

Ohio Chapter

INCORPORATED IN OHIO

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Is Itchy Skin Keeping You Up at Night?

Some of the symptoms of eczema can have major impacts on daily life

Eczema can cause problems for both children and parents beyond skin symptoms, including:

- Exhaustion
- Stress
- Low self-esteem
- Moodiness
- Anxiety

Two of the most common symptoms are itchiness and sleep problems.



ITCHINESS

Itching and scratching have the **highest impacts** on daily life

These are the most **disabling conditions** of atopic disease



SLEEP

60% of kids with eczema regularly have sleep problems

8 out of 10 have difficulty falling asleep

3 of 4 are awakened by itchiness

Find peace of mind when managing eczema:

Know you are not alone – more than 9 million children have eczema

Many factors can impact how effective a treatment for eczema is:



Following directions on how to treat or use medication



Recognizing skin infections



Avoiding food or irritants



Managing stress and emotions

Parents and kids can work together to prevent and manage flare ups:

- **Make a simple plan** together for treatment
- **Check-in regularly** on progress
- **Talk about stressful or emotional situations** – these can cause physical symptoms
- **Engage close friends** and family members to support treatment efforts

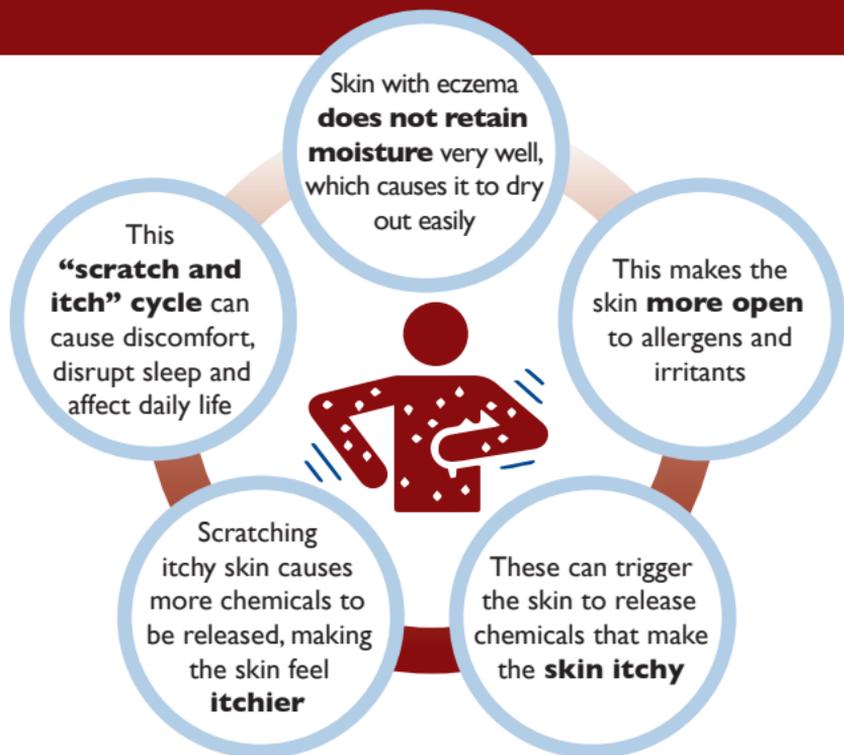
Your doctor wants to help – contact them if you are having trouble with symptoms



Facts for Families: Eczema

- **1 in 10 children** have some form of the condition
- Eczema is also known as **atopic dermatitis**
- Eczema is one of the **most common** skin concerns parents have
- Eczema **affects the skin**, causing redness, itching and sometimes infections
- A **doctor can diagnose** eczema and help with treatments
- When eczema worsens, this is called an **eczema flare**
- Usually there is **no single trigger** for an eczema flare

WHAT CAUSES ECZEMA AND ITCHING?



Ways to Help Manage Eczema



Follow a daily skin care routine:

- Apply moisturizer at least twice a day to the face and body
- Use gentle, non-soap cleanser
- Use of moisturizing cream after bathing and as needed
- Use warm (not hot) water and limit bathing to 10 minutes
- Keep fingernails short



Avoid triggers

- Environmental triggers can be heat, sweating and rough fabrics
- Other triggers can include foods, pollen, or animal dander



Prevent and treat infections using prescribed treatments as directed



Treat eczema flares as soon as they occur



Manage stress and anxiety



Call your doctor if eczema does not improve after a week of treatment or if you are sick with a fever