



ESC Annual Report

Director's Message



Eczema Society of Canada is proud to deliver eczema support and education to Canadians from coast to coast. In the past year, we've hosted patient events across the country, delivered thousands of eczema information kits, provide one-on-one support to eczema sufferers, and much more. We are grateful to our talented and tireless volunteers who allow ESC to put our mission into action.

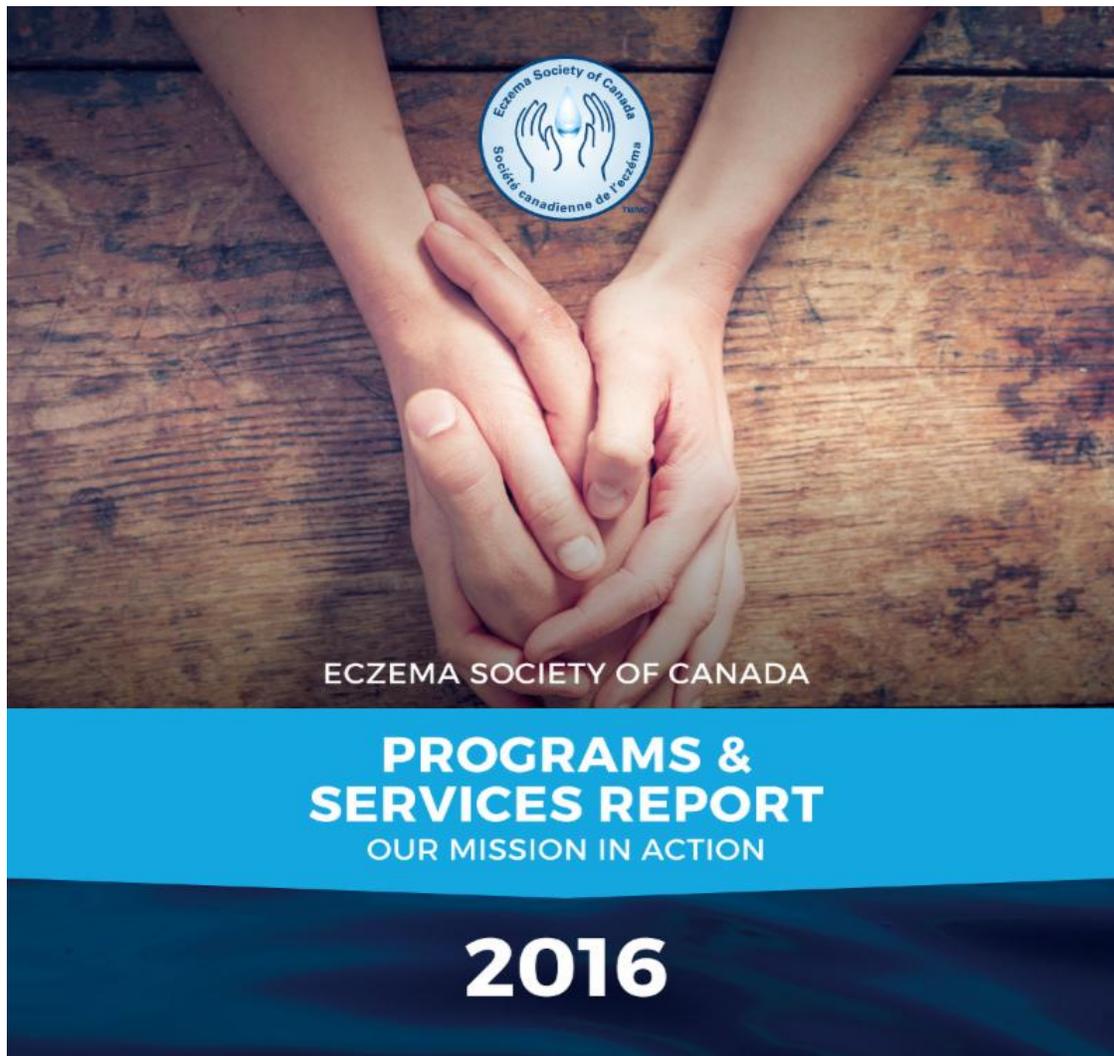
We are pleased to share our Annual Report with you, and we thank our Board of Directors, Medical Contributors, Volunteers, and Support Volunteers who help us achieve our goals. The heart of our organization is you - the eczema sufferer, and those who love and care for them, and we continue to work toward improving the lives of Canadians living with eczema.

