

ADULT ECZEMA

1. Can you get eczema as an adult?

In Africa, the adult eczema prevalence ranges from 3 to 20.5%^{1,2} compared to 2.8 to 6.75 % and 4.4% to 7.1% in India and Europe^{3,4} respectively.

2. What is atopic dermatitis?

The most common type of eczema is **atopic dermatitis (AD)**.

It mainly affects children, but can also develop in adults.

It is not contagious, so you cannot pass it on to others, even if you have a rash.

AD causes the skin to become itchy, dry, cracked and sore. Some people only have small patches of dry skin, but for others, it can spread all over their body⁵.



The inflamed skin appears purple or grey on dark skin⁵.

Some adults who have **AD** had it as a child. It is possible for **AD** to go away in childhood and return years later.

When the **AD** returns, it is often much milder.

3. General information about AD in children and adults:

People with **AD** can get rashes anywhere on the body that can ooze, weep fluid and bleed when scratched, making skin vulnerable to infection so make sure you consult a certified dermatologist.

You might notice itchy patches on your hands, elbows, and in the «bending» areas of the body, such as the back of your knees. Eczema can appear anywhere, including on the neck, chest, and eyelids. The skin may become discolored or thickened from scratching.

Due to the intense itchiness, patients having eczema often have trouble sleeping. This lack of sleep can lead to anxiety, depression and ultimately affect the quality of life if left untreated.

4. Differences between AD in adults and children

AD in adults can look different from the way it looks in children. In adults, the skin tends to be extremely dry and scaly where **AD** occurs. According to several studies, the most commonly affected body areas in adult-onset **AD** are the hands, eyelids, neck, and flexor areas of the upper limbs⁶.

5. How to treat eczema?

There are many myths about treating eczema, but the only assured way is to consult a certified dermatologist. Your doctor will provide you with an accurate diagnosis and create a treatment plan tailored to your individual needs for relief.

6. How can you relieve itching while waiting for your appointment?



Try not to scratch:

Eczema makes your skin itchy, but scratching worsens the rash and can cause a skin infection. To soothe your itchy skin, you can apply a cold compress, use moisturizers, medicated creams or ointments.



Be careful when using natural, home-made raw products:

Using natural, raw products on your skin, such as oils, will not necessarily cure your eczema. Natural, raw products are not always the best solution for your skin.



Use mild cleanser:

Eczema makes the skin very dry. Avoid hot showers and do not use harsh soaps. Use mild cleansers to wash your skin and moisturize it right after your shower.

References:

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