

**ECZEMA ASSOCIATION
OF NEW ZEALAND INC**

PO Box 1784 CLEVELAND QLD 4163 AUSTRALIA
Website: eczema.org.nz • Email: help@eczema.org.nz
Telephone: 0800 300 182

MEMBERSHIP

(Annual Family Membership \$39)

Benefits of Membership

- Quarterly Magazine with tips, information and details of the latest products available
- Social Register (*optional*) – to help you get in touch with other sufferers
- Information Sheets on a wide range of eczema specific topics
- We are here to talk to you
- Latest information from health professionals

MEMBERSHIP APPLICATION FORM

- Social Register
 Media Availability

Sufferer's Name _____

Applicant's Name _____

Address _____

Postcode _____

Telephone _____

Email _____

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

Join online via Paypal at: www.eczema.org.nz or

please charge my: Mastercard Visa Card
 American Express

Card Number: _____

Expiry Date / CCV _____

Card Name _____

Signature _____

PRIVACY ACT: Membership information collected is stored on our electronic database, which is password protected, and in our lockable filing cabinet. 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.



Maintenance Program

BATHING

- Use alternatives to soap such as hypoallergenic or sensitive skin washes and cleansers
- Bath oils and soaks may aid in moisturising skin
- Use lukewarm water
- Do not use bubble bath and avoid perfumed toiletries

CLOTHING

- Cotton and/or bamboo is preferred
- Avoid wool and synthetics
- Wear loose fitting clothing to avoid aggravation from friction caused by seams and fabric
- Wash clothing and bedding in sensitive washing detergent

ITCHING

- Keep fingernails short
- Keep skin cool and clean – heat and perspiration can act as irritants
- Avoid over-tiredness and stress
- Stay hydrated

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, reducing itchiness and assisting in reducing 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 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 severe cases.

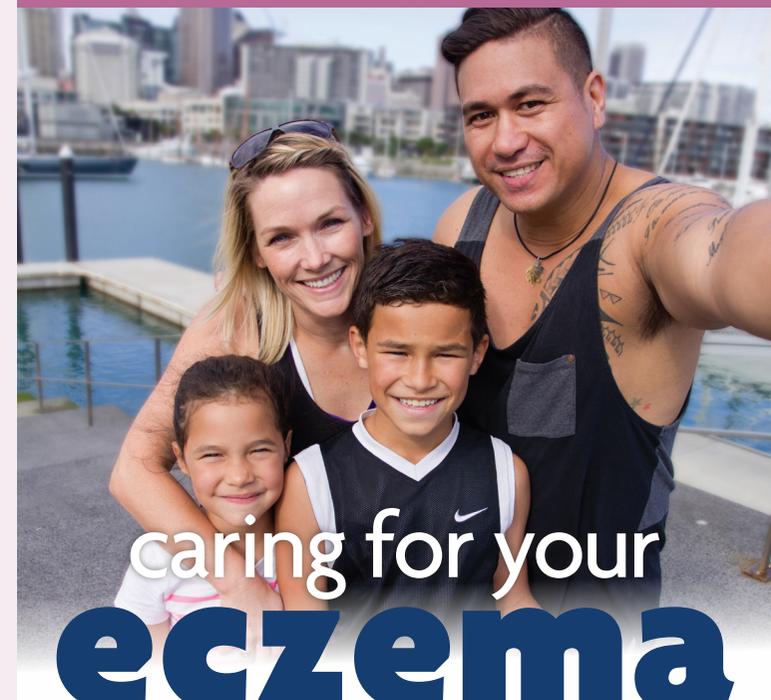
Bandaging

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

Psychological

People with eczema often struggle with a poor self-image and low self-esteem. In severe cases, the appearance of their skin can invite teasing and especially with children, interfere with peer relationships. Eczema patients who are experiencing a lot of stress may benefit from psychological counselling.

www.eczema.org.nz



THE ECZEMA ASSOCIATION OF NEW ZEALAND INC

(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 sponsors 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 [eczemanz](https://www.facebook.com/eczemanz) [eczemanz](https://twitter.com/eczemanz) [eczemanz](https://www.instagram.com/eczemanz)

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.



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*)

INTERNAL

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

Useful Tips

Personal

- An ice pack wrapped in paper towel held next to the skin can help relieve itching
- Avoid stuffed toys which harbour dustmites
- Ventilate house as often as possible
- Keep cool and avoid hot, humid places

Clothing

- Wear loose fitting 100% cotton and/or bamboo clothing
- Unpick tags from clothing
- Wearing cotton mittens or gloves at night-time may help stop the effects of scratching during sleep
- Use rubber gloves with cotton liners

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
- Damp dust to minimise dust particles in the air
- Keep furniture and fittings simple and easy to clean, limit soft furnishings that harbour dust ie cushions
- Place a sheet of cotton or bamboo on a chair before sitting to help stop the backs of legs from being hot and itchy
- Place a cotton sheet on chairs, or carpets for babies 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.

Chinese herbs

These have been found to be helpful in managing atopic eczema for some sufferers.

Bleach baths

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

Allergy testing

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

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. Atopic eczema is thought to be a hereditary condition according to research. Some people with atopic eczema are sensitive to allergens in the environment because their skin barrier is defective.

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

Other types of eczema are caused by irritants such as chemicals and detergents and allergens such as nickel. Environmental factors and stress can also play a role.

Which type of eczema do I have?

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

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 different strengths. As long as they are used appropriately and as directed by your doctor, the likelihood of serious side effects even in babies and children is very rare.

Can changing diet help?

Yes. 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 my child 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 - what works for one sufferer may not be as effective or suitable for another.