



WHAT CAUSES ECZEMA?

Eczema can be influenced by genetics (runs in the family) and/or environmental factors (external triggers). Eczema is NOT contagious. The latest studies have revealed that eczema is actually caused by an autoimmune disorder. The cause of atopic eczema is complex with contributing factors that include a defect of the skin barrier and an overactive immune system.



One of the main problems is that people with atopic eczema have a defective skin barrier. This skin is less able to protect a person from irritants and allergens. It can lead to increased bacterial or viral infections which in turn can contribute to eczema flare ups.

People with atopic eczema often have other atopic (allergic) conditions such as asthma, hayfever and food allergies and are more prone to develop allergies to house dust mite, pollens, grasses, animals and latex, as well as foodstuffs.

There are also several other types of eczema not related to atopy. These include discoid eczema, seborrheic eczema, lichen simplex, venous eczema and hand and foot eczema.

These facts just highlight how eczema is not 'one thing'. It is complex. Symptoms and severity may vary from person to person and even vary over time for individuals.

ECZEMA FAST FACTS

Eczema is the non-contagious inflammation of the skin, also known as atopic dermatitis



No Cure

There is no cure for eczema. The symptoms can be reduced and controlled with proper daily skin care and lifestyle changes.



Symptoms

- Dry itchy skin
- Itchy at the joint area
- Skin inflammation (discoloured, burning and itchy)
- Rashes that often come and go



How?

- Non-harsh soap and moisturiser
- Health food
- Exercise
- Avoid your triggers
- Seek medical advice



Triggers

- Scratching
- Temperature
- Harsh products
- Food
- Stress



What is the cure?

There is no 'cure' for eczema. Awareness and avoidance of the triggers is the key, together with management of the symptoms. Many people hope for that 'one thing' that will fix their eczema or prevent the flare ups. Eczema is a chronic and very complex condition that can be different for each individual.



Eczema Support Australia provides support to Australians who are significantly impacted by chronic eczema and other atopic or allergic conditions. The registered charity believes all families and individuals living with these chronic conditions deserve our community support and is guided by the three pillars of: **1. Advocacy 2. Connection 3. Information**