

EXASPERATING ECZEMA

By Polly, Rosie and Holly

EczeMa is a skin condition which can occur anywhere on the body, but the most common places are at the back of your knees and inside your elbows, sections can become itchy, red and inflamed. Many people get eczema once or twice when they are younger, but we have more severe eczema. Our eczema affects everyday life, including sleeping, washing and we even have to be careful about what clothes we wear as some materials can cause our skin to react.



Image of house dust mite
From google

There are two main types of eczema; contact dermatitis and atopic dermatitis. Atopic dermatitis is a chronic condition linked to conditions that are genetic such as asthma and hayfever which triggers it. And contact dermatitis, which causes the skin to become inflamed, red and itchy when the skin is in contact with something that triggers a reaction.



Image of seawater
From google

One thing that triggers people's eczema is house-dust mites, which are very common, and people probably don't even know they're allergic because dust mites can only be seen under a microscope.

EczeMa can be controlled by different creams, but it can take a lot of experimenting to find out which creams work for you, as some unfortunate people can be allergic to the ingredients that are supposed to be helping them. For some people, seawater has eczema healing properties because it is rich in magnesium.

ROSIE'S STORY

"I have asthma, eczema, (contact dermatitis) and hay fever, these are often linked. My contact dermatitis affects my sleep massively; this can really have a negative impact on my day, from lack of sleep. I have to wear special pyjamas for bed that have mittens which fully cover my hands because otherwise I wake up covered in blood from where I've scratched. I have to wear cuffs over my pajamas too to prevent me from taking them off at night. "I was advised to get 'light treatment' because my eczema was so bad and widespread and I was allergic to all my creams. This meant going twice a week during school time, and my mum coming out of work; this was just not possible. So we had to look for an alternative option; I now use tacrolimus (an immunosuppressant) because I cannot use steroids on my neck as it thins my skin. Having eczema and playing sports is very difficult. I'm allergic to many of my team sports clothes, which means I have to wear cotton skins underneath the usual tops, which often makes me overheat, especially in netball."