



Falling Back to Routines

Director's Message



Fall brings us back to routine, back to school, and back to the reality that here in Canada winter is on its way. Cold, dry weather is a well-known contributor to eczema flares, but by arming yourself with moisturizers, a humidifier for the home, and treatments, flares can be better managed.

We have some resources and events this fall that can help. For children, our Eczema School and Daycare Guide can be a valuable tool to share with teachers and day care providers. In November our Life with Eczema events will be held in Calgary, Edmonton, Toronto, and Montreal. We hope you can join us to learn more eczema care fundamentals, and new care options.

Wishing you all good health,

Amanda Cresswell-Melville

Amanda Cresswell-Melville
Executive Director

Life with Eczema Events 2015

Educational Event for Patients and Caregivers



Join us for our 5th annual Life with Eczema events held this November across the country. Each event features expert dermatologist speakers with topics including eczema management, hand eczema, and finding additional support.

Toronto - Tuesday, November 10th - 7:00 to 8:30 p.m.

Edmonton - Tuesday, November 17th - 7:00 to 8:30 p.m.

Calgary - Thursday, November 19th - 7:00 to 8:30 p.m.

Montreal - Thursday, November 26th - 7:00 to 8:30 p.m.
(French language session)

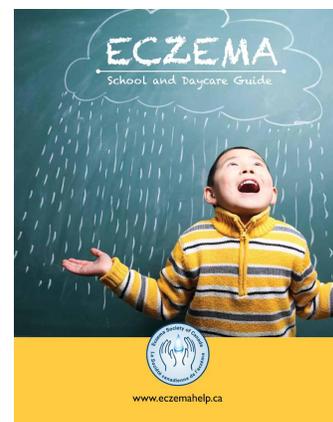
RSVP to reserve your spot today! The first 100 people registered in each city will receive a gift bag of skin care products. **Register now!**

Eczema guide helps teachers understand the itch

The school year can be a stressful time for both parents and children alike, but for those affected by eczema, it can be even more challenging.

An estimated 7 per cent of children suffer from eczema, a chronic skin condition that is marked by itchy, red, inflamed skin. The effects of the condition can range from mild to severe, and the physical symptoms can be very painful and life altering.

Eczema Society of Canada (ESC) is helping parents with young ones affected by this frustrating condition through the distribution their Eczema School and Daycare Guide.



"School can be challenging for kids with eczema," says Amanda Cresswell-Melville, Executive Director of the Eczema Society of Canada. "Parents have to work closely with teachers and daycare providers to make sure their child's skin is being cared for, isn't being exposed to harmful triggers, and more importantly, so the teacher understands some of the behaviors related to eczema, such as scratching, frustration, and possibly inattention. Our guide can be shared among teachers, parents and daycare providers, and suggests ways to manage a child's eczema when they are away from home."

Eczema can change a child's appearance, and can be extremely stressful when they are in school. They may feel embarrassed about exposing their skin, and may avoid activities that expose them to bullying or teasing.

"The Eczema School and Daycare Guide is a complete and concise resource for parents to share with teachers, to bring attention to how eczema impacts a child's life, and the special care that may be required during the school day." says Kimberly Wilkinson, elementary school teacher. "It also offers practical tips and strategies to best support students within the learning environment and reminds us of the importance of fostering an inclusive classroom."

Receive your FREE copy [here](#). Canadian postal addresses only.

Two New Eucerin Eczema Products earn ESC Seal of Acceptance

Seal of Acceptance Announcement



Beiersdorf has recently launched two new products for eczema-prone skin, Eucerin Eczema Relief Body Cream and Eucerin Eczema Relief Flare-Up Treatment, and both have earned the Eczema Society of Canada Seal of Acceptance. Products that apply for the seal undergo a rigorous review process, including ingredient and formulation review, as well as clinical data review. Both Eucerin Eczema Relief Body Cream and Eucerin Eczema Relief Flare-Up Treatment contain colloidal oatmeal and ceramides. They are hypoallergenic, non-irritating, as well as fragrance, dye, and steroid free.

To learn more about Eucerin Eczema Relief Body Cream and Eucerin Eczema Relief Flare-Up Treatment [click here.](#)

To learn more about Eczema Society of Canada's Seal of Acceptance program [click here.](#)

Gold Bond Ultimate Eczema Relief Skin Protectant Earns Seal of Acceptance

Seal of Acceptance Announcement



Eczema society of Canada is pleased to announce that Gold Bond Ultimate Eczema Relief Skin Protectant Cream has earned our Seal of Acceptance. Products that apply for the seal undergo a rigorous review process, including ingredient and formulation review, as well as clinical data review. Gold Bond Ultimate Eczema Relief Skin Protectant Cream is formulated with 2% colloidal oatmeal, and is free of steroids, dyes, and fragrance.

To learn more about Gold Bond Ultimate Eczema Relief Skin Protectant Cream [click here.](#)

To learn more about Eczema Society of Canada's Seal of Acceptance program [click here.](#)

Ask the Doctor Feature



What's this rash?! Adult Onset Eczema

Q: *My doctor has diagnosed me with eczema at 62 years old. The itching is unbearable and I'm kept awake at night. I thought eczema was more of a childhood condition. How do I get rid of it?*

A: While most eczema begins in childhood and sometimes goes away, we are learning more about eczema that starts or continues in adulthood. This is much more common than the medical community originally thought, and can have a major impact on the lives of adult patients. Like childhood eczema, adult eczema cannot be cured, but can be managed in a number of different ways. Regular moisturizing and use of prescription topical treatments, and sometimes pills or light treatment, can all help. See your doctor to discuss a treatment plan that is right for you.

