

National Eczema Association

Improving the health and quality of life
for individuals with eczema through research,
support and education.

E-Insights

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Dear Julie,

Summer Greetings!

As the summer gets into full swing, this issue of E-Insights provides information on the use of sunscreens for sensitive skin. Dinesh Shenoy, NEA's newest board member, shares his life-long journey with eczema. Our Doctor's Corner feature this month reviews a recent research study on bleach baths for eczema which received wide-spread mainstream media attention.

In service to eczema patients and their families, E-Insights brings you information, tips, and updates on the issues that matter to you. Has the National Eczema Association made a difference in your life? Please donate today to support our continued work to assist you and reach others who need our help!

Wishing you Happy Summer Days!

Vicki

Vicki Kalabokes
Chief Executive Officer



Choosing a Sunscreen

The days are becoming longer, and the sun's rays are intensifying. Recent research suggests letting our skin soak up Vitamin D provided naturally by the sun is beneficial. However, we must protect our skin from the sun's ultraviolet (UV) radiation - both the deeply-penetrating UVA and the shorter-wave UVB. We can protect our skin with sunscreen, but which products can be tolerated by our sensitive skin?



The best sunscreen is the one that you will use!

Generally speaking, dermatologists recommend sunscreens based on physical blockers like titanium dioxide or zinc oxide. Physical blockers sit on the skin's surface and contain inorganic compounds

like titanium dioxide or zinc oxide that are not absorbed into the skin. Light is either absorbed into sun block material or reflected away from the skin, similar to a mirror or aluminum foil. Sunscreens based on chemical sunscreens, on the other hand, are absorbed by the skin. Sunlight is deactivated or degraded after contact with the organic chemicals contained in the sunscreen. Chemical sunscreens typically contain a range of ingredients like benzones, amino benzoic acid and cinnamates. [READ MORE >>>](#)

My Long Journey with Eczema

Dinesh Shenoy, Board of Directors

I have struggled with eczema for the last thirty years (since I was an infant), yet I still find the disease difficult to characterize and explain to myself, let alone others, including friends and loved ones. As a child, I saw eczema as a normal part of life, as natural as having black hair or brown eyes. I went from flare-up to flare-up, resigned to the accompanying itching and bleeding.



Yes, there were times where I felt less energetic or didn't want to roll out of bed in the morning, but I thought that was simply part of being a teenager; I didn't realize the full role the disease played in my life. [READ MORE >>>](#)



Myth or Fact?

Children With Eczema Should Not Go Swimming

Myth

Children with eczema should be encouraged to swim, and to take part in other sports and activities. Sea-water is thought to be very good for eczema. After swimming in a chlorinated pool, children must rinse off and apply an emollient right away to lock in moisture.

Doctor's Corner

Treatment of Staphylococcus Aureus Colonization in Atopic Dermatitis Decreases Disease Severity



A research study conducted by a team led by Dr. Amy S. Paller, the Walter J. Hamlin Professor and Chair of Dermatology, Professor of Pediatrics, at the Northwestern University Feinberg School of Medicine, in Chicago, Illinois, and National Eczema Association Scientific Advisory Committee member, was recently published in the Journal of the American Academy of Pediatrics. The study found that giving children with chronic moderate to severe eczema regular baths of diluted bleach together with monthly applications of mupirocin into the nose reduced the clinical severity of the condition in cases with secondary bacterial infection.

In the research study, compared to children treated with placebos, children on the bleach baths and mupirocin experienced a five-fold reduction in eczema severity over one to three months.

Dr. Paller has noted that we've long struggled with staphylococcal infections in patients with eczema. More than two-thirds of eczema patients show signs of staphylococcus on their skin, the bacteria that most commonly causes infection and makes the eczema worse. The study shows that simple household bleach, which we think decreases the staphylococcus on the skin, can help. [READ MORE >>>](#)