September marks back to school and back the regular routines. School can be challenging for children living with eczema, and we offer our Eczema School and Daycare Guide to help teachers and daycare providers understand the unique needs of children with eczema.

We are also hosting family education day events for eczema this October. Research indicates that education improves eczema care outcomes. The Saturday morning sessions will include separate programs for adults and children. Parents will hear from an expert dermatologist speaker, will attend a skin care workshop, and may bring their questions for the "Ask the Experts" session. Children will attend their own skin care workshop led by medical eczema experts, as well as participate in an art therapy activity designed to allow them to express their feelings about living with their condition. We hope you can join us at one of the sessions in Vancouver, Toronto, and Montreal. The sessions are hosted in partnership with the Pierre Fabre Atopic Dermatitis Foundation.

Sincerely,

Amanda Cresswell-Melville
Executive Director
Eczema Society of Canada
Join us for Family Eczema Education Day!

Eczema Workshops for Parents and Children Living with Eczema

Do you have a child living with eczema? Eczema Society of Canada will be hosting family eczema education day events this October in:

**Toronto** on **Saturday October 15th**

**Vancouver** on **Saturday October 22nd**

**Montreal** on **Saturday October 29th**

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.

[Click here to learn more or register now!](#)

**Bring your questions for the dermatologists and experts -**
**Learn about skin care and medications -**
**Receive an information and gift bag with great resources to help manage eczema.**

If your child is too young or too old for the children's workshop, parents are very welcome to attend without their children.

The sessions are hosted in partnership with the Pierre Fabre Atopic Dermatitis Foundation, and Pierre Fabre brands Avene and A-DERMA will generously be providing each attendee with a gift bag of skin care products to take home after the events.

For more information, contact Eczema Society of Canada by email at [info@eczemahelp.ca](mailto:info@eczemahelp.ca) or by calling 1-855-ECZEMA-1.

**About the Atopic Dermatitis Foundation**

*Created in 2004, the Atopic Dermatitis Foundation is a Pierre Fabre Corporate Foundation dedicated to atopic dermatitis with two main missions: supporting research on atopic dermatitis (exploratory fundamental studies and epidemiological studies), and promoting therapeutic education (financial support given to atopy centres, organizational support, creation of tools, sharing experience between professionals and training). The AtopicDermatitis*
Foundation focuses on providing services to health care professionals and atopic dermatitis patients and their families, disseminating information and supporting patient associations around the world.

## Eczema at School

### Tips for a Smooth Back to School Transition

Itching during a lesson. Can't concentrate. Red raw flare-up after physical education. Hands irritated after the lesson with modelling clay. “Are other kids looking at my skin?”.

School can be stressful for many children, but the school experience can be challenging for children with eczema. The good news is there are some strategies you can use right now to help improve the school experience for your child with eczema.

### Tips for back to school:

- Use the Eczema School and Daycare Guide to help educate the teachers, daycare providers, and staff about your child's condition.

- Provide discrete, small containers of moisturizer for your child to use when having a flare. Develop some signal with the teacher that the child can use when having a flare so that the child can be excused to the restroom to apply the creams.

- Use relaxation techniques that don't call attention, such as deep breathing.

- Do a “trigger assessment” of the classroom. Carpeting, chalk dust, and certain crafting materials may be a trigger for eczema. Work with the teacher or day care providers to ensure the classroom is not contributing to the flares.

For additional help or information, contact Eczema Society of Canada at 1-855-ECZEMA-1, by email at info@eczemahelp.ca or visit us online at www.eczemahelp.ca

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### My Life with Eczema Art Contest

**Attention young artists!**
Gather your crayons and sharpen your colouring pencils. The Eczema Awareness Support and Education (EASE) program needs your help to show Canadians what it's like living with eczema! Along with the work of our friends at the Eczema Society of Canada, we can make a difference in the lives of young people with eczema, like you!

Children 12 and under are encouraged to tell their story through words and art for a chance to win a $300 gift card to Chapters Indigo. In addition to the grand prize, there will be two $100 gift cards and 4 at $75.

