



How to live your life with eczema as a Teen.

As a topic that is not often discussed, it can be difficult to navigate through the mental, emotional, and physical affects eczema can have. Eczema can often trigger the emotions of feeling lonely and self-conscious, it is tricky to control and unpredictable, so it can flare up at any time.

We often ask ourselves, why me?

There are many forms of eczema, with the most common being 'atopic'. **Eczema has been around for as long as we can remember**, however with more research we have been able to understand more about skin changes in eczema and how to treat it.

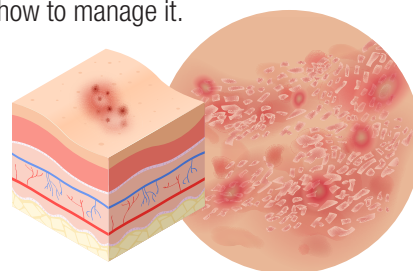


What causes Eczema?



What you can do?

You can't change the structure of your skin. **Your skin cells replicate and replace themselves identically** and that's why eczema can not be cured. Without a definitive cure, we need to understand how to manage it.



Management Tips



Triggers

Triggers will vary from person to person and **not everyone's eczema is triggered by the same allergen or irritant**. Read through the list of common triggers & think about making some changes to giving yourself the best chance at minimising a flare-up.



Eczema Triggers



What if my eczema is getting worse instead of better?

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 are giving hope to many people living with eczema.



Emerging Treatments



Additional support and connection

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

Connect with other families that understand through our closed Facebook Group called "Teenagers with Eczema - ItchY" - www.facebook.com/groups/teenagerswitheczema
Psychological 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