

About eczema

Eczema is a form of dermatitis that often appears on the face, chest or arms. It is often referred to as atopic dermatitis. Some studies indicate that food allergies may trigger atopic dermatitis.

Common symptoms of eczema include:

- dry skin
- vesicles (tiny bumps) accompanied with itching
- itchy skin rashes
- redness and/or discoloration of skin

Dry skin can exacerbate eczema. Moisturizers can help affected areas by promoting skin healing and relief of itching. Most eczema resources and clinical sources advise avoiding harsh skin cleansers, detergents or soap. Since each case is unique and complex to the individual, consult a dermatologist or physician for treatment and/or diagnosis (no cure is presently known for most types of dermatitis).

See also [acne](#), psoriasis, dermatitis, dry skin.

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www.skinrashes.net

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