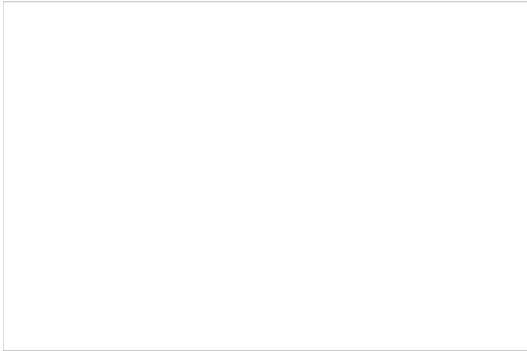


Eczema and other skin problems, why they occur



What is eczema?

Eczema is a group of conditions that cause your skin to feel inflamed or irritated. The most common type is atopic dermatitis or atopic eczema. "Atopic" refers to a person's tendency to suffer from allergic diseases such as asthma and hay fever. In the US, eczema affects about 10-20% of infants and about 3% of adults and children. Most children outgrow it by their 10th birthday. For some people, symptoms go away and reappear throughout their lives.

There is no cure, but most people can manage their symptoms with treatment and avoiding irritants. Eczema is not contagious, so you cannot pass it on to another person.

Eczema symptoms

Eczema manifests and looks differently for everyone. And flare-ups won't always happen in the same area. No matter which part of the body the skin is affected, eczema is almost always itchy. Itching sometimes precedes the rash. The skin may also be flushed or red, dry, with or without cracks. Symptoms in babies are different than in adults. Babies may develop a crusty rash, mostly on the face and scalp, without an itchy rash. It can also appear on their arms, legs, back and chest. Symptoms in children and adolescents usually appear in the form of rashes on the elbows, behind the knees, on the neck, wrists or ankles. The rash flakes and the areas become dry. Symptoms in adults usually appear on the face, back of the knees, wrists, hands or feet as a rash. The skin will be very dry, thick or scaly. In light-skinned people, these areas may be pink and then brown. For people with darker skin, eczema can affect skin pigments, making the affected area lighter or darker.

Eczema causes and risk factors

Experts aren't sure what exactly causes eczema. Things that may make this more likely include:

- The immune system's response to something irritating
- Problems with your skin barrier, which allows moisture to escape and germs to enter

- There are other cases of allergies or asthma in the family
- Causes of eczema

For some people, things like:

- Coarse or rough fabric
- Feels too hot or cold
- Household products such as soap or detergent
- Animal products
- Respiratory infections or colds
- Stress
- Sweat

When to see a doctor

Contact your doctor if you notice signs of infection, such as fever, redness, warmth, pus, or blisters. If the eczema suddenly changes or worsens, you should not delay either. Also, if the prescribed treatment does not work at all, you should go to the doctor to find another treatment method.

Eczema diagnosis

No test can diagnose eczema. Your doctor will probably make a diagnosis by looking at your skin and asking a few questions. Since many people with eczema also have allergies, your doctor may order some allergy tests to identify irritants or triggers. Allergy tests are especially common in children with eczema.

Is eczema contagious? No. A person with eczema cannot infect someone with eczema or pass it on to others. Eczema does not mean that the skin is infected or that eczema spreads from person to person. Some people may think that eczema can be contagious because it often runs in families. However, eczema can be caused by several factors, including the immune system, genes, environment, and other things that cause the skin's protective barrier to be damaged.

However, eczema can lead to skin infections from scratches or cracks. This can break down the skin's protective barrier and prevent it from bacteria and other germs.

Prevention of eczema flare-ups A few tips can help prevent breakouts or keep them from getting worse:

- Moisturize your skin often.
- Avoid sudden changes in temperature or humidity.
- Try not to sweat or overheat. Keeping the temperature at home cooler can help reduce itching.
- Manage stress and give yourself time to relax. Exercise regularly. It can help control stress and improve circulation.
- Avoid scratchy materials such as wool.
- Do not use harsh soaps, detergents or solvents.
- Pay attention to foods that may cause symptoms and try to avoid them.
- Use a humidifier in your bedroom.

If your baby is more likely to develop eczema due to a family history, it is best to breastfeed for at least the first 3 months of life, or longer if possible. Doctors recommend breastfeeding for at least 6 months (preferably 1 year) before introducing solid food to your baby. Babies also need to be protected from potential allergens such as pet dander, mites, and mold.

Actinic keratosis

This condition causes thick, scaly or crusted patches on the skin. They are usually less than 2 cm or about the size of a pencil eraser. They often appear on areas of the body that receive a lot of sunlight, such as the hands, arms, face, scalp and neck. The patch of skin is usually pink in color but may have a brown, tan or gray base. This patch may appear the same color as the surrounding skin in people with darker skin.

What causes actinic keratosis?

Actinic keratosis is primarily caused by prolonged exposure to sunlight. People over the age of 60, who have fair skin and blue eyes, who tend to burn easily in the sun, have a history of sunburn, have been in the sun a lot in their lifetime, and have human papillomavirus (HPV) are at higher risk of developing this disease.

Pink (Rose)

This cutaneous skin disease goes through a cycle of fading and relapsing. Relapses can be triggered by spicy food, alcoholic beverages, sunlight, stress and the bacteria *Helicobacter pylori*. There are four rosacea subtypes, covering a wide range of subtypes. Common symptoms include facial flushing, raised red bumps, dry skin, and skin sensitivity. People with darker skin tones may notice brown discoloration or dry and swollen patches of dark skin.

What causes rosacea?

The cause of rosacea has not been determined. It can be a combination of hereditary and environmental factors. It is known that some things like spicy food, products with cinnamon, chocolate, tomatoes and citrus fruits, hot coffee and tea, can deteriorate the high quality of roses. Also, the skin mite, called demodex, and the bacterium it carries, *Bacillus oleronius*, lack of cathelicidin (a protein that protects the skin from infection) has a negative effect on rosacea.

Rosacea risk factors

There are several factors that make a person more likely to develop rosacea than others. Rosacea develops in people between the ages of 30 and 50. People with fair hair and blue eyes are also more likely to get sick. There are also genetic links. You are more likely to get rosacea if you have a family history or have Celtic or Scandinavian ancestry. Women are also more likely to develop the disease than men. However, men who develop this condition often have a hard time.

Not all skin conditions respond to treatment, and some conditions go away without treatment. People with persistent skin conditions often go through periods of severe symptoms. Sometimes people can force incurable conditions to go into remission. However, most skin conditions recur due to certain factors such as stress or other illnesses. Temporary and cosmetic skin problems can often be treated with over-the-counter (OTC) skin care products, good hygiene practices, and lifestyle adjustments such as certain dietary changes.

<https://www.webmd.com/skin-problems-and-treatments/eczema/atopic-dermatitis-eczema>

Skin Disorders: Pictures, Causes, Symptoms, and Treatment (healthline.com)

<https://eubos.lt/collections/ranku-ir-koju-prieziura/products/atkuriamasis-ranku-kremas-jautriai-odai-75-ml>