

Mayo Clinic Minute: Atopic dermatitis – eczema triggers and treatment

Atopic dermatitis, the most common form of eczema, is a widespread skin condition known for causing dry, itchy and inflamed skin. It affects 15% to 20% of children and 8% to 10% of adults. The discomfort it brings can disrupt a person's everyday life if not treated.

[Dr. Dawn Davis](#), a dermatologist at Mayo Clinic and co-chair of the American Academy of Dermatology Atopic Dermatitis Guidelines Committee, is an author of the new guidelines for atopic dermatitis. She says understanding potential triggers for atopic dermatitis is a start.

Audio

Video

	Triggers for eczema can be internal and external, says Mayo Clinic's Dr. Dawn Davis.
Dawn Davis, M.D. Dermatology Mayo Clinic	"Any sort of stressor to the mind, to the nerves, to the skin or to the immune system can cause a flare of eczema."
	It could be daily stress, a food allergy or the jewelry you are wearing.
	"Some people with eczema are sensitive to nickel, they may be sensitive to a preservative and a medication that they're using."
	Learning how to decrease your sensitivity or stress can help.
	She encourages patients to: Practice mind-body exercises. Get plenty of rest. Stay hydrated. Avoid smoking. And practice a sensitive skincare routine.
	This includes daily baths or showers with mild soaps, and frequent moisturizing with a fragrance-free, dye-free and chemical-free lotion.
	"They may need prescription medicines. Those can be available topically by a cream or an ointment, or systemically by a pill or a shot. And then we may choose to do advanced therapy beyond that, such as patch testing."

For the Mayo Clinic News Network, I'm DeeDee Stiepan.