



Getting Ready for Summer

Director's Message



The summer weather seems to have arrived early here in Canada. For eczema sufferers, this can mean a break from the cold and dry winter, but for many, eczema does not ease up in the summer. Summer sports, sweaty days, and swimming can all impact eczema.

This edition of our newsletters is full of information to help this summer. Our *Ask the Doctor* feature offers tips on swimming with eczema. We are excited to announce a new Seal of Acceptance product - the first shampoo to earn our Seal. We are also pleased to share new research and a new eczema education resource.

Another exciting announcement is our patient events coming this October. These family focused events will feature programming for parents/caregivers as well as a children's program for eczema sufferers aged 7 to 12.

Wishing everyone a safe and happy summer,

Amanda Cresswell-Melville
Executive Director
Eczema Society of Canada

Children Experience Summer Camp Fun and Eczema Relief at Camp Liberté

ESC Proudly Supports Camp Liberté



Children with moderate to severe eczema can easily believe that the world is an ugly place, and although dermatologic diseases are external, the internal impact of conditions such as eczema can carry forward through adult life. Camp Liberté Society was established by a group of Dermatologists in 2009, in partnership with the Canadian Dermatology Association, and provides a summer camp experience to children living with severe atopic dermatitis (eczema).

In addition to typical camp activities, campers receive intense skin care and disease management workshops throughout the camp. While the camp addresses a variety of skin conditions, over half of the campers suffer with eczema. Eczema Society of Canada is a proud supporter of Camp Liberté, providing three grants over the past two years to support eczema campers at both the camp for young children, held in Quebec, and the camp for pre-teens and teens, held in Alberta.

The camps are led by volunteer dermatologists and dermatology nurses. In addition to skin specific workshops, the week at camp also offers campers supervised independence where children can grow, become educated, and become involved in their own care, which ultimately leads to an evolution of responsibility and self advocacy. Perhaps best of all, the children can participate in typical camp activities, from swimming to hiking, and join in activities that may have at one time seemed impossible for children living with severe eczema.

"Thank you for making a dream come true for so many children and especially my daughter...she had a wonderful time. She has only good memories and is still talking about it".

- Parent of Camp Liberté attendee

To make a donation to support a camper with eczema, contact Eczema Society of Canada at:

Telephone: 1-855-ECZEMA-1

Email: info@eczemahelp.ca

Website: www.eczemhelp.ca

To learn more about Camp Liberté, or how your child can participate you can contact Camp Liberté directly at:

Telephone: 1-800-267-3376 ext.221

Email: info@campliberte.ca

Website: www.campliberte.ca

ESC is pleased to Announce the first Shampoo to Earn the Seal of Acceptance

Cliniderm Soothing Scalp Shampoo Earns SOA



Cliniderm Soothing Scalp Shampoo is the first shampoo to earn the ESC Seal of Acceptance (SOA). The shampoo is tear-free, soap-free, fragrance-free, and Paraben-free, and gently cleanses both the hair and scalp.

Cliniderm Soothing Scalp Shampoo has also been clinically proven to soothe a dry and itchy scalp. ESC is pleased to include a shampoo among our SOA products, as shampoos are a common concern for eczema sufferers. Cliniderm Soothing Scalp Shampoo is available at retailers across Canada.

To learn more about Cliniderm Soothing Scalp Shampoo, [click here](#).

To learn more about the ESC Seal of Acceptance, [click here](#).

Ask the Expert Feature

Sunscreen for Eczema



Q: Can you recommend a sunscreen that is suitable for use on eczema?

A: Sunscreen can be a potential irritant for people with sensitive skin and eczema, but sun protection is still important. Avoiding the strongest sun of the day (between 11:00 pm and 4:00 pm), wearing a hat and protective layers, and seeking shade should be the first steps taken to stay sun safe.

There are two types of sunscreens - chemical filters and physical blocks. Physical blocks are the type generally recommended for people with eczema. Ingredients to look for are titanium dioxide and zinc oxide. These sunscreens create a physical block on the surface of the skin and help to protect the skin by reflecting the sun's damaging rays off the skin. Generally speaking, people with eczema may find they prefer choosing a sunscreen that is both fragrance-free and cream based, over spray-on formulations, as they may be

more moisturizing and less irritating to the skin.

Ian Tin Yue Wong, BSc (Pharm), is a practising pharmacist in Vancouver and a third-year medical student at the University of British Columbia with a special interest in dermatology and eczema.

Ask the Doctor Feature

Swimming and Eczema



Q: I've heard swimming is good for eczema, but my skin feels so dry afterward. Is there something that could help with that tight and dry feeling?

A: Canadian dermatologist Dr. Miriam Weinstein, who treats both adult and paediatric eczema patients in Toronto, ON, provides these sensible guidelines for enjoying swimming this summer:

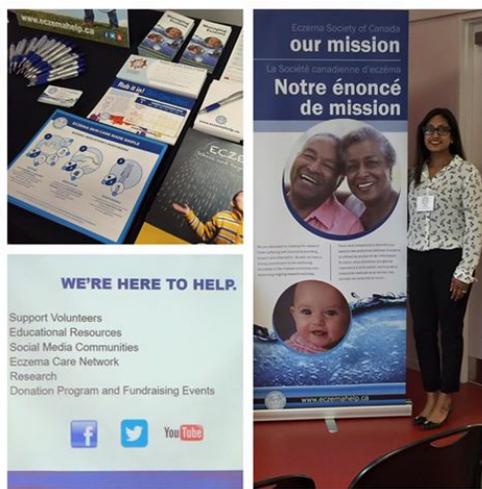
"Swimming is a good sport for patients with atopic dermatitis because there is little sweating, which can often aggravate itching. There are a few precautionary steps to ensure that swimming in chlorinated pools is enjoyable and not aggravating to the skin."

