

Chronic/Traumatic Conditions

Eczema

Eczema is a chronic problem for 35 million Americans, and at least 17.8 million of those have moderate to severe eczema or atopic dermatitis. The prevalence of childhood eczema / atopic dermatitis in the US is 10.7% overall and as high as 18.1% in individual states and 21% across various countries. Approximately one out of every three children with eczema / atopic dermatitis has moderate to severe disease, and about 60% of infants who have eczema continue to have one or more symptoms in adulthood.

What is Eczema?

Eczema is a general term for any superficial inflammatory process involving the epidermis primarily, marked early by redness, itching, minute papules and vesicles, weeping, oozing and crusting, and later by scaling, lichenification and often pigmentation.

The word eczema comes from the Greek word “ekzein” meaning to effervesce, or bubble, or