Eczema

Name

Institution affiliate

Eczema

 **Introduction to Eczema**

This is a condition of the skin whereby it becomes inflamed, itchy, red in colour and the feel is rough most times occurring in blisters. This skin disease is specificallyreferred to as atopic dermatitis. Atopic meaning a group of diseases affecting the human auto-response system tasked with fighting diseases. Dermatitis refers to inflamed skin. The condition is most common in infants with a few cases of children and adults recorded. The Differentclusters of this skin condition are; Allergic inflammation due to direct contact with an irritant, dyshidrotic, neurodermatitis, nummular and lastly stasis inflammation.

 **Causes**

There are no known causes that lead to the condition of eczema but it is believed that it can be due to the body’s immune systemresponding certain irritants The condition most prevailsin families that have or depict allergic tendencies.In recent years there have been many myths spanned as to what causes eczema. Some of the reasons people have come up with is that condition is contagious which of course has no ring of truth to it because it has been observed no one individual has been affected by the condition by coming into contact with an affected person.There is also the assumption that skin condition can be cured which by now has been debunked because it can only be managed through treatment. The impact of eczema on an individual’s body and organs is that it affects the epithelial tissue of the skin. Due to inflammation caused by this skin condition known long-term effects are it can lead to heart disease

 **Effect of Eczema on quality of life**

The effects of eczema on an individual can cause negative effects with the varying degree in the severity of the condition forms severe itching, excessively dry skin, blistering and redness of the skin. The condition may impact and limit lifestyle and social interactions ending up becoming a burden. It can lead to body pain and sleep deprivation as well

 **Eczema high risk**

The skin condition is observed in both male and female. Research carried out has shown that women are affected by this condition during encounters with hormonal changes such as during the menstrual cycle or even during pregnancy.

 **Population affected by Eczema (U.S)**

America is estimated to have about 35 million people put at 31.6% of the population with eczema, with 1-3% of this number being adults and 10-20% of the cases reported in children and infants.

 **Treatment of eczema**

Treatment majorlyfocusses on alleviating and offering deserved relief from itching which if not prevented may lead to other infection. A couple of known recommendations for treatment are lotions and creams. Another method of treatment is prescription creams and ointments used to lessen inflammation of the skin as well as itching. Lists of medications one can use in order to alleviate the intensity of eczema are tropical corticosteroid creams and ointments, antibiotics, antihistamines, antiviral and antifungal medications, topical calcineurin inhibitors, phototherapy and lastly barrier repair moisturizers.

 **Summary**

In conclusion, what one need’s to learn about eczema is that its symptoms and severity vary from one individual to the next. With this in mind one is supposed to be aware of what triggers the condition and how safe to go about trying to avoid it recurring. With this one can leave a more comfortable life even with the condition present. Other preventive measures one can take into account are use of mild soaps when laundering clothes to avoid any allergic occurrence And also if possible try and avoid wear of woollen clothes