- After swimming, bathe according to our bathing instructions on the website. Then follow up with the prescribed ointments or creams, and then use your moisturizer over the remaining skin.
- If bathing after swimming is not practical, at very least you should rinse the skin, and then apply a moisturizer to skin that is still damp.
- Enjoy a season of swimming! As always, use your own skin (or your child's skin) as your guide, and consult your physician with any concerns.

ESC thanks dermatologist and paediatrician Dr. Miriam Weinstein for providing this content in a previous summer newsletter published by ESC.

Life with Eczema Events

Halifax - Toronto - Vancouver



ESC was proud to host patient events this past April from coast to coast. We welcomed eczema sufferers and their caregivers in Halifax, Toronto, and Vancouver for an educational session featuring an expert dermatologist, a patient speaker, and a Q&A session. Our speakers gave insights on managing eczema and treating hand eczema.

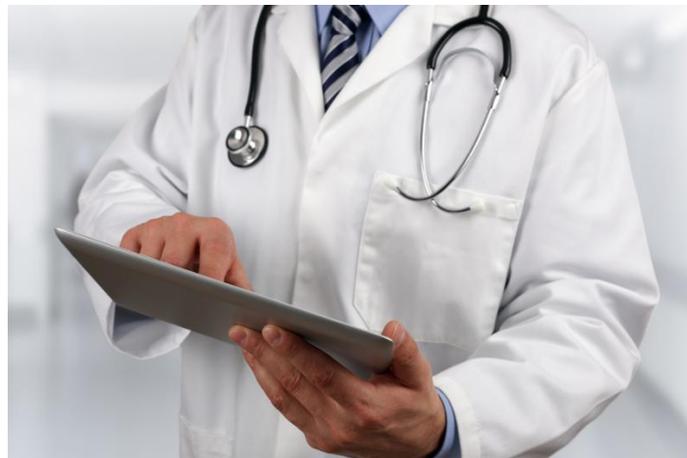
Inspiring patient speaker Tanya Mohan gave the key message, "Although there is no cure, you can achieve good control." Our sincerest thanks to AVEENO Eczema Care for providing full-sized product gift bags to our attendees.

Eczema impacts an estimated 10-20% of Canadians across the country. Education has been shown to improve patient outcomes. We hope to see you in your city in 2017!

***"Thank you very much
for the successful and useful Eczema Education session you organized.
I found that I'm not the only one suffering from it ,
and we have to accept it and find a safe
and manageable way to live with it."
- Adult living with eczema, Toronto, ON***

Research Update

Allergies, Asthma Tied to Lower Risk of Brain Cancer



(HealthDay) People with respiratory allergies, asthma and the skin condition eczema may be less likely to develop glioma brain cancer, a new study suggests.

The international team of researchers looked at more than 4,500 glioma patients and almost 4,200 people without brain cancer. The investigators found that a history of respiratory allergies, asthma and eczema was associated with a reduced risk for glioma.

People with respiratory allergies or eczema were 30 percent less likely to develop the deadly brain cancer than those without such conditions, the study found. Although the

study found an association between allergic conditions and a lower risk of gliomas, it wasn't designed to prove a cause-and-effect relationship between those factors.

[Click on the link to continue reading.](#)

Family Eczema Education Events Coming this Fall

Vancouver - Toronto - Montreal



Do you have an infant or child living with eczema? Eczema Society of Canada will be hosting family eczema day events this October in Vancouver, Toronto, and Montreal.

Parents and caregivers are welcome to attend an educational program, with workshops and a Q&A session, while children aged 7 to 12 are invited to join the children's program, which will consist of an eczema workshop, games, and an eczema focused art activity.

Look for registration details coming at the end of the summer. To pre-register, or for more information, contact Eczema Society of Canada by email at info@eczemahelp.ca or by calling 1-855-ECZEMA-1.

Family Doctors at the Front Lines of Eczema Care

ESC Exhibits to Family Physicians at Pri-Med in Toronto



Eczema Society of Canada (ESC) was proud to exhibit to family physicians and health care providers at the Pri-Med conference in Toronto this past May. Over 3800 health care providers attended and ESC raised awareness about eczema, providing the attendees with free patient resources to take back to their office and share with patients living with eczema.

"Eczema is typically diagnosed and managed by the Primary Care Physician.", says ESC Executive Director Amanda Cresswell-Melville. "Primary care physicians and practitioners are very important partners in caring for eczema sufferers."

If you would like to order a free eczema resource kit, visit www.eczema-help.ca

Connect

Find a support volunteer at

www.eczema-help.ca

Eczema Help

Contact us at 1-855-Eczema-1 or email us at info@eczema-help.ca



Hope

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