

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



eczemaassoc



eczemaau



EczemaAu

eea 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

If no box selected, it will be assumed that the application is for 1 year's membership

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

or charge my ☐ Mastercard ☐ Visa ☐ American Express ☐ Diners Club

Card Number:

Expiry Date: ____ / ____

Card Name: **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, 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











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

(Subject to Availability)

Samples

<input type="checkbox"/>		Aveeno Baby Dermexa Moisturising Cream	<input type="checkbox"/>		EGO QV Intensive Moisturising Cleanser
<input type="checkbox"/>		Bio Oil	<input type="checkbox"/>		EGO SunSense Sensitive Invisible
<input type="checkbox"/>		Bioderma Atoderm Intensive Baume	<input type="checkbox"/>		Frankly Eco Baby Bum Cream
<input type="checkbox"/>		Bioderma Atoderm Preventive	<input type="checkbox"/>		Kenkay Body Wash
<input type="checkbox"/>		Dermal Therapy Anti-Itch Soothing Cream	<input type="checkbox"/>		Kenkay Extra Relief Cream
<input type="checkbox"/>		Dermal Therapy Moisturising Lotion	<input type="checkbox"/>		Little Bodies Eczema Moisturising Lotion
<input type="checkbox"/>		Dermal Therapy Very Dry Skin Lotion	<input type="checkbox"/>		Little Bodies Eczema Relief Cream
<input type="checkbox"/>		Dermal Therapy Soap Free Wash	<input type="checkbox"/>		Lovekins Baby Body Moisturiser
<input type="checkbox"/>		Dermal Therapy Heel Balm Platinum	<input type="checkbox"/>		Medihoney Eczema Cream
<input type="checkbox"/>		Dermasukin Daily Gentle Wash	<input type="checkbox"/>		Mustela Stelatopia Emollient Cream
<input type="checkbox"/>		DermaVeen Sensitive Relief	<input type="checkbox"/>		Nutri-Synergy Pack
<input type="checkbox"/>		Dermeze Moisturising Soap Free Wash	<input type="checkbox"/>		Pure Peony Sensitive Creme
<input type="checkbox"/>		Dermeze Moisturising Lotion	<input type="checkbox"/>		Sebmed Liquid Face & Body Wash
<input type="checkbox"/>		Dermeze Moisturising Cream	<input type="checkbox"/>		Sebmed Moisturising Body Lotion
<input type="checkbox"/>		Dermeze Treatment Cream	<input type="checkbox"/>		Sudocrem Healing Cream
<input type="checkbox"/>		Dermeze Treatment Ointment	<input type="checkbox"/>		Uriage Anti Irritations Creme
<input type="checkbox"/>		Dermeze Pack	<input type="checkbox"/>		Water Wipes
<input type="checkbox"/>		EGO QV Baby Gentle Wash	<input type="checkbox"/>		Cottons Maternity Pads
<input type="checkbox"/>		EGO QV Intensive Cream	<input type="checkbox"/>		Cottons Overnight Pads
<input type="checkbox"/>		EGO QV Intensive With Creamides	<input type="checkbox"/>		Cottons Ultra Thin Pads
<input type="checkbox"/>		Cottons Nursing Pads	<input type="checkbox"/>		Cottons Ultra Thin Pantyliners

Brochures

<input type="checkbox"/>		Dermeze Moisturising Brochure	<input type="checkbox"/>		Understanding Eczema
<input type="checkbox"/>		A Little Ego Every Day	<input type="checkbox"/>		Fern Fabric Brochure
<input type="checkbox"/>		Lovekins Mother & Baby Brochure	<input type="checkbox"/>		AllergEnd Plus Dust Mite Protective Bedding
<input type="checkbox"/>		Natures Gold The Power Of Manuka Honey	<input type="checkbox"/>		DermaSheets Medical Bedding
<input type="checkbox"/>		QV Every Day Where Beautiful Skin Begins			
<input type="checkbox"/>		QV Skin tips for all occasions			

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.



www.eczema.org.au

1300 300 182

PO Box 1784 DC Cleveland QLD 4163

07 3206 3633

help@eczema.org.au

ABN 47 072 394 542

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.





eczema association australasia
support education management

www.eczema.org.au

1300 300 182

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

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

- | | |
|---------------------------------|--|
| <input type="checkbox"/> Father | <input type="checkbox"/> Cousin |
| <input type="checkbox"/> Aunt | <input type="checkbox"/> Grandmother |
| <input type="checkbox"/> Uncle | <input type="checkbox"/> Great Grandmother |
| <input type="checkbox"/> Nephew | <input type="checkbox"/> Grandfather |
| <input type="checkbox"/> Niece | <input type="checkbox"/> Great Grandfather |