Managing Scalp Eczema

Q: *I have scalp eczema that's itchy and crusty. It's different than the mild eczema on my body. How can I treat this? Do I use the same 1% hydro-cortisone that my doctor gave me for my body? Can I shampoo after I've put the cream on the scalp?*

A: Eczema on the scalp can be very bothersome for patients, and is usually managed differently than eczema on other parts of the body. The most important thing, though, is to first confirm with your doctor that the rash in your scalp is eczema, since other skin conditions can cause rashes on the scalp as well. Once the diagnosis is confirmed, you and your doctor should come up with a treatment plan that works for you. There are many different types of topical agents that can be used in the scalp, including foams, lotions and shampoos. The length, consistency and amount of hair you have in your scalp, in addition to how severe the eczema is, can help you and your doctor determine what treatment will be best.

We thank Dr. Aaron Drucker, MD, FRCPC for volunteering his time to answer this question. Dr. Drucker is a dermatologist from Toronto currently practicing in Providence, RI, where he is a post-doctoral research fellow focusing on eczema research.

*Eczema Society of Canada
helped us Take Control of our Baby's Eczema*

Share My Story Feature

The first time we ever noticed anything on our son's skin he was 6 months and we were on a family trip to Pennsylvania. We noticed two very dry spots on his arm and a little red patch on his cheek. Not thinking anything of it we gave our son his usual bath and then followed up with a moisturizer

that says pediatrician tested, and hypoallergenic. Like most moms I thought that this on the label meant that it's the best thing to use on my little guy's sensitive skin.

As the weeks went on we noticed more and more dry patches covering his poor little arms. The dry skin patches slowly started turning pink and then quickly within a couple days red.

I started googling what this could be and Eczema was the thing that kept coming up. We found out that my husband also had Eczema as a baby. We brought our son to the doctor. He confirmed our suspicions.

Like most moms we are taught to be terrified of hydro-cortisone creams and I then began doing every possible home remedy that I read online. Nothing worked. In fact our son was so itchy and miserable we didn't know what else to do.

Then we found eczemahelp.ca. We learned about keeping a daily bathing and moisturizing routine. We learned about proper labeling on products and what products could cause more harm than good on his delicate skin. We also learned the truth about steroid therapy. Our son has improved so much we can't believe it's the same child.

This website offered such valuable information that every parent should follow and be thorough. We are happy to report that our son is a happy and healthy 14 month old who yes does still get flare ups but they are totally manageable and no longer disrupt his sleep or daily activities. So thank you for providing us with all this valuable information without it I don't know what we would have done.

The Zeppieri Family

Eczema Society of Canada Receives CDA Public Education Award

Eczema Society News

This past June, at the Canadian Dermatology Association (CDA) Annual Meeting, Eczema Society of Canada (ESC) was proud recipient of the CDA's 2015 Public Education Award, in recognition for their Living with Eczema public education media campaign.

Launched in November 2014 during Eczema Awareness Month, the campaign tackled tough topics, such as food as it relates to eczema, the realities of living with chronic hand eczema, as well as dispelling common myths around the condition, through a series of news articles. This marks the first time the ESC has received this award.

The articles were shared with community papers and websites across Canada, and reached millions of Canadians, raising awareness about eczema and educating Canadians about the challenging disease.

"We are honoured to receive this level of recognition from the Canadian Dermatology Association," said Amanda Cresswell-Melville, Executive Director of the Eczema Society of Canada. "Eczema

can be a challenging and extremely personal condition to manage and education is one of the most fundamental ways an individual can begin to control their disease. We are deeply appreciative of this award."

Eczema refers to a chronic inflammatory skin condition, characterized by dry skin, with extremely itchy, red patches. It affects more than three million Canadians, and can have a negative impact quality of life for the sufferer and their family if not well controlled.



ESC Executive Director, Amanda Cresswell-Melville (L) and ESC board member and medical chair Dr. Miriam Weinstein.

About the Canadian Dermatology Association's Public Education Award

The CDA's Public Education Award recognizes the important role played by the media and not-for-profit organizations in furthering the understanding of dermatologic issues, and encouraging healthy behaviour in the medical, surgical and cosmetic care of skin, hair and nails.

About The Eczema Society of Canada

The Eczema Society of Canada is a registered charity dedicated to meeting the needs of those suffering with eczema, through patient support, education, awareness and research. The Society has a strong commitment to the continuing education of the medical community, supporting ongoing research activities and increasing public awareness of eczema in society.

Connect

Find a support volunteer at

www.eczemahelp.ca

Help

Want to be a Support Volunteer? Contact us at

1-855-Eczema-1 or email us at

director@eczemahelp.ca



Hope

"For support and resources, there is no finer organization than the Eczema Society of Canada." Maryam Sanati, Editor-in-chief, Chatelaine Magazine