

Mayo Clinic Minute

Babies and Eczema

Video	Audio
Vivien Williams	There's nothing like baby soft skin. But more than 10 percent of all little ones develop eczema.
Megha Tollefson, M.D. Pediatric Dermatology Mayo Clinic	"Eczema is a really itchy, scaly red condition of the skin."
	Mayo Clinic pediatric dermatologist Dr. Megha Tollefson says eczema can erupt anywhere, but in infants and children it's most commonly found on the cheeks, the folds of the elbows and the back of the knees. How do you treat it?
Megha Tollefson, M.D.	"Daily bathing can be really useful in children that have eczema, as long as you're moisturizing right away."
Vivien Williams	If you use a bland, fragrance-free cream that's thick enough to stand up a spoon, you can seal in moisture from the daily bath and improve condition of the skin. If you think your baby has eczema, talk to your health care provider to make sure, especially for newborns who may not benefit from frequent baths. Plus, severe cases may require topical medication.
Vivien Williams	I'm Vivien Williams, and for more health news, visit the Mayo Clinic News Network.