

Eczema Rash Problems: Ways to Treat a Chronic Eczema Skin Problem

By Dee Cohen

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Eczema plagues millions of people and is frustrating due to it's recurrences after the skin has cleared. A look at underlying triggers and ways to control the eczema patches and outbreaks.

Eczema is an itchy, red rash that for some begin as babies. At itchyskinrash.net common skin rashes are discussed including eczema. The symptoms and treatments used are explored and both traditional and alternative approaches are analyzed. Cohen herself has an itchy skin rash during the summer and received multiple diagnosis over a four month period. When she began treatments for eczema that included moisturizers and supplements she found these were important ingredients for skin clearing.

Home Factors

First, do an analysis of your home to see if there are problems with dust, pet hair, humidity issues or reactions to rugs. Whatever is on the bed should be washed in hot water with a detergent that is for sensitive skin. This includes not just the sheets and blankets but also stuffed animals. An allergist can do a skin prick test for dust mites to determine if the atopic eczema or dermatitis has that origin. In any case, vacuum regularly and use a humidifier if the air is dry in house due to forced heat.

What Are You Eating

Foods are known to cause skin rashes and the biggest culprits seem to be eggs, dairy, nuts and seafood. Again an allergist can help with testing or you can put yourself on a rotation or elimination diet. Watch out for food dyes as well in food. I have had clients react to the food coloring in candies. Kids may not cooperate with dietary restrictions to test things so you may want to have allergy testing by an allergist instead to see if food trigger or aggravate the atopic dermatitis. This also applies to other forms of eczema such as nummular eczema including contact dermatitis, nummular eczema, seborrheic dermatitis or discoid dermatitis. You can learn more here

<http://www.itchyskinrash.net/how-to-treat-eczema.html>

External Conditions

It's good to wear cotton clothing and avoid wool while you are sorting things out. Some people react to latex so be aware of your gloves. A mild soap like dove for sensitive skin works well as it contains no perfumes. For bathing use oatmeal baths rather than commercial bath soaks. Check your detergent to be sure it is dye free.

Do not use hot water for showers but instead use luke warm water. Avoid scrubbing the skin either with a towel or using abrasives. I once aggravated my eczema rash using a salt scrub harshly on my skin and paid for that dearly. If you work where they use lots of chemicals examine that. For other employment, find out when they clean and see if you can take a break during that time.

Learn more about treatments for eczema and other common skin rashes at <http://www.itchyskinrash.net> and specific ways to treat eczema here : <http://www.itchyskinrash.net/how-to-treat-eczema.html>

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About Itchyskinrash.net :

Itchyskinrash.net is a website designed to give information and support to people with skin rashes. Many skin rashes including eczema are chronic in nature. Cohen is a licensed psychotherapist and also discusses the role of stress in the aggravation of skin disorders .

Category Health

Tags eczema, eczema rash, itchy skin rash, baby eczema, eczema problems, dry winter skin, what is eczema, red bumps

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