

# TYPES OF ECZEMA

## Atopic Dermatitis

Chronic and inflammatory condition that happens when the immune system becomes hyperactive in response to an allergen or irritant inside or outside of the body.

## Contact Dermatitis

Happens when the skin touches irritating substances or allergens. Usually appears on the hands, or other parts of the body that came into contact with the irritant/allergen.

## Dyshidrotic Eczema

Condition that produces small, itchy blisters on the edges of the fingers, toes, palms, and soles of the feet.

## Nummular Eczema

Condition where coin-shaped spots develop on the skin, which may become itchy. May be triggered by insect bites, reactions to skin inflammation, or dry skin in the winter.

## Seborrheic Dermatitis

Frequently appears on parts of body with abundant oil-producing glands, such as the upper back, nose, and scalp. Also known as "cradle cap" in infants.

## Stasis Dermatitis

Occurs when there is inadequate blood flow in the veins and pressure develops, causing fluid to linger in the skin.

## QUICK FACTS

- Eczema is not contagious.
- There are various triggers including: Dry air, humidity, sweat, stress, environmental or food allergies
- General symptoms include itching & redness
- It is possible to have more than one type of eczema at a time.