For more information or to enter email: contest@eczemacanada.ca. Contest ends on November 25, 2016. Winners will be announced in January 2017.

Skinfix Gentle Eczema Balm & Skinfix Gentle Hair & Body Wash Earn ESC Seal of Acceptance

SOA Announcement

ESC is pleased to announce that Skinfix Gentle Eczema Balm and Skinfix Gentle Hair & Body Wash have earned the Seal of Acceptance. The products underwent rigorous review of ingredients, formulation, and clinical testing data to ensure they meet the criteria of the ESC Seal of Acceptance program. Products that have earned the Seal are formulated specifically for the sensitive and dry skin of eczema, and are free of known irritants. Skinfix products can be found at major retailers across Canada.

To learn more about the Eczema Society of Canada Seal of Acceptance program visit www.eczemahelp.ca

A Message from Skinfix

For today's ingredient and allergy conscious parents, what is not included in their baby's skincare products is almost as important as what is included. Skinfix Gentle Hair & Body Wash and Skinfix Gentle Eczema Balm are free of fragrance, steroids, nuts, soy, gluten, sulfates, parabens or phthalates - giving parents peace of mind. The products underwent rigorous review of ingredients, formulation and clinical testing data, to ensure they meet the criteria of the ESC Seal of Acceptance program.
Skinfix's 98% natural and 2-in-1 Gentle Hair & Body Wash is a gentle daily cleanser that can be used from head-to-toe. Coconut based cleansers will not strip away skin's natural moisture and emollient oils of jojoba and apricot kernel help keep baby's skin clean and healthy. This hair and body wash is sulfate, fragrance and tear free.

- In a clinical study, 96% of parents felt this product was very gentle on baby's skin and hair.

- To help manage eczema flare-ups, Skinfix Gentle Eczema Balm is a natural targeted therapy that can be used as an alternative or in conjunction with steroid treatment. This 0% water and preservative free balm provides a protective barrier, reduces redness and soothes irritation on contact by using 2% colloidal oatmeal and emollient oils. In a clinical study, 82% of parents agreed their baby's eczema rash was soothed and less red in just three days after using Skinfix Gentle Eczema Balm.

Skinfix has been trusted for over 100 years. Thomas Dixon, the chemist in Yorkshire, England that first compounded Skinfix, relied on nature's pharmacy to create the most effective balm to treat eczema, dermatitis and rashes. He immigrated to Halifax, Nova Scotia Canada where his healing recipe was passed down from generation to generation. Skinfix's unique combination of natural medicinal ingredients, vitamins, minerals and emollient oils has been healing skin since 1850. Every day we get countless emails and letters from parents about how Skinfix has truly helped them. Jacqueline Parker, mother of Jacob (now 4) has been using Skinfix for years.

"Trying to tell a 2 year old to stop scratching at his eczema patches is a losing battle. Managing the condition is extremely stressful and we tried just about everything but nothing really worked until we started using Skinfix," said Jacqueline Parker. "The Skinfix bath time regimen and Gentle Eczema Balm have made a huge difference in our lives."

Skinfix's Gentle Baby Collection is clinically proven, dermatologist recommended and pediatrician tested and can be found at major retailers like Shoppers Drug Mart, Loblaws, Rexall and London Drugs.


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**Ask the Doctor Feature**

**Eczema Medications during Pregnancy**
Q: Can medical treatments be used for eczema while pregnant?

A: "If there is a way to manage your skin condition without medication during pregnancy, that is the preferred option," says Dr. Murase, a dermatologist certified with the American Academy of Dermatology. Mild eczema can often be managed with appropriate bathing and moisturizing. Eczema Society of Canada provides up-to-date expert recommendations for eczema bathing and moisturizing on our website at www.eczemahelp.ca

However, some patients may not be able to manage their eczema with moisturizing alone. In that case, pregnant eczema sufferers are encouraged to see their physicians for treatment recommendations during pregnancy, as there are some safe and suitable options.

