

Don't let eczema hold you back!

Invest in your well-being and embrace a brighter tomorrow with our yearly membership.

MEMBERSHIP:

(Annual Family Membership \$39)

YOUR YEARLY MEMBERSHIP INCLUDES:

EAA Quarterly Magazine

(Digital): Expert articles and tips, latest products, and updates on eczema management.

Personalised Support: Our team provide compassionate and kind guidance and support for your journey.

Information Sheets and

Exclusive Bonus Resources:

Access comprehensive eczema knowledge at your fingertips with information sheets and member-only online resources to support your eczema journey.

A Supportive and Caring

Voice: Call our free call helpline, we are here to help.

MEMBERSHIP APPLICATION FORM

Sufferer's Name _____

Applicant's Name _____

Address _____

Postcode _____

Telephone _____

Email _____

I enclose my cheque payable to the
ECZEMA ASSOCIATION OF NEW ZEALAND
PO Box 1784 CLEVELAND QLD AUSTRALIA 4163

\$39.00 membership ☐ and/or donation ☐ \$ _____ . _____

please charge my: ☐ Mastercard ☐ Visa Card

Card Number: _____

Expiry Date _____ / _____ CCV _____

Card Name _____

Signature _____

PRIVACY ACT: No information is distributed to a third party without your expressed permission, eg for our social register and with the exception of any information that is required by our professional advisers such as solicitors, accountants and auditors.



PO Box 1784, CLEVELAND
QLD AUSTRALIA 4163
eczema.org.nz
eanz@eczema.org.nz
0800 300 182

Maintenance Program

BATHING

- Use alternatives to soap such as hypoallergenic or sensitive skin washes and cleansers – avoid perfumed toiletries
- Sensitive bath oils and soaks may aid in moisturising skin while cleansing
- Use lukewarm water, rinse well, pat skin dry gently and moisturise after showering/bathing.

CLOTHING

- Wear breathable fabrics suitable for light layering ie cotton and/or bamboo
- Avoid wool and synthetics ie polyesters
- Remove garment tags to reduce irritation
- Wear loose fitting clothing to avoid aggravation from friction caused by seams and fabric
- Wash clothing and bedding in a sensitive washing detergent
- Wearing cotton mittens or gloves to bed may stop the effects of scratching during sleep.

ITCHING

- Keep fingernails short
- Keep skin cool and clean – heat and perspiration can act as irritants
- Avoid over-tiredness and stress
- Stay hydrated! Drink plenty of water.

PHARMACEUTICAL/MEDICAL TREATMENTS

Topical Steroids

Topical steroids/hydrocortisone are prescription only ointments, creams or lotions applied to the skin to treat eczema by reducing inflammation, managing itchiness and assisting in controlling infection.

Oral Steroids

These can be prescribed in very severe cases when topical steroids have been found to be ineffective.

Antihistamines

Can aid in reducing itchiness for some sufferers and help with sleep.

Antibiotics

People with eczema may sometimes need a course of antibiotics even with only a mild infection.

Immunosuppressants

There are several of these prescription drugs on the market, both oral and topical types. The oral drugs are usually used by those with very severe eczema which has not responded to other treatments. The topical treatments (*or those applied to the skin*) are used for mild to moderate cases.

