INTRODUCING PENNY’S EGGS-im-ah

The EASE program has developed an illustrated children’s book to help youngsters with eczema deal with this life-altering disease. The colourful 24-page storybook tells the story of a young girl named Penny who suffers from eczema, and includes tips for parents and fun activities that are appropriate for young children who may have difficulty in understanding the physical affects of the disease.

The book was reviewed by Dr. Ronald Vender, a Hamilton-based dermatologist, and his two sons, Reid who is 10 years old, and 7 year old Ross who suffers from eczema.

“I was pleased to be involved in the development of an educational tool to help young children understand eczema, how to manage the condition and cope with the stress and frustration associated with the disease,” stated Dr. Vender. “The activities and instructive content deliver important and helpful information on adapting to certain conditions caused by the eczema.”

The colourful illustrations by Mark Huebner make this book a fascinating learning tool for young children. Penny’s EGGS-im-ah gives parents the opportunity to interact with their child, openly discuss the disease, and nurture the physical and emotional support system between the caregiver and the eczema sufferer.
Question:
My 15-year old daughter loves figure skating and has started to take lessons twice a week. She has been struggling with occasional eczema flare-ups on her hands and feet for the past 4 years and we have been somewhat able to control the disease by avoiding certain triggers. Unfortunately, the hours spent out on the ice and the dampness produced by her skates has caused her eczema to return. Her hands and feet are red, cracked and extremely painful. My daughter is completely captivated by this sport and I would hate for her condition to prevent her from developing her skills on the ice. What can I do to help prevent such terrible flare-ups?

Answer:
The very first thing that you must do is see a dermatologist about your daughter’s eczema to get the proper diagnosis. The diagnosis of eczema on the feet may either be that of atopic eczema, an allergic contact eczema, or a blistering condition called pompholyx. The most important one to rule out is that of an allergic contact dermatitis to a component of the skate interior itself such as a glue or dye. This can be precipitated by the wet feet you describe which “leach” the chemicals from the boot onto the skin. Alternative chemicals can often be found and the problem solved. If this is not possible your doctor can help your daughter find ways to keep her feet dry and this may prevent the “leaching”. The fact that it also occurs on her hands does not make this diagnosis unlikely as the hands often react in a similar way to the feet as an auto sensitization (i.e. an allergy to the allergy if you will).

If her eczema is part of her atopic condition then you should practice the basic principles of atopic skin care:

1. Remove the irritants – In your daughter’s instance this would be to keep her feet as cool and dry as possible. To do this I suggest having two or three skate liners and changing her skate liner after each use to allow it to dry out before reusing – better yet buy two pairs of skates if she is really serious about the sport – changing her socks every hour or so would also help. I would also like to see her avoid soap or use a non-detergent cleanser for her feet

2. Repair the barrier – Your daughter should be using a cream or ointment based emollient to her feet after each bath or water exposure

3. Treat any infection – If your daughter has lots of crusts in her eczema then she almost certainly has an infection and her doctor will treat her with either a topical or systemic antibiotic

4. Treat the inflammation – Your daughter should receive either a topical steroid of mid-potency or if you or your physician are concerned about steroid side effects then she may receive one of the non-steroid anti-inflammatory calcinerin inhibitors such as Protopic or Elidel.

It is my general principle to never stop children with eczema from participating in any sporting activity. There is almost always a way to adjust their therapy to allow them to play as they wish. You and your daughter should work closely with your dermatologist to optimize her skin care.

Myth: Showering and bathing can provoke eczema flare-ups.

Fact: Using excessive hot water and harsh soaps can strip away the essential oils leaving your skin dry and chapped. Bathing should take place at least once a day in lukewarm water, and last about 5 minutes. Adding a capful of emulsifying oil is helpful in aiding in moisture retention. Finally, you should apply a moisturizer within minutes after getting out. Following these simple directions will ensure that bathing or showering can actually help hydrate your skin.
2005 CDA Award “Three-Peat”

Astellas Pharma Canada Inc. has won the Canadian Dermatology Association’s (CDA) Public Education Award for the third year in a row.

Robert Goldberg, Product Manager for dermatology at Astellas, proudly accepted the award on behalf of the EASE program. The award was presented by Dr. Lorne Hurst, the secretary of the CDA board of directors and the chair of the CDA Membership and Awards Committee at the 80th Annual CDA Conference held in Quebec City early in July.

Useful tips to seal in the moisture

1. Take at least one shower or bath per day using lukewarm water
2. Each bath or shower should last for about 5 minutes
3. Use a gentle fragrance-free soap or cleanser
4. Use a soft towel, and gently pat away excess water – don’t rub
5. Apply fragrance-free moisturizer to damp skin (within 3 minutes of bathing) to seal in the moisture

We use this information to send you only the information you request. We will never intentionally disclose any personal identification information about you as an individual user to any third party without having received your permission. To remove your name from the mailing list, write to info@eczema-canada.ca or fax your request to (514) 288-5680.

Check which of the following EASE material you would like to receive

- Eczema - It’s Time To Take Control
  A comprehensive 36-page booklet on treatments, symptoms, skin care and patient support.

- The Eczema Self-Test
  A double-sided illustrated tip card on eczema, its symptoms, causes and methods of control.

- But It Itches So Much!
  A colourful brochure with practical information for parents and children with eczema.

- Penny’s EGG-im-ah story book
More about moisturizers!

There are 3 types of moisturizers, distinguished by their specific effects and actions on the skin. The categories are as follows:

**Occlusives:** The best moisturizers, occlusives provide a layer of oil on the surface of the skin to slow transepidermal water loss and thus increase the moisture content (e.g. petrolatum).

**Humectants:** Substances that are introduced into the outermost skin layer to increase its water-holding capacity. However, they can sting open skin and are not recommended for children with AD (e.g. glycerin).

**Emollients:** Smooth out the surface of the skin by filling the spaces with droplets of oil (e.g. lanolin).

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<table>
<thead>
<tr>
<th>Moisturizer/Emollient</th>
<th>Common brands</th>
<th>Application</th>
<th>Area of application</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bath oil Colloid bath</td>
<td>Bath oils: Alpha, Keri, Lubriderm, Nutraderm Superfatted bath: Aveeno Bath</td>
<td>Deposits a thin layer of oil on the skin upon rising from the water</td>
<td>Entire body (usually not face and hair)</td>
</tr>
<tr>
<td>Lotions</td>
<td>Lubriderm, Alpha Keri, Aveeno, Nivea, Nuraderm</td>
<td>Immediately after bathing and/or when necessary</td>
<td>Used on scalp and other hairy areas for mild dryness on face and body. Used when more emollience is required</td>
</tr>
<tr>
<td>Creams</td>
<td>Glaxal base, Dermabase, Cetaphil, Eucerin, Cliniderm base, Moisturel, Lipikar</td>
<td>Immediately after bathing, usually at bed time</td>
<td>Prescribed for drier, thicker or more scaly areas.</td>
</tr>
<tr>
<td>Ointments</td>
<td>Vaseline white petrolatum, Nivea Eucerin, Glaxal base</td>
<td></td>
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</tbody>
</table>

*Adapted from: The Journal of Cutaneous Medicine and Surgery, Volume 8, Supplement S*

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Win a $250 gift card from Chapters!

It’s not too late to participate in the first eczema patient survey in Canada! Visit www.eczemacanada.ca and complete the online eczema management survey for another chance to win a $250 Chapters gift card.

Surveys completed between September 30, 2005 and January 13, 2006 are eligible for the new draw, which will take place on Monday, January 16, 2006. The winner will be contacted by email.