

What is Atopic Dermatitis (Eczema)?

An inflammatory skin condition, with autoimmune commonalities

Common symptoms of Atopic Dermatitis

Itchiness (pruritus)

Itchiness (pruritus), an unpleasant sensation that compels a person to need to scratch the affected area.

Rash

Occasional rash on swollen skin that varies in color depending on skin tone

Raised Bumps

Small, raised bumps, most commonly seen people with brown or black skin

Dark skin around Eyes

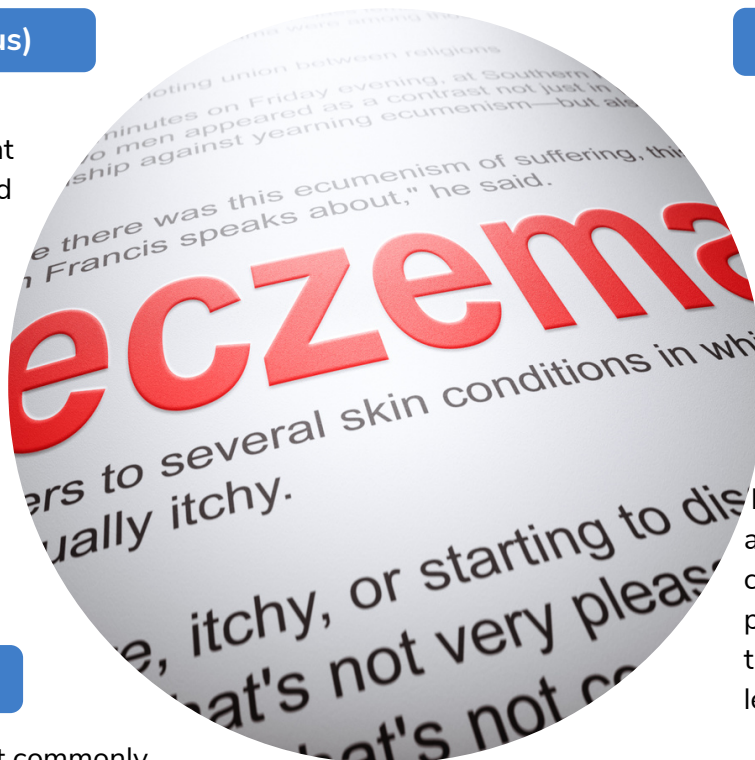
Darkening of the skin around the eyes

Dry & Sensitive Skin

Dry, cracked, raw, or sensitive skin, worsened by scratching which may lead to oozing, crusting and/or bleeding and risk of infection

Thickened Skin

Lichen simplex chronicus (LSC) is a type of eczema that is characterized by a thickened patch of skin that is often darker than surrounding skin and has a leathery or scaly texture



About Eczema

An inflammatory condition that causes dry, itchy and inflamed skin

Atopic dermatitis (eczema) is an inflammatory condition that causes dry, itchy and inflamed skin with scaly lesions. These lesions can cause cracks in the skin's outer barrier, exposing patients to infection. It's common in young children but can occur at any age. Atopic dermatitis is long lasting (chronic) and tends to move between periods of remission and occasional flare ups which are accompanied by activation of the immune system. It often also correlates with other symptoms such as food allergies, hay fever and asthma. In some people, atopic dermatitis is related to a gene variation that affects the skin's ability to provide protection. Other triggers are autoimmune mechanisms and too much of the bacteria staphylococcus aureus on the skin which can displace helpful bacteria and disrupt the skin's barrier function.

Diet & Nutrition

Diet and Lifestyle support for Atopic Dermatitis

There are many ways to support atopic dermatitis with a personalised nutrition and lifestyle approach. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms. There is no singular treatment for atopic dermatitis, however dietary and lifestyle recommendations can help manage frequency and severity of symptoms.

