



Adults with Eczema - more common than you think.

Up to
10%
of Adults
with eczema
in Australia.

45%
have a
moderate to
severe form.

Adults can have life long eczema
from childhood or
develop the condition later in life.



We often ask ourselves, why me?

The cause of adult onset eczema can be related to genetics and environmental factors (link to causes of eczema info resource). Hormonal changes, such as menopause, or drier skin as we age or stressful events can also be factors. There are many forms of eczema, with the most common being 'atopic'. Adults are also prone to developing other forms of eczema.

Types of Eczema
Info Resource



What can you do?

Although there is no cure for eczema, management is the key to living well with the condition. Identifying triggers and following an eczema management plan in consultation with your medical specialist will help.

Avoiding triggers and controlling flare ups/inflammation are ways in which you can manage your condition. However, the triggers of eczema will often be different for each individual with rarely just one trigger being responsible. It can be extremely frustrating to try and work out the cause of each flare up. Here are some common triggers to help in identifying your triggers



Triggers
Info Resource



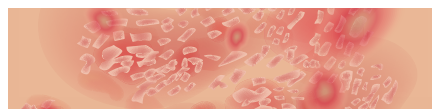
Management Tips

Here are some eczema management tips from the Australasian College of Dermatologists.

Management Tips
Info Resource



New Treatments for Eczema



Fortunately, medical researchers continue to strive for new treatments that provide relief from, what can be, an overwhelming experience. Be sure to ask your dermatologist about potential options and feel free to seek guidance from organisations such as Eczema Support Australia. Here is an insight into emerging treatments that giving hope to many people living with eczema.

Emerging Treatments
Info Resource



Additional support and connection

Eczema Support Australia have set up services to support adults with eczema.

Connect with others that truly understand life as an adult with eczema through our **closed Facebook Group called "Adults with Eczema – ESA"** www.facebook.com/groups/AussieAdultswithEczema - **Psychological services: Access up to 3 sessions FREE*** with a professional that has a strong understanding of the issues adults with eczema face without worrying about the cost. Visit our website to get a referral (no GP needed) to our psychology services: www.eczemasupport.org.au/psychology-support/

Inform - for more eczema information go to www.eczemasupport.org.au

Advocate - to share your story or get involved with our patient support organisation - contact@eczemasupport.org.au