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*Steps toward research are steps toward a cure.*

### Director's Message



At the Eczema Society of Canada (ESC), we believe that even a small step in eczema research is progress toward a cure. This is a message we like to share because it is a powerful one. When we suffer with eczema, or when we watch our loved ones suffer with eczema, we want nothing more than a cure. ESC has been sharing recent research advances through our newsletters, social media channels, and in person at events, and the days ahead are looking promising for eczema sufferers. New treatments are coming, we are learning more about the disease, and, one day, we hope to find a cure.

In the weeks and months ahead, the ESC wants to further advances in research, and we are excited to announce that we have launched our Research Grant Program. Read on in the Summer 2015 Newsletter to learn more about this program and how to apply.

We encourage you to make a donation. 100% of private citizen donations go directly toward eczema research here in Canada. This year, these donations are marked for the Eczema Research Grant Program, encouraging Canadian researchers and dermatologists to undertake research to improve the lives of eczema sufferers. You can donate online [here](#).

Wishing you all good health,

*Amanda Cresswell-Melville*

Amanda Cresswell-Melville  
Executive Director

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## Summer Survival Tips

### Managing Eczema While Still Enjoying Our Short Canadian Summer



Many of us associate the dry skin of eczema and the painful, itchy flare ups with the cold of winter. Yet, for many eczema sufferers, the summer can be a troubling time too, with heat, sun, and sand contributing to uncomfortable itching and frustrating flares.

Here are some tips to help you get through the summer in comfort:

**Swimming can be good for eczema** - It's true. With the right precautions, swimming can be an enjoyable activity, and taking a few extra steps after you dive in could actually help improve your summer skin. After swimming, be sure to shower with fresh water. Immediately after rinsing, slather on a rich moisturizer to protect and hydrate your skin.

**Stay cool** - Try to avoid overheating by staying in the shade, avoiding the hottest mid-day and afternoon sun, and using fans and air conditioning whenever possible.

**Layer to avoid overheating** - Wear breathable cotton or silk layers which can be removed or added as your body temperature changes. This is especially important when dressing a baby. Overheating can cause a flare up on already delicate skin. Dress babies in light layers, and try to keep cool.

**Choose a suitable sunscreen** - Sunscreen is important for skin protection, but it can be a potential irritant for sensitive skin. While no sunscreens have earned the ESC Seal of Acceptance as of yet, look for products that have been formulated for sensitive skin and are fragrance free. Aerosol spray sunscreens can be irritating to sensitive skin as well. You can also look for physical block sunscreens instead of chemical blocks. Physical block sunscreen ingredients to look for are zinc oxide and titanium dioxide.

# *Eczema Research Grant Program - Apply Now!*

## Funding Available for Eczema Research



The Eczema Society of Canada (ESC) is dedicated to improving the lives of Canadians living with eczema, by providing support, education, and raising awareness. Supporting ongoing research activities is an important part of our mission.

The ESC Research Grant Program allows Canadian researchers the opportunity to apply to access funding for their research and/or eczema education projects. ESC is pleased to invite Canadian researchers, including dermatologists, paediatricians, residents, and medical and university students to apply today for this exciting funding opportunity.

Applications can include research and/or educational projects that will work toward improving the lives of eczema sufferers. The application deadline is October 1st 2015. Awards will be announced in November during Eczema Awareness Month.

Every step towards research is a step toward a cure.

For more information visit:

<http://www.eczemahelp.ca/en/research/index.html>

For additional information contact Executive Director Amanda Cresswell-Melville at [director@eczemahelp.ca](mailto:director@eczemahelp.ca) , call 1-855-ECZEMA-1

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*Avene XeraCalm A.D. Balm Earns  
ESC Seal of Acceptance*

ESC Announcement



Eczema Society of Canada (ESC) is pleased to announce that XeraCalm A.D Lipid-Replenishing Balm has earned the ESC Seal of Acceptance (SOA). All products that earn the SOA undergo rigorous review including ingredients, formulation, and clinical data. XeraCalm A.D Lipid-Replenishing Balm has successfully passed the review and has been deemed suitable for use by persons with eczema and/or sensitive skin. XeraCalm A.D Lipid-Replenishing Balm is recommended for very dry, atopic-prone, and itchy skin. Formulated according to the Sterile Cosmetics charter: fragrance-free, paraben-free, and created with actives chosen for their efficacy and innocuousness, it is hypoallergenic and non-comedogenic.

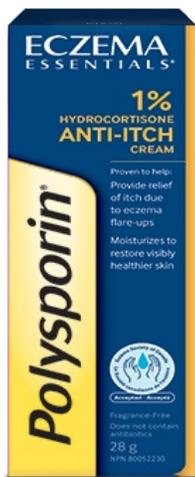
**To learn more about XeraCalm A.D Lipid-Replenishing Balm visit:**

[http://www.eau-thermale-avene.ca/en\\_CA/body/specific-products/atopic-prone-skin/xeracalm-ad-lipid-replenishing-balm](http://www.eau-thermale-avene.ca/en_CA/body/specific-products/atopic-prone-skin/xeracalm-ad-lipid-replenishing-balm)

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## **POLYSPORIN® ECZEMA ESSENTIALS®** *1% Hydrocortisone Anti-Itch Cream*

### **Earns Seal of Acceptance**



Eczema Society of Canada (ESC) is pleased to announce that POLYSPORIN® ECZEMA ESSENTIALS® 1% Hydrocortisone Anti-Itch Cream has earned the ESC Seal of Acceptance. Topical 1% hydrocortisone products have been approved by Health Canada for non-prescription, over-the-counter sale\*, and the POLYSPORIN® ECZEMA ESSENTIALS® product is the first to earn the Seal.

