



# The Burden of Hand Eczema in Canada

## 2025 Survey Report



# We're Here to Help.

## About Eczema Society of Canada

Eczema Society of Canada (ESC) is a registered Canadian charity dedicated to improving the lives of Canadians living with eczema by providing education, support, awareness, advocacy, and research. For more information, visit [eczemahelp.ca](https://eczemahelp.ca).

# Hand Eczema

## *A Debilitating Condition*

**ESC's patient community has indicated that hand eczema, also known as hand dermatitis, can be bothersome, painful, debilitating, and life-altering, with a negative impact on work, relationships, self-care, and mental health.**

# About Hand Eczema

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Chronic hand eczema is common and affects **6.2% of adults** in Canada

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Symptoms include **dryness, scaling,** and **fissures**

3

The condition can cause **cracking, bleeding, crusting,** and **pain**



# About this Data

- Survey open for responses from June 24, 2025, through October 14, 2025
- 230 respondents age 18 or older from across Canada diagnosed with hand eczema by a Health Care Provider
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# Severity

Self-reported severity of hand eczema was primarily moderate or severe:



**46.5% Moderate**



**41.3% Severe**

*Note that 7.4% self-reported as having mild hand eczema, and 3.9% reported having resolved hand eczema.*



Survey Response:

# Impact of Symptoms

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Itch

**93.9%**

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Pain

**80.9%**

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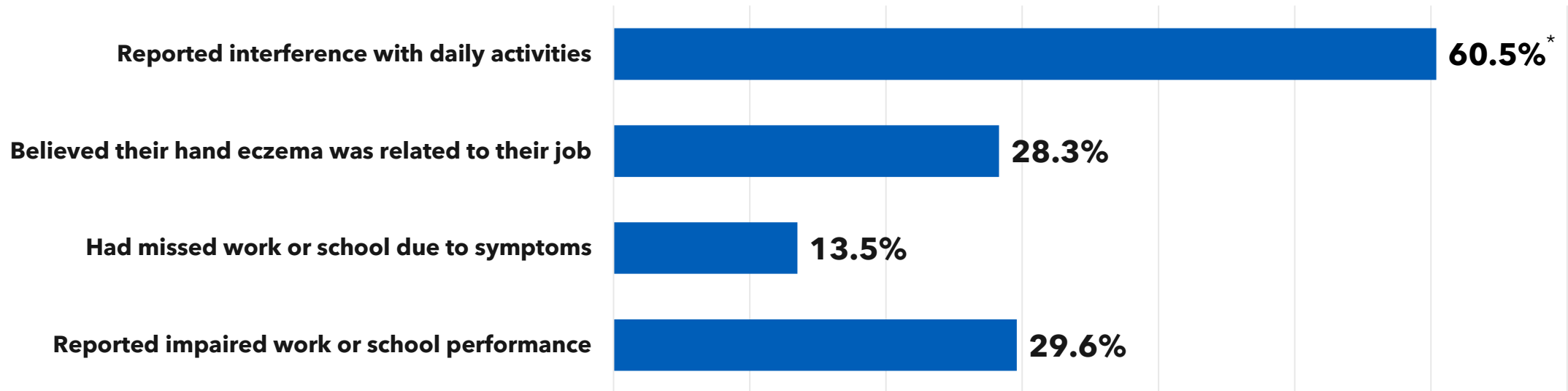
Stress/Anxiety

**79.6%**

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# Impact on Life

Respondents reported the following life impacts as occurring always or often (selecting all that applied):



*These figures reflect not only the substantial impact of hand eczema on Quality of Life (QoL), but also the possible financial consequences of this condition.*

*\* Percentage of respondents reporting interference with daily activities often or always*

# Management of Hand Eczema

*Respondents reported having used the following strategies for the management of flares of hand eczema (selecting all that applied):*

