



# Eczema Society of Canada

Eczema is characterized by dry, itchy skin, with inflamed rashes that can crust, ooze, and bleed. Atopic dermatitis (AD) is the most common form of eczema. An estimated 15% of Canadians are impacted by eczema.



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## Types

There are many types of eczema including atopic dermatitis, contact dermatitis, and dyshidrotic dermatitis. Eczema can range from mild to severe and can involve small areas of the skin or the entire body.

## Causes

The exact cause of eczema is not known, however it is believed that an impaired skin barrier, coupled with an inflammatory response in the skin, leads to eczema flares.

## Impact on the Patient's Quality of Life

Quality of life impact is significant for patients with eczema. Lifestyle impacts include intense and often debilitating itch, loss of sleep, mental health impacts, and impaired social interactions.

A recent survey of Canadian adults with moderate-to-severe atopic dermatitis (AD) revealed that 79% experience sleep loss related to their AD. Mental health is also impacted with 64% suffering with anxiety specifically related to their AD, and 44% suffering with depression specifically related to their AD.

## Treatment and Care of Condition

Eczema is typically managed by hydrating the skin with moisturizer and appropriate bathing, avoiding triggers, and medical management which commonly includes topical treatments. For moderate-to-severe disease that does not respond to topical medications, systemic medications are sometimes used.

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