Sincerely,

Amanda Cresswell-Melville
Executive Director
Eczema Society of Canada

*ESC Thanks our Generous Volunteers
who make our Services Possible*

A Year in Review



Eczema Society of Canada is grateful to our talented and tireless volunteers who allow ESC to put our mission in action. ESC relies on our volunteer Board of Directors, Medical Contributors, and Support Volunteers to deliver our services to Canadians living with eczema, and those who care for them.

We are proud to present our annual report, Programs & Services Report: Our Mission in Action 2016, and share our various projects, programs, successes of the past year, and plans for the future. [View our annual report.](#)

ESC thanks the following teams who make it all happen:

BOARD OF DIRECTORS

Rachel Asiniwasis MD, FRCPC (Dermatology)
Amanda Cresswell-Melville Honours BA, BEd, Executive Director
Lesley Eisel RN, BA
Joseph M. Lam MD, FRCPC (Paediatrics)
Arima Ventin BPhm, MBA

Miriam Weinstein BSc, BScN, MD, FRCPC (Dermatology, Paediatrics)
Nigen M.D., FRCPC (dermatologie)

MEDICAL CONTRIBUTORS

Rachel Asiniwasis MD, FRCPC (Dermatology)
Kirk Barber MD, FRCPC (Dermatology)
James Bergman MD, FRCPC (Clinical Immunology & Allergy, Dermatology, Paediatrics)
Aaron Drucker MD, FRCPC (Dermatology)
Gillian C. de Gannes MD, FRCPC (Dermatology)
Marissa Joseph MD, FRCPC (Dermatology, Paediatrics)
Joseph M. Lam MD, FRCPC (Paediatrics)
Charles Lynde MD, FRCPC (Dermatology)
Danielle Marcoux MD, FRCPC (Dermatology, Paediatrics)
Simon Nigen MD, FRCPC (Dermatology)
Wingfield Rehmus MD (Dermatology, Paediatrics)
Shawn Reynolds PhD RPsych
Jaggi Rao MD, FRCPC (Dermatology)
Neil H. Shear MD, FRCPC (Internal Medicine, Dermatology, Pharmacology)
Miriam Weinstein BSc, BScN, MD, FRCPC

We thank our volunteers for their efforts and dedication to helping those living with eczema. We couldn't have done it without you!

Amy Hiscock, Vancouver
Cheryl Bertsch, Manitoba
Crystal Lee, Toronto
Dan Melville, Keswick
Jennifer Ly, Toronto
Pantesha Eshtiaghi, Toronto
Raymond Yu, Vancouver
Sean Kings, Milton
Sheena Delorme, Manitoba
Sheila Grosso, Newmarket
Sylvia Essiembre, Montreal
Tanya Jayanathana, Toronto
Tracy Strongman, Red Deer
Tristan Michelle Joseph, London



6th Annual Life with Eczema Event

Join us in Vancouver, Toronto, or Halifax!



Suffering with eczema or hand eczema? Want to learn about the condition and how to better manage it? Have questions for an expert dermatologist? Join us for a FREE eczema education session.

The first 50 people to register in each city will receive a FREE Aveeno Eczema Care Gift Bag.

TORONTO - Monday, April 11, 2016 @ 7:00 pm

Toronto Public Library - 40 Orchard View Blvd.

[Learn More](#)

[Register Now](#)

HALIFAX - Thursday, April 21, 2016 @ 7:00 pm

Halifax Central Library - 5440 Spring Garden Road

[Learn More](#)

[Register Now](#)

VANCOUVER - Thursday, April 28, 2016 @ 7:00 pm

Vancouver Public Library - 350 W Georgia St.