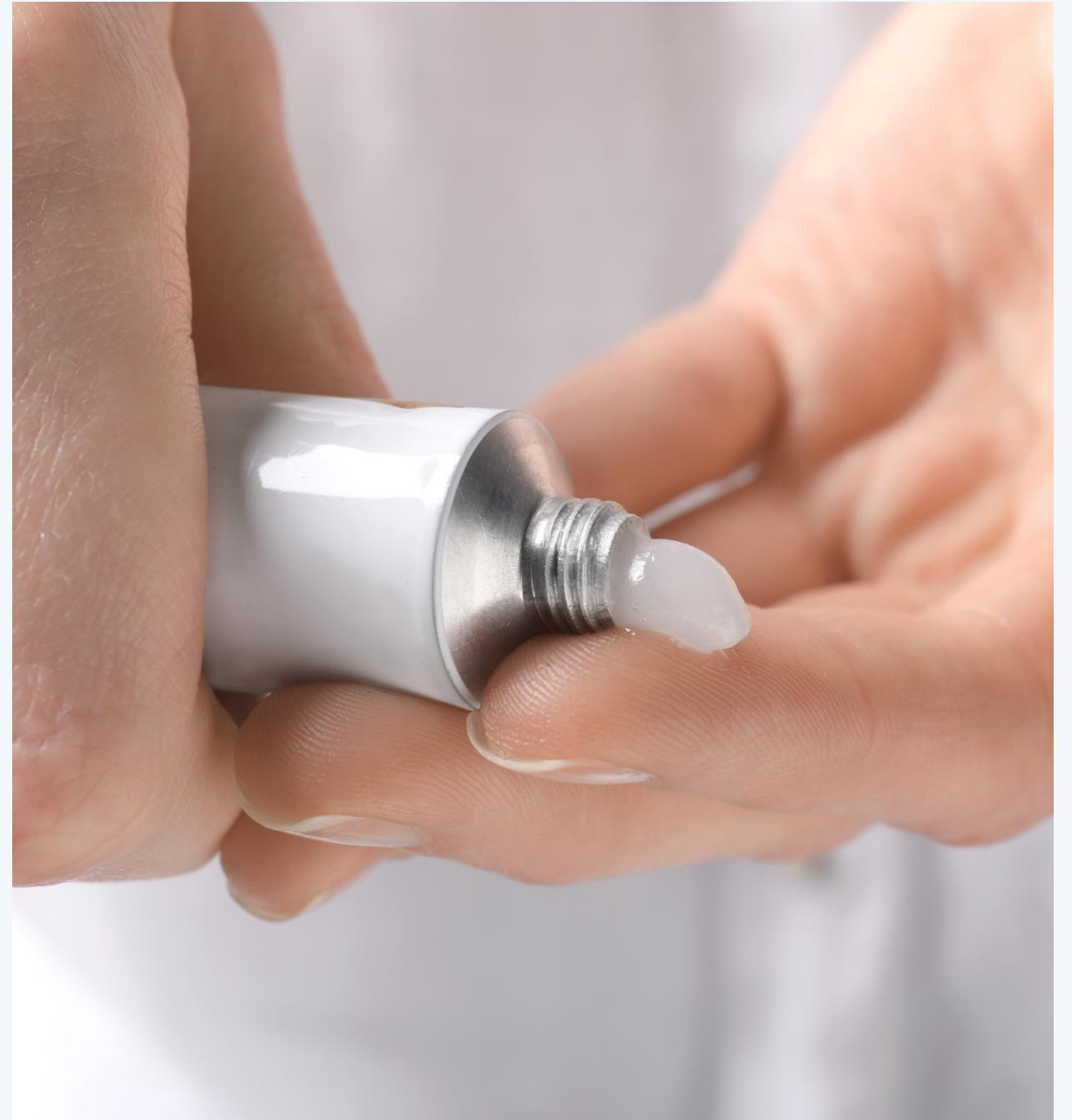


# Treating Hand Eczema

## Past treatments for hand eczema included:

- Topical corticosteroids **86.1%**
- Alitretinoin was reported as currently being used by **1.3%** of respondents

**There is a lack of treatments approved for hand eczema in Canada.**



# Treatment Discontinuation

Reasons for stopping treatment most commonly included:

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Lack of improvement

46.5%

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Side effect concerns

24.8%

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Discomfort

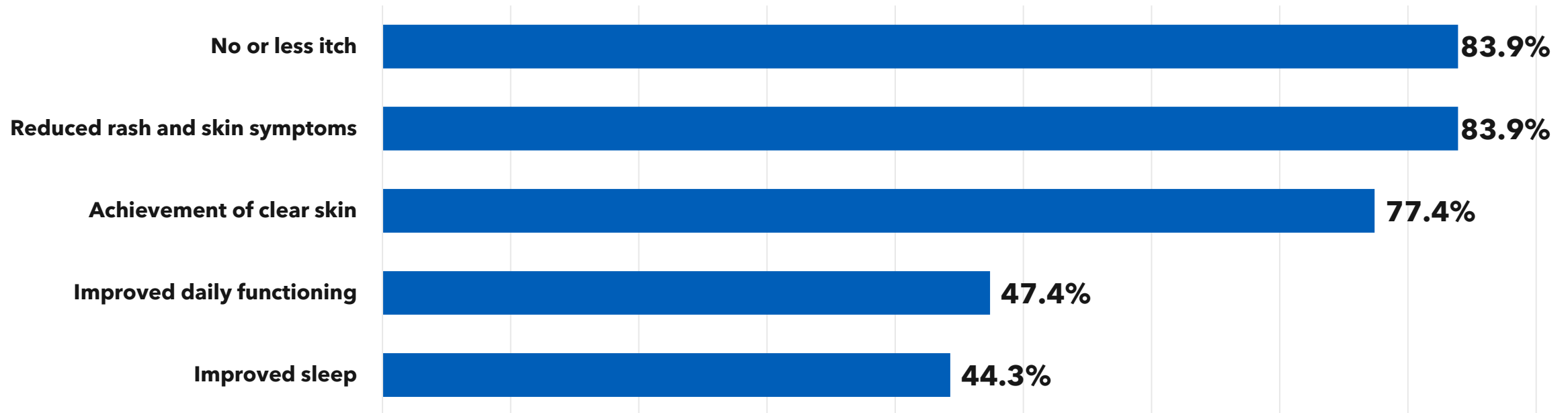
21.7%

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Only **15.2%** of respondents reported  
***very well managed*** hand eczema.

# Goals of Hand Eczema Treatment

*Respondent's key treatment goals included (selecting all that applied):*



# Summary

## These findings highlight:

- Hand Eczema is a common condition with unmet treatment needs
- Significant impact of hand eczema on patients' lives
- Itch, pain, stress, and anxiety are common across patients
- Daily life is impacted
- Work and school are missed, and productivity is impaired
- Current treatments are inadequate
- Protective measures – gloves and trigger avoidance, are inadequate
- Patients want improved itch, rash, daily function, and sleep
- Patients want a chance at clear skin!



**We're Here to Help.**

**Eczema Society of Canada**

**[eczema-help.ca](http://eczema-help.ca)**

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