

Introduction to Dermatitis and Eczema

Dermatitis means inflammation of the skin. Dermatologists use the term to describe a specific group of inflammatory skin diseases, or rashes. Dermatitis is also known as eczema; in medical circles, the words are often used interchangeably. However, eczema is usually associated with [atopic dermatitis](#).

Dermatitis can occur in many forms. The most common forms are [atopic](#) and [contact](#). Up to 25 percent of all patients with skin disease in the United States have a form of dermatitis. The most common symptoms are itchy, swollen, and reddened skin.

There are three stages of dermatitis: acute, subacute, and chronic. The disease may start at any of these stages, remain in one stage, or evolve to another.

- *Acute dermatitis* can occur quickly with symptoms of itching, redness, and swelling of the skin that may progress to scratch marks.
- *Subacute dermatitis* is characterized by scaliness, peeling, scratch marks, and skin redness.
- *Chronic dermatitis* is characterized by moderate to intense itching, crustiness, thickened, discolored, scaly, and painfully cracked skin. These symptoms usually develop slowly and persist over long periods of time. Scratching and rubbing can become a habit.

Acute dermatitis may be treated with cool, wet compresses, oral steroids, and antihistamines. Topical corticosteroids are often the treatment of choice for subacute and chronic dermatitis. This type of medicine is used to reduce inflammation and to help relieve the itching, swelling, redness, and discomfort of many skin problems. Ask your doctor if topical corticosteroids may be right for you.

Atria Skin Care Recommendations

- ✓ Nurture Skin System (Regardless of your skin type, your course of action is:
- ✓ Calming Skin Lotion mix with Cell Renewing Crème Vitamin C)
- ✓ A.M Nurture Skin Cleanser
- ✓ P.M Active Skin Cleanser
- ✓ Chamomile based products with added Aloe

**Nurture Skin Cleanser, Rinse, Night Crème and Light and Lovely Whipped Foundation to protect and soothe.*