	
Dat	e of	Birth of Suffe	rer:/_	_/ Is the S	uffere	a tw	in, trip	let, etc?				<b>Sex:</b> Male / Fem	ale
Eye	Cold	our:		Hair Co	lour:	•••••				Sk	in Colour:		
1.	(a)	Age when e	eczema was	diagnosed/recog	nised:	•••••		(b	) /	Age when ec	zema returned	:	
2.	Doe	es the suffere	r also have:	Asthma 🗆	Yes		No 🗆	Unsure	•		Hay fever	] Yes □ No □ Uns	ure
3.	(a)	(i) Is there a	ı history of E	iczema:	Yes		No 🗆	Unsure	•				
If s	ple	ase tick the b	oxes which	apply:									
			Paternal								Maternal		
		Father		Cousin			1			Mother		Cousin	
		Aunty		Grandmother						Aunty		Grandmother	
		Uncle		Great Grandmot	her					Uncle		Great Grandmother	
		Nephew		Grandfather						Niece		Grandfather	
		Niece		Great Grandfat	ner		ı			Nephew		Great Grandfather	
		(ii) Does the	sufferer ha	ve □ Broth	ier/s		Sister/s		Ot	her (Half/Ste	p) with	eczema	
oth	er pl	ease list:		•••••						•••••	•••••		
				ma. [									

eaa gold corporate supporters













If so p	lease tick the boxes v	which apply:					
	Pateri	nal			Maternal		
	] Father	☐ Cousin		I □ Moth	er 🗆	Cousin	
		☐ Grandmoth	ner	☐ Aunt		Grandmother	
	.*	☐ Great Gra		☐ Uncle	, –	Great Grandmoth	er
_	_	☐ Grandfath		☐ Niec		Grandfather	
		☐ Great Gra		□ Nep		Great Grandfathe	or .
_	1 11000	_ Orear Ora	naramer			Oreal Oranaram	
	(ii) Does the suffe		Brother/s □ Sister/	•	- / 1- /	asthma	
If othe	r please list:	••••••		•••••	••••••	••••••	••••••
(c)	(i) Is there a histor	ry of Hay Fever:	☐ Yes ☐ No	□ Unsure			
If so p	lease tick the boxes v	which apply:					
	Pateri	nal			Maternal		
	] Father	☐ Cousin		I □ Mothe	er 🗆	Cousin	
	Aunty	☐ Grandmoth	ner	☐ Aunty	,	Grandmother	
		☐ Great Gra	ndmother	Uncle		Great Grandmoth	er
	] Nephew	☐ Grandfath	er	│ □ Niece		Grandfather	
		☐ Great Gra	ndfather	☐ Neph		Great Grandfathe	er
				,			
	(ii) Does the suffer		Brother/s ☐ Sister/			hay fever	
If othe	r please list:						
4.	(a) Is the eczema con	dition still current	Yes 🗆 No				
	(b) How would you d	lescribe the sever	ity of the condition:	(please tick box	/boxes)		
	Mild	□ Seasonal	□ Modero		□ Controllable	☐ Chronic	
	-		you or the rest of the fa		Commonable	- Cilionic	
	No Affect (easily o	controllable) 🗆	Moderately (affects sle	ep occasionally)	☐ Severely (disrupts	sleep regularly/or	hospital visits)
	al & Natural Professio		Slightly Helpful	Very Helpful	Extremely Helpful	Not much Help	Of no help at all
	GP		□ .				
	Dermatologist						
	Dietitian						
	Paediatrician						
	Allergy Specialist						
	Child Health Nurse						
	Clinic Nurse		_	_		_	
(	Chemist						
	lmmunologist		<del>-</del>				
							_
	-						
	Naturopath						
	Naturopath Iridologist				0 0 0		
(	Naturopath Iridologist Homeopath		_ _ _		0 0 0	_ _ _	_ _ _ _
	Naturopath Iridologist Homeopath Chinese Herbalist			_ _ _ _	0 0 0 0	0 0 0	
,	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist			0 0 0			
, I	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist Eczema Association			0 0 0 0		0 0 0 0	
,   	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist Eczema Association Psychoanalysist						
,     	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist Eczema Association Psychoanalysist Psychologist						
,   	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist Eczema Association Psychoanalysist Psychologist Kinesiologist						
,       	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist Eczema Association Psychoanalysist Psychologist Kinesiologist Aromatherapist						
)       	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist Eczema Association Psychoanalysist Psychologist Kinesiologist Aromatherapist Reflexologist						
,         	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist Eczema Association Psychoanalysist Psychologist Kinesiologist Aromatherapist Reflexologist Herbalist						
, 1 1 1 1	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist Eczema Association Psychoanalysist Psychologist Kinesiologist Aromatherapist Reflexologist Herbalist Osteopath						
)   	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist Eczema Association Psychoanalysist Psychologist Kinesiologist Aromatherapist Reflexologist Herbalist Osteopath Health Food Shop						
	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist Eczema Association Psychoanalysist Psychologist Kinesiologist Aromatherapist Reflexologist Herbalist Osteopath Health Food Shop Photonic						
	Naturopath Iridologist Homeopath Chinese Herbalist Acupuncturist Eczema Association Psychoanalysist Psychologist Kinesiologist Aromatherapist Reflexologist Herbalist Osteopath Health Food Shop						

