

Eczema

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Received 05 Jan 2022; Accepted 12 Jan 2022; Published 25 Jan 2022

Editorial

Eczema, also known as atopic dermatitis, is an inflammatory skin disease that causes skin reddening and itching. It is most commonly seen in children, but it can afflict people of any age.

Eczema flares up every now and then, and it usually becomes worse at night. Itching, redness, and dry skin are the most common eczema symptoms. Eczema can cause blisters to form on the skin, which can leak fluids if scratched. The skin may become thick, cracked, and swollen if the condition is left untreated for a long time. The severity of these skin signs varies from person to person. The location of eczema varies depending on age. Eczema is more prevalent on the cheeks, arm, and legs in babies, but eczema is more common on the back of the neck, knee, inside the elbow joints, palms, and foot in teenagers and adults; nevertheless, the condition rarely affects the faces of these older patients.

Although eczema has no cure, the symptoms can be alleviated to a greater extent by hydrating the skin regularly, wearing medicated creams or ointments, and avoiding harsh cleansers and irritants. Aside from these suggestions, some dietary management and lifestyle changes have been suggested to help control eczema, particularly in cases where food and inhalant allergens are the cause.

Eczema has yet to be identified as a specific cause. The corneal layer of the skin is destroyed in eczema sufferers as a result of an inflammatory response, which can be produced by various allergens or as a result of the immune system's hyper-responsiveness. The inner layer of the skin may

be exposed as a result of this.

Eczema can be caused by a genetic mutation that prevents the creation of filaggrin, a protein essential for the formation of the skin's outer layer. As a result, the skin loses a significant amount of moisture and becomes less resistant to irritants, allergens, and pathogenic agents.

Eczema patients frequently have an overactive immune system. As part of their defence strategy, their immune system reacts to numerous internal and external stimuli by producing antibodies. Inflammatory reactions are triggered as a result of this event, resulting in red, itchy, and painful skin. Eczema triggers can be anything that causes eczema on the skin or worsens eczema that already there. Eczema triggers can differ from one person to the next, and they might also alter over time.

Because one of the most prevalent symptoms of eczema is dry skin, anything that dries the skin can be a trigger. It might range from severely cold or hot surroundings with low humidity to using harsh soaps frequently without adding moisturiser.

Emotional stressors such as rage, grief, embarrassment, worry, and other powerful emotions are known to promote eczema flare-ups. There's also a link between depression and eczema flare-ups, according to research.

Body soap, shampoo, laundry soap, dish cleaning detergent, and disinfectants are all items that might cause an eczema flare-up when used directly on the skin or in the home. Irritating substances include the following:

- Soaps\Shampoos
- Cleaners for homes
- Some nutritional items, such as cow's milk, soy products, almonds
- Certain fabrics, such as wool and synthetic cloth

Eczema sufferers are extremely sensitive to their surroundings. Tobacco smoking and house dust mites induce eczema through increasing sensitivity reactions. Pollen, fungus, and pet fur are also frequent eczema triggers found in the environment.

Eczema is influenced by seasonal elements as well. Eczema can be triggered by dry and cold weather, as well as the humid season.

Excessive perspiration from strenuous exercise or wearing too many layers can dry up the skin and cause eczema. In reality, for some people, sweating might provoke a hypersensitive reaction, which then results in the production of histamine. Individuals with eczema should take a shower after completing strenuous activity, according to experts, to avoid a sweat-induced flare.