Maternal

- | | |
|---------------------------------|--|
| <input type="checkbox"/> Mother | <input type="checkbox"/> Cousin |
| <input type="checkbox"/> Aunt | <input type="checkbox"/> Grandmother |
| <input type="checkbox"/> Uncle | <input type="checkbox"/> Great Grandmother |
| <input type="checkbox"/> Niece | <input type="checkbox"/> Grandfather |
| <input type="checkbox"/> Nephew | <input type="checkbox"/> 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

eea gold corporate supporters



If so please tick the boxes which apply:

Paternal

- | | |
|---------------------------------|--|
| <input type="checkbox"/> Father | <input type="checkbox"/> Cousin |
| <input type="checkbox"/> Aunt | <input type="checkbox"/> Grandmother |
| <input type="checkbox"/> Uncle | <input type="checkbox"/> Great Grandmother |
| <input type="checkbox"/> Nephew | <input type="checkbox"/> Grandfather |
| <input type="checkbox"/> Niece | <input type="checkbox"/> Great Grandfather |

Maternal

- | | |
|---------------------------------|--|
| <input type="checkbox"/> Mother | <input type="checkbox"/> Cousin |
| <input type="checkbox"/> Aunt | <input type="checkbox"/> Grandmother |
| <input type="checkbox"/> Uncle | <input type="checkbox"/> Great Grandmother |
| <input type="checkbox"/> Niece | <input type="checkbox"/> Grandfather |
| <input type="checkbox"/> Nephew | <input type="checkbox"/> Great Grandfather |

(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:

Paternal

- | | |
|---------------------------------|--|
| <input type="checkbox"/> Father | <input type="checkbox"/> Cousin |
| <input type="checkbox"/> Aunt | <input type="checkbox"/> Grandmother |
| <input type="checkbox"/> Uncle | <input type="checkbox"/> Great Grandmother |
| <input type="checkbox"/> Nephew | <input type="checkbox"/> Grandfather |
| <input type="checkbox"/> Niece | <input type="checkbox"/> Great Grandfather |

Maternal

- | | |
|---------------------------------|--|
| <input type="checkbox"/> Mother | <input type="checkbox"/> Cousin |
| <input type="checkbox"/> Aunt | <input type="checkbox"/> Grandmother |
| <input type="checkbox"/> Uncle | <input type="checkbox"/> Great Grandmother |
| <input type="checkbox"/> Niece | <input type="checkbox"/> Grandfather |
| <input type="checkbox"/> Nephew | <input type="checkbox"/> Great Grandfather |

(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

Medical & Natural Professionals	Slightly Helpful	Very Helpful	Extremely Helpful	Not much Help	Of no help at all
GP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dermatologist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dietitian	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paediatrician	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Allergy Specialist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Child Health Nurse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clinic Nurse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chemist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Immunologist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Naturopath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Iridologist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Homeopath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chinese Herbalist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acupuncturist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eczema Association	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psychoanalyst	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psychologist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kinesiologist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aromatherapist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reflexologist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Herbalist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osteopath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health Food Shop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Photonic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hypnotherapist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chiropractor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

OTC Creams from Pharmacy: ☐ Yes ☐ No

	Slight Improvement	Improvement	Great Improvement	Excellent Results	Aggravated	Will Not Use
Egozite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cetomacrogel Cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fungal Creams: ☐ Yes ☐ No

Canestan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Daktarin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Medical Procedures: ☐ Yes ☐ No

UV Treatment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Innoculation Needles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Injection – Sodium Thiosulphate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Injections (other)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Allergy Tests ☐ Yes ☐ NoSkin Biopsy ☐ Yes ☐ NoBlood Tests ☐ Yes ☐ NoPrick Tests ☐ Yes ☐ NoSaliva Tests ☐ Yes ☐ No7. (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:

10. How often do you moisturise per day?

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

(b) If so, what was recommended:

12. (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:

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

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

☐ \$50 - \$100 ☐ \$100 - \$200 ☐ \$200 - \$300 Other:

☐ \$50 - \$100 ☐ \$100 - \$200 ☐ \$200 - \$300 Other:

Other

☐ **Pethadine** ☐ **Sleeping Tablets** ☐ **Syntocin** **Other:.....**

(c) At what age were eggs introduced?

26. Did the child have:

Colic:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Gastric Reflux:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
---------------	------------------------------	-----------------------------	------------------------	------------------------------	-----------------------------

[illegible]

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.

ECZEMA ASSOCIATION 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.

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.



caring for your
eczema

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 its 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.



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.

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.