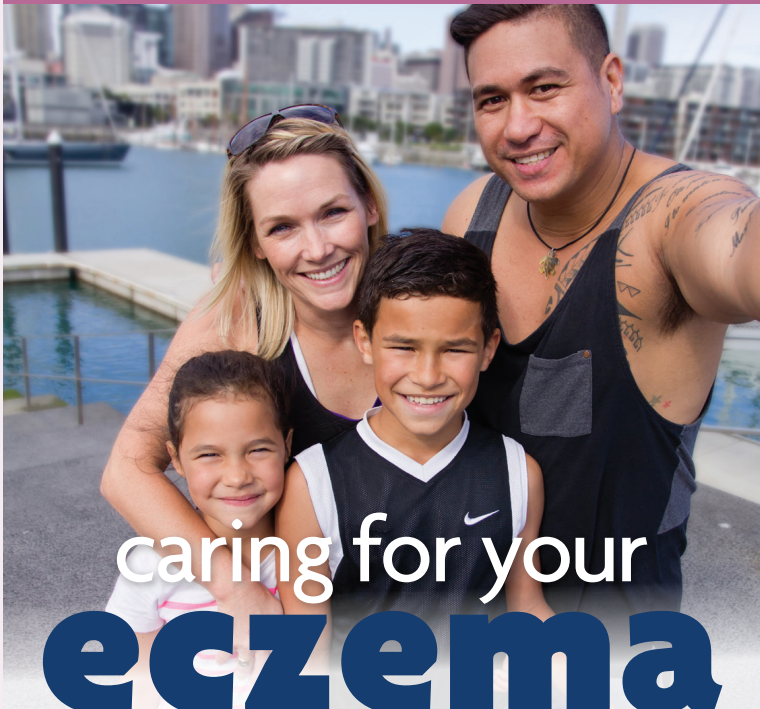
Biologics

These targeted therapy treatments are now available on prescription only. The topical cream is typically for moderate sufferers and the stronger injectable (*ie such as Dupixent™*) or once a day tablet (*Rinvoq™*) are for more severe eczema cases under the care of a treating specialist.

Psychological

People with eczema often struggle with a poor self-image and low self-esteem. The appearance of their skin can invite uncomfortable remarks or exclusion and may happen to adult sufferers in the workplace or community or to children (& parents) at childcare or school which affects self-confidence and peer relationships. Eczema patients who are experiencing these issues may benefit from psychological counselling.

www.eczema.org.nz



caring for your eczema

(EANZ) is an independent Australasian wide organisation. The EANZ's parent organisation the Eczema Association of Australasia Inc (EAA), was founded in 1994 as a non-profit registered charity and relies on memberships and donations along with corporate sponsor to achieve its aims.

The Association's purpose is:

- To support and educate eczema sufferers and their carers.
- To improve and broaden the availability of medical treatment and supplies for eczema sufferers.
- To greatly increase public awareness of all aspects of eczema and its impact.

The EANZ offers a comprehensive range of services to its members and is a valuable source of knowledge and advice on a wide range of issues associated with the management and treatment of eczema.

Its association with medical professionals ensures up-to-date information is available.



We're here to help! 0800 300 182



What is ECZEMA?

Eczema, or dermatitis as it is sometimes called, is a very distressing condition which results in dry, inflamed and sometimes weeping or infected skin, affecting not just individuals but families and friends, often placing enormous pressure on those involved.

Eczema is not infectious but may become infected. It is an extremely itchy condition that causes the sufferer great discomfort. The condition can flare and subside for no apparent reason.

Atopic eczema is the most common form affecting New Zealanders. Atopic eczema occurs in all age groups. However, it often has its onset in babies between 2-6 months of age and usually improves with age.

Eczema in its many forms and degrees of severity affects up to 20% of the New Zealand population at some time of their life. There are many different types of eczema and although it can sometimes look unpleasant, eczema is not contagious.

With treatment, the inflammation of eczema can be reduced, though the skin will always be sensitive to flare-ups and needs extra care.



Common Aggravating Factors:

EXTERNAL

- Tobacco smoke
- Pets (*ie cats, dogs, birds*) - fur, feathers or dander
- Dustmites
- Soaps, shampoos, washing powders
- Synthetics and woollen material
- Grasses, pollens and moulds
- Sand
- Chlorinated water
- Some cosmetics and toiletries
- Nickel (*only if specific allergy present*)
- Air conditioning
- Overheating
- Stress
- Weather conditions (*ie hot and humid or cold and dry weather*)
- Clothing Dyes

INTERNAL

- Dairy products
- Citrus fruits
- Wheat products
- Eggs
- Nuts
- Seafood
- Natural Food Preservatives (*salicylates*)
- Chemical food additives, preservatives and colourings
- Stress
- Alcoholic drinks

**CHARITIES
SERVICES**

Ngā Ratonga Kaupapa Atawhai

Useful Tips

Personal

- Moisturise your skin as often as possible
- An ice pack wrapped in towel held next to the skin can help relieve itching
- Keep cool, avoid dry or hot places to prevent overheating
- Limit stress where possible and practice calming or relaxation techniques
- Seek help and advice to manage your eczema.

