

# Don't let eczema stand in your way

For those who live in the dry climate of northern Alberta, eczema is a common concern. Running the gamut from a mild rash that can be helped with frequent moisturizing, to a more severe condition with red, raw cracking skin requiring treatments prescribed by a dermatologist, eczema is a condition that can be helped.

"Eczema and hand eczema can be life-altering, with painful, dry, raw skin, but help is available. People don't need to suffer," says Amanda Cresswell-Melville, executive director of the Eczema Society of Canada.

The society offers education and tips at [eczema-help.ca](http://eczema-help.ca) on how to avoid or manage an outbreak, but it advises sufferers to first get an assessment from a dermatologist, who can decide on the best course of treatment in dealing with this wide-ranging condition.

Dermatologist Dr. Jaggi Rao and his staff at the Alberta Laser & Dermatology Centre provide a full range of medical dermatology for eczema sufferers, whether hand eczema or any other form of skin dermatitis.

Cresswell-Melville said those with hand eczema are encouraged to wear protective



**Amanda Cresswell-Melville, executive director, Eczema Society of Canada.** CONTRIBUTED

cotton gloves over moisturized hands and avoid wet work, but chronic sufferers and those with eczema-prone jobs, such as hairdressers, mechanics and health-care workers, may need prescription medication to help their hand eczema.

A visit to the dermatologist is encouraged to find the best course of treatment for you.