

# Atopic Dermatitis Across Your Body

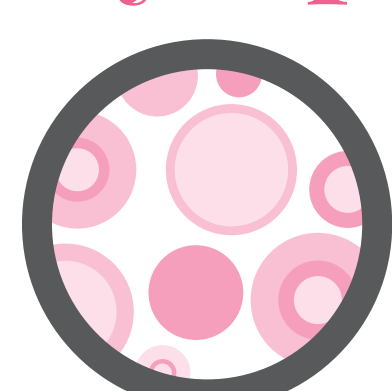
The treatment for this common form of eczema can vary depending on where it appears on your body

## What is atopic dermatitis?

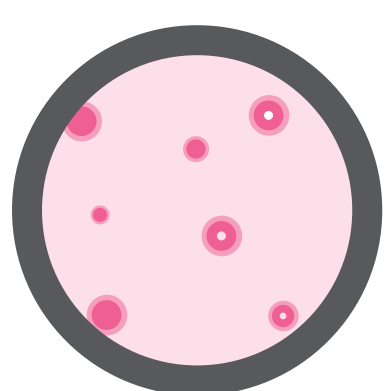
Atopic dermatitis (AD) is the most common type of eczema and can affect any part of the body.

Different body zones should get different types of care.

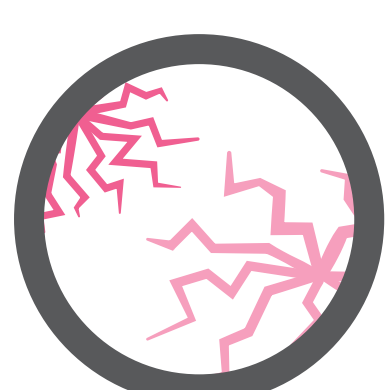
## Symptoms of AD



Hives (red, swollen, itchy bumps)



Rashes



Burning or itchy skin



Broken skin caused from scratching or dry skin



## Did You Know?

AD causes inflammation inside and outside the body. Even when skin is clear, the inflammation is still under your skin.



## Identifying AD

Eczema looks different on different skin types and tones and sometimes can be mistaken for dry skin.

Be sure to tell your healthcare provider about any pain, itchiness, irritation or skin changes and any products that might be affecting your skin.

## Treatment options

There's no cure for eczema, but learning triggers and finding treatment options that work for you can help.

General treatment options include:

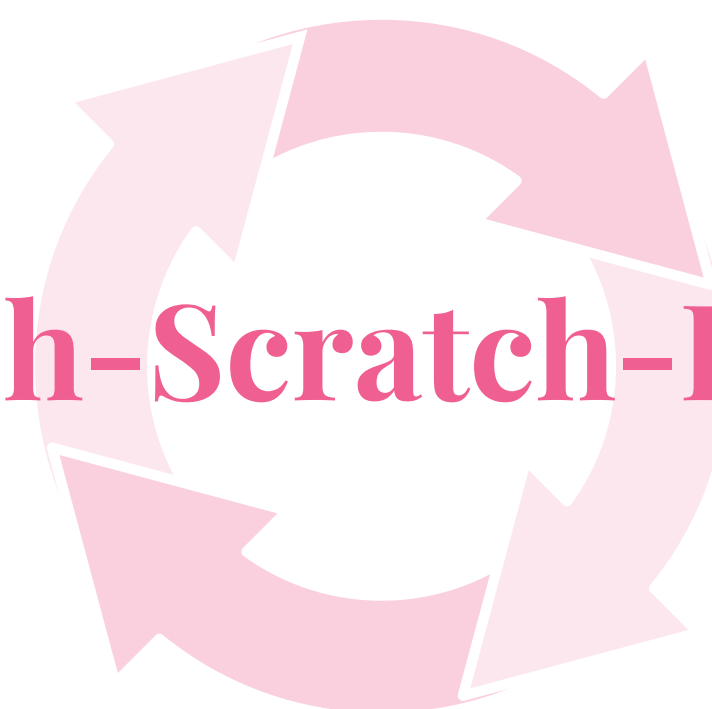
- Creams and ointments
- Biologic medication
- Oral or injectable corticosteroids
- Topical antibiotics
- Light therapy
- Antihistamines
- Fragrance-free moisturizers
- Lukewarm baths with or without oatmeal, oils or baking soda
- Bandages and wet wraps

### Tip:



Fragrances, dyes or alcohols are common triggers for AD. Try to avoid them in your everyday products and clothing.

## Itch-Scratch-Itch



The "itch-scratch cycle" is when itching leads to scratching, which leads to more inflammation, which leads to more itching.

### Face, mouth and neck

- Topical corticosteroids
- Moisturizer

### Eyelids, armpits, mouth and groin

- Creams
- Ointments

## Where is your AD?

The location of your AD can change your treatment options.

### Elbows, ears, knees, wrists, ankles, hands and feet

- Cortisone cream
- Moisturizer

### Scalp

- Moisturizing creams or spray oil
- Salicylic acid and tar preparation for severe cases
- Topical steroid
- Medicated shampoos

### Vagina (vulvar dermatoses)

- Topical steroid creams
- Oral or injectable steroids