When women become pregnant, Dr. Murase says, they experience an immune system shift that may trigger atopic dermatitis, or eczema, in patients who have previously experienced the condition. "Atopic dermatitis is the most common rash dermatologists see in pregnancy," she says. "Expectant mothers often see their existing eczema gets worse or have a flare for the first time in many years."

Source: American Academy of Dermatology Press Release, Washington, March 4th 2016. For more information, visit aad.org

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Eczema Skin Care Made Simple

New Eczema Resource for Parents

Caring for eczema can be complicated, challenging and stressful. Dermatologist Dr. Rachel Asiniwasis and paediatrician Dr. Joseph Lam worked together with Eczema Society of Canada to create "Eczema Skin Care Made Simple," an educational resource for parents of children with eczema and their healthcare providers. The resource features straightforward guidance on bathing, medications and moisturizing to help the skin stay healthy. It is free for download at eczemahelp.ca.
Only research will solve the mystery of eczema

Share Your Story Feature

By Elizabeth

My skin erupted in eczema when I was only three weeks old. First diagnosed as diaper rash, my skin healed once a correct diagnosis was made and my infant formula was changed. Throughout my childhood, eczema appeared on my face, neck, hands, feet and behind my elbows and knees. I recall the eczema on my face being so severe that I could not open my mouth to eat without my skin cracking and bleeding.

I endured the treatments that were available at the time, including radiation, black ‘tar’ ointments. Sometimes I had to wear a shirt with wood ‘arms’ to prevent scratching at night. Cold showers and sunlight also helped to control my eczema but it was hydrocortisone that changed my life. My eczema became manageable and I no longer had to deal with people who believed my rash might be contagious.

Once I became an adult I was able to determine that my eczema is a result of contact with wool, rubber gloves, certain soaps, walnuts, unripe bananas, tomatoes and oranges. But I remain vigilant because I know my eczema might occur for a new reason. I still use a different shampoo every time I wash my hair and rarely wear eye shadow, mascara or lipstick. In the past, whenever I was worried about the long term use of hydrocortisone, I used 0.5%, rather than my prescription 1% hydrocortisone cream, purchased over-the-counter in the United States and certain moisturizers, found through trial and error. Happily, both 0.5% and 1% hydrocortisone creams became available without a prescription in Canada. I volunteered for a study to test a hydrocortisone product that formed a film over my hand eczema, which helped to heal my eczema more quickly, but the test product never came to market.

A couple of years ago, for some unknown reason, eczema was on my scalp, in and around my ears, and under my nose. A dermatologist prescribed tacrolimus 3% which works well. Once again, I don't understand my eczema. Only research will solve the mystery of eczema, and how to prevent and cure it.

Editor's note: 1% Hydrocortisone is now available without a prescription across Canada.

Eczema Research Grant Program Open for Applications

Research Grant Program
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 November 1st 2016. Awards will be announced in November during Eczema Awareness Month. Every step towards research is a step toward a cure.

For more information visit:

For additional information contact Executive Director Amanda Cresswell-Melville at director@eczemahelp.ca, call 1-855-ECZEMA-1

Eczema Society of Canada has joined Canada Helps!

Donate Today to Support Eczema Research

Eczema Society of Canada is proud to announce that we’ve partnered with Canada Helps at canadahelps.org to help raise funds for Eczema Society of Canada. Consider making a donation today! No amount is too small, and every amount makes a difference. 100% of private citizen donations go directly to eczema research.

Make a donation in the name of the loved one, and send a digital Canada Helps donation card to a loved one.

There are so many ways you have probably heard of fundraising: giving money,
volunteering your time, or donating gently used goods. But have you considered becoming a fundraiser for Eczema Society of Canada to raise money and spread the word? You don't need to be a professional and you don't need to wait for an occasion. With CanadaHelps' Fundraising Pages, it's easy to turn every day gatherings into a unique fundraising opportunity. From hosting a dinner party, to putting on a basketball tournament, to a day at the beach, CanadaHelps' enables you to turn any occasion into a memorable one. So gather your friends and family and start your own eczema fundraiser today!

To make a donation, visit our page.