

Mayo Clinic Minute: Eczema occurs in people of all ages

VIDEO	AUDIO
	Atopic dermatitis is a sensitivity disease of the skin, similar to asthma in the lungs, hay fever in the sinuses and food allergies in the gut.
Dawn Davis, M.D. Dermatology Mayo Clinic	"It's a multisystem disorder. Inflammation affects the skin, and the skin is more sensitive than usual."
	It's a chronic condition and tends to flare periodically. The symptoms vary.
Dr. Davis	"Atopic dermatitis tends to be red, weepy, crusty, itchy, flaky patches, like oval or circular-shaped areas on the skin."
Dr. Davis	"Our skin is like a brick wall. And over time as we age, or genetically if we are predisposed to sensitive skin, it can look like a wicker basket more than a brick wall."
	Adult eczema often occurs in patches on areas of the body prone to friction or sweat.
Dr. Davis	"Where your waistband would sit, where your socks or shoes would rub. If you have a watch, where you would wear your watch. If you have a headband or certain things that you wear along your neck, like a necklace or a tie."
Dr. Davis	"It's important to bathe regularly. It's important to hydrate the skin with a moisturizer that is hypoallergenic. It's important to monitor for infection."
Jason	If those self-care steps don't help, your dermatologist may prescribe topical or oral medications, or other therapies.
Jason	For the Mayo Clinic News Network, I'm Jason Howland.