Home

- Use 100% cotton or bamboo bedding and change regularly
- Avoid feather and down filled pillows and duvets
- Use dust mite protective mattress and pillow covers
- Regularly wet wipe dust from surfaces and vacuum floors and furnishings to minimise dust particles
- Keep furniture and fittings simple and easy to clean, limit soft furnishings that harbour dust ie cushions and stuffed toys
- Use rubber gloves with cotton liners for dishwashing and cleaning
- Consider using a humidifier in dry environments
- Place a cotton or bamboo sheet on chairs, or carpets before sitting to limit surface irritations.

Other Treatments

Probiotics

In clinical trials these have been shown to prevent or reduce the incidence of eczema in babies and toddlers. These can also be taken for management by teens and adults.

Chinese Herbs & Alternative Therapies

These have been found to be helpful in managing atopic eczema for some sufferers under the guidance of a registered practitioner.

Bleach Baths

A bleach bath has antibacterial properties that decrease the number of bacteria on the skin and may reduce the need for antibiotics. A reduction of staph bacteria on the skin may also reduce the number of eczema flares.

Allergy Testing

Skin prick or blood tests may aid in establishing some trigger factors which can be helpful in avoiding flare-ups.

Bandaging / Wet Wrapping

People with severe eczema may have special 'wet wrap' bandages or clothing over a thick moisturiser that can assist in reducing itchiness and aid in healing skin lesions.

The information contained in this brochure should not be regarded as medical advice and the tips included are guidelines only for treating the condition of eczema. It is always advisable to consult your health professional to obtain medical advice for the treatment of any skin condition.

Commonly asked Q&A

What Causes Eczema?

The causes of eczema are varied depending on the type of eczema. Research has shown that atopic eczema is usually a hereditary condition. People with atopic eczema are more sensitive to allergens in the environment because their skin barrier can be defective due to their genetic predisposition.

There is an excessive reaction by the immune system producing inflamed, irritated and itchy skin. Associated atopic conditions include asthma and hayfever.

Other types of eczema such as contact dermatitis can be caused by irritants such as chemicals and detergents and allergens such as nickel. Environmental factors and stress also contribute to causing this condition.

Which Type of Eczema do I have?

The first step in effective treatment of eczema is a correct diagnosis – visit your doctor. It may also be necessary to be referred to a skin specialist known as a Dermatologist.

Is There a Cure for Eczema?

No. It is the general opinion of qualified professionals who deal with eczema that there is no known cure unless it is an allergic eczema and the substance is avoided, eg nickel. However, research continues to shed new light on the condition.

Are Steroid Creams Safe to Use?

Yes. Topical steroid/hydrocortisone creams come in varying strengths. As long as they are used appropriately and as directed by your doctor, the likelihood of adverse side effects - even in babies and children is rare. Their usage reduces the risk of a secondary infection and can relieve symptoms.

Can Changing Diet Help?

Yes. Some dietary changes can often be helpful in managing eczema, however when considering significantly altering your diet it is important to first seek medical advice or assistance from a registered dietitian or nutritionist.

Should I Get Immunised?

Usual childhood immunisations have no negative impact on eczema, however, discuss any immunisation concerns (*including travel vaccines*) with your doctor.

Can I help myself, or My Child, to Manage their Eczema?

Yes. There are many different ways to minimise the discomfort and distress which eczema can bring. It is also important to remember that eczema is a highly individual condition which requires medical diagnosis and effective skincare management. Unfortunately, what works for one sufferer may not be as effective or suitable for another.

**Remember, eczema is a part of
your life, not your whole life**