

## Treatment of Atopic Eczema

It can drive you mad. The constant itching is a perpetual reminder that you suffer from atopic dermatitis eczema. The slightest irritants can serve as triggers which unleash an unscratchable itch. A sunburn, the humidity, soaps and a variety of fabrics can each be the catalyst behind an infuriating itch that you're unable to sate. [Atopic eczema](#) isn't rare. In fact, it's estimated that 10% of the population experiences it at some time in their life. Unfortunately, clinical research hasn't yielded a cure. But, much can be done to lessen the severity of the symptoms. Below, you'll discover several measures you can take immediately to begin treating your atopic eczema.

### What Causes Dermatitis Eczema?

There are many types of eczema. Atopic eczema is inherited (&quot;atopic&quot; simply means an inherent hypersensitivity). That is, it's not caused by external stimuli. Those who have it were born with the affliction. Eczema usually lies dormant until it is triggered by allergens (though stress can also be a catalyst).

People with this form of dermatitis eczema are typically related to those who suffer from asthma or hay fever. Because there are so many potential triggers, seeking a doctor's advice is critical. They can conduct tests to determine if exposure to particular stimuli is exacerbating the problem.

### How to Treat Atopic Dermatitis Eczema

Treatments for atopic eczema employ a two-pronged approach. The first step is eliminating any exposure to potential triggers. The second step is to begin intense moisturizing of the skin. A doctor can help identify anything to which a person is exposed that may be inflaming the eczema. These triggers can be as simple as a brand of laundry detergent, nylon clothing, or certain foods. Once they're identified, they can be eliminated.

Moisturizing begins with the use of topical agents. These include lotions, emollients, topical steroids and inhibitors, antibiotics and even &quot;wet wraps&quot; that are applied over the lotions. People who suffer from atopic eczema usually have dry skin. The emollients and lotions are used to reintroduce moisture to the areas where it's most needed. The topical steroids are used to eliminate the need for oral remedies. However, caution is necessary because high dosages can cause side effects.

Topical inhibitors are most effective for mild cases of atopic dermatitis eczema. They don't cause side effects but may cause burning immediately following application.

## About the Author

Adam specializes in the treatment of Atopic Eczema

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