[Learn More](#)

[Register Now](#)

Ask the Doctor Feature



Dark Patches and Eczema

Q: *I've had eczema all my life, and now I have patches of skin that are darker and more dull than the rest of my skin. Is there anything I can do to get rid of the dark patches? Moisturizing alone doesn't seem to work.*

A: Many skin conditions, including eczema, leave behind dark skin changes after other symptoms go away - this is called post-inflammatory hyperpigmentation. Unfortunately, most treatments for these skin changes are not effective and it can take a long time for them to fade. Keeping any exposed areas protected from the sun (by keeping them covered or using sunscreen) is important as the sun can make them darker. Occasionally different bleaching creams or lasers can be effective, and patients should speak with the doctor treating their eczema before using these.

Feature Doctor: Dr. Aaron Drucker, MD, FRCPC is a dermatologist from Toronto currently practicing in Providence, RI, where he is a post-doctoral research fellow focusing on eczema research.

Research Update

Probiotics use for the prevention of allergy is suggested in pregnant women at high risk for having an allergic child, in women who breastfeed infants at high risk of developing allergy, and in infants at high risk of developing allergy. This recommendation was published by The World Allergy Organization-McMaster University Guidelines for Allergic Disease Prevention earlier in 2015. This being said, the authors of the guideline state that 'all recommendations are conditional and supported by very low quality evidence'.

- For more information on the WAO Guidelines by Fiocchi et al. : worldallergyorganization

New Eczema Resource for Parents

"I Have Eczema"



Parents of children with any kind of skin difference like eczema often worry that other kids might be scared to play with them-and that the parents of those kids might be afraid the itchy skin condition is contagious.

To the rescue: A new "I Have Eczema" resource card that concisely explains what eczema is, that other kids can't catch it, and how those who have it just want to play and have fun like everyone else.

"We wanted to create a simple card that parents could carry like a business card, to share information with other children or their parents," says Shawn Reynolds, the registered psychologist from Edmonton, Alberta, who wrote the text that appears on the 9 x 5 cm colorful cards. The aim is that handing out the card will make it easier to meet and socialize with new pals at the playground.

"The conversation can be uncomfortable sometimes, and we thought this card would be an ice breaker, and a good conversation starter. Our goal continues to be the spreading of eczema awareness and we love the cards that Dr. Reynolds has helped us create." Says ESC Executive Director Amanda Cresswell-Melville.

You can find the "I Have Eczema" cards, which are available in English and French, online:

[I Have Eczema Card](http://www.eczemahelp.ca)

For more information about eczema, visit www.eczemahelp.ca.

A Message from Food Allergy Canada



Food Allergy Canada

Allergy Information Service

Living well with food allergies: what we can learn from research

Registration is now open!

**Join us for Food Allergy Canada's annual community conference on
May 28, 2016 at Pier 21 in Halifax.**

Come hear from leading allergy experts- key researchers, representatives from government and industry- on current food allergy and anaphylaxis research initiatives and updates on food labeling regulations in Canada.

Our line-up of distinguished speakers include:

- Dr. Wade Watson- Food Allergy Update: What's Going On In Research?
- Dr. Gregory Rex - Food Allergies: Myths & Misperceptions
- Michael Abbott, Health Canada- Food Labeling & Risk Assessment: Understanding The Canadian Experience
- Marilyn Allen, Foodservice Consultant

Find out more about Food Allergy Canada's leading edge educational resources for schools and the community, as well as our ongoing advocacy initiatives - improved school policies and food labeling - that will help keep those at risk safer.

For teens and young adults, take part in our half-day workshop, led by our Youth Advisory Team. This session is designed for youth with food allergies, aged 13 to 21 years, and provides an open forum for discussion and support, regarding the key issues facing this group.

You'll also have a chance to meet exhibitors and vendors who offer products and services tailored to the allergy community.

This is a day not to be missed!

For full conference details and agenda and to register today, [click here.](#)

Looking forward to seeing you in May!

Food Allergy Canada

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Connect

Find a support volunteer at

www.eczemahelp.ca

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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