*\*when indicated for use in children and adults 2 years of age or older and packaged in sizes of 30g or less*

**To learn more about this product visit:**

<http://www.polysporin.ca/products/eczema-essentials-hydrocortisone-anti-itch-cream>

<http://www.polysporin.ca/fr/produits/eczema-creme-anti-demangeaison-hydrocortisone>

**To learn more about the ESC Seal of Acceptance program visit:**

<http://www.eczemahelp.ca/en/seal.html>

*This product is an over-the-counter (OTC) drug which has earned the Eczema Society of Canada (ESC) Seal of Acceptance™ and is suitable for use by individuals with eczema or sensitive skin conditions. ESC reminds consumers that all drugs, including OTC drugs, have risks and potential side effects. Consumers are reminded to read and follow all directions for OTC drugs and to consult*

with their physician prior to using any medications and if their skin conditions are not clearing. The ESC Seal of Acceptance™ does not constitute medical advice and medical questions should be directed to your doctor or health care provider.

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## Acceptance and Activity Help Distract from the Itch

### Share Your Story Feature: An Interview

Sylvia Essiembre was diagnosed with eczema when she was just three months old. Today the 52-year-old Montreal event planner and project manager has learned how to best cope with her condition. As an Eczema Society of Canada Support Volunteer, she responds to emails from francophones who are seeking relief from eczema.

#### **How has having eczema affected your life?**

I have chronic eczema on my hands, feet, and arms, and intermittent flares of eczema on other parts of my body. Eczema attacks your self-esteem and makes you want to cover up and hide. I spent many years trying hard to get rid of it, which created more anxiety. Finally I said to myself, "This is the way I am for now." There's no miracle drug or solution, so the challenge is finding ways to manage the symptoms.

#### **How do you manage the physical symptoms?**

When I get out of the shower, I put on extra virgin coconut oil, then another cream on top of it. I've tried different creams over the years. Once every week or two, I lightly exfoliate my skin with a soft brush. I've stopped eating dairy, I've reduced gluten by 80% and I'm trying to put more omega-3s and omega-6s into my diet.

#### **How do you handle the emotions that surface?**

It's important to find something you love to do, to help you focus on something else. For me, it's Biodanza [a system of self-development that uses music, group movement and positive feelings to deepen self-awareness]. I love music and to dance, and Biodanza lifts me up so much that I forget I'm itchy. I started Biodanza 10 years ago, and I've been teaching it for three years. It gets me out of my head and reduces anxiety. I have also practice yoga and tai chi in the past, and still practice regular meditation.

#### **Can you recommend a helpful book?**

*The Eczema Solution* by Sue Armstrong-Brown. It addresses the habit of scratching, which usually starts with itching and then becomes psychological.

#### **What advice do you give others with eczema?**

- Find something you love to do and do it regularly-try not to skip it if you have a flare-up.
- Talk to someone supportive, whether it's a good friend or a counselor.
- Be aware of potential triggers, but don't blame yourself for your eczema.
- Try to manage your scratching.
- Find a good dermatologist or other specialists in whom you can trust and with whom you can create a team to help you.
- Most importantly, never give up on who you are!

# Is Medication Necessary to Control Eczema

## Ask the Doctor

**Q:** *Can my atopic dermatitis (a common form of eczema) only be controlled with prescription medications?*

The American Academy of Dermatology (AAD) recently addressed this on their website <http://www.aad.org>, highlighting that atopic dermatitis (AD - the most common form of eczema) does benefit from medical management. The Eczema Society of Canada echoes this message.



The AAD indicates that, while there is no cure for atopic dermatitis, treatment still remains important for the following reasons:

- Prevent the AD from getting worse.
- Calm the skin, relieving pain and itch.
- Reduce emotional stress.
- Prevent infections.
- Stop the skin from thickening. Thickened skin often itches all the time - even when the AD is not flaring.

The primary goal for medication to manage eczema is to reduce inflammation. While moisturizing and appropriate bathing is important to maintain hydrated skin, often a short course of prescription treatment is needed to deal with the inflammation. When the inflammation clears, the medication can be stopped, and frequent moisturizing will often prolong the period until the next flare.

To read more about the AAD recommendations for managing atopic dermatitis visit:

<https://www.aad.org/dermatology-a-to-z/diseases-and-treatments/a--d/atopic-dermatitis/diagnosis-treatment>

## Connect

Find a support volunteer at

[www.eczemahelp.ca](http://www.eczemahelp.ca)

## Help

Want to be a Support Volunteer? Contact us at

1-855-Eczema-1 or email us at

[director@eczemahelp.ca](mailto: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*