# **Treatments recommended:**

Steroid/Cortisone Treatments: ☐ Yes ☐ No Great **Excellent** Will Not Use Slight **Aggravated** Improvement Results Improvement Improvement Aristocort Advantan Betnovate Celestone Dermaid Diprosone Egocort Elocon Eleuphrat Hydraderm Hydrocortisone Kenacomb Ointment Novasone **Panafcort** Prednisone Sigmacort Logaderm Squibb Cream Vioform Other: \_\_\_\_\_ **Wet Dressings:** □ Yes Νo Immuno-suppressants: ☐ Yes No Neoral: (Cyclosporin) Imuran: (Azathioprine) Protopic: (Tacrolimus) Elidel: (Pimecrolimus) Other: \_\_\_ **Antibiotics:** ☐ Yes No Bactrim Flucionxacillin Resprim Doxipin Amoxil Other: ☐ Yes **Antihistamines:** No Claratyne П П Phenergan Zyrtec Redipred Polaramine Syrup Other: \_ **Sedatives:** Yes □ No Valium Other: \_\_

# **ECZEMA ASSOCIATION OF AUSTRALASIA INC - SURVEY**

OTC Creams from Pharmacy:	□ No		Great	Excellent		
	Slight Improvement	Improvement	Improvement	Results	Aggravated	Will Not U
Egozite						
Cetomacrogal Cream						
Other:						
ungal Creams:	□ No					
Canestan						
Daktarin						
Other:						
ledical Procedures:	□ No					
UV Treatment						
Innoculation Needles						
Injection — Sodium Thiosulphate						
Injections (other)						
Other:						
llergy Tests □ Yes □ No	Skin Biopsy	□ Yes □ N	No Blood Te:	sts 🗆	Yes □ No	
rick Tests 🗆 Yes 🗆 No	Saliva Tests		No			
. (a) Is there something that you feel			vo ′es □ N			
Could you please name the brands		_				
pap/Cleanser:		Bath Oil:	••••••	•••••	•••••	••••••
loisturiser:						
oothpaste:		Deodorant:		•••••	•••••	
unscreen:		Insect Repellent:	•••••	•••••	•••••	
ashing Powder:		Nappy Wash		•••••	•••••	
Other:						••••••
0. How often do you moisturise per o	lay?					
1. (a) Has anyone ever studied the suf	erer's diet: 🛭 Yes	□ No				
(b) If so, what was recommended: .						
2. (a) Are there animals at home:						
(b) What kind:			□ Dog/s			
□ Guinea Pig/s □	Horse/s □ Kangaroo	☐ Mouse	□ Possum	□ Rabb	oit/s □ Sh	eep
Other:						
3. How did you find out about the Ecze	ema Association?		•••••			•••••
1. (a) How much would you spend on						
	Prescription treatments	per Quarter?				

(	(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
1 <b>7</b> .	Was baby:     Premature   Full term   Late
18.	What was baby's weight?/kg □ Small □ Small/Average □ Average □ Average/Heavy □ Heavy
19.	Baby's Measurements:
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:
•••••	
•••••	
•••••	
•••••	
•••••	
•••••	
•••••	

# **Maintenance Program**

#### **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 overtiredness 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.

# OF AUSTRALASIA INC

PO Box 1784 CLEVELAND QLD 4163
Website: eczema.org.au • Email: help@eczema.org
Telephone: 1300 300 182

### **MEMBERSHIP**

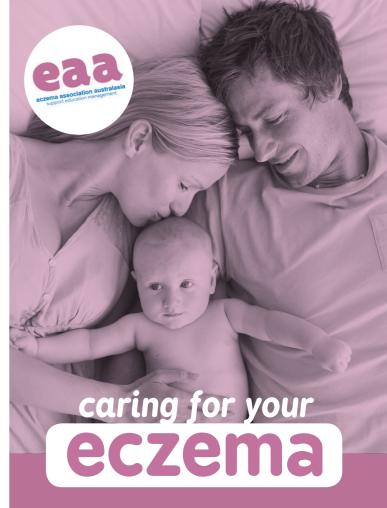
(Annual Family Membership \$39)

#### 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.

# ☐ Social Register MEMBERSHIP APPLICATION FORM ☐ 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.



#### THE ECZEMA ASSOCIATION OF AUSTRALASIA INC

(EAA) is an independent Australasian wide organisation. The EAA was founded in January 1994 as a non-profit registered charity and relies on memberships and donations along with corporate sponsorship to achieve its aims. The Association's purpose is:

- To support and educate eczema sufferers and their carers;
- To improve and broaden the availability of medical treatment and supplies for eczema sufferers;
- To greatly increase public awareness of all aspects of eczema and tts impact.

The EAA, working with a range of medical practitioners and pharmaceutical companies, offers a comprehensive range of services to its members and is a valuable source of knowledge and advice on a wide range of issues associated with the management and treatment of eczema. Its association with Medical Professionals ensures up-to-date information is available.

· 1300 300 182 · www.eczema.org.au ·

# 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.

Eczema is not infectious but may become infected. It is an extremely itchy condition that causes the sufferer great discomfort. The condition can flare and subside for no apparent reason.

Atopic eczema is the most common form affecting Australians. Atopic eczema occurs in all age groups. However, it often has its onset in babies between 2-6 months of age and usually improves with age.

Eczema in its many forms and degrees of severity affects up to 30% of the Australian population at some time of life. There are many different types of eczema and although it can sometimes look unpleasant, eczema is not contagious.

With treatment, the inflammation of eczema can be reduced, though the skin will always be sensitive to flare ups and need extra care.

#### AGGRAVATING FACTORS:

#### **EXTERNAL**

- Tobacco smoke
- Pets (ie cats, dogs, birds) fur, feathers or dander
- Dustmites
- Soaps, shampoos, 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



# **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.

### **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.



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# **Commonly asked Questions & Answers**

#### 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 a part of your life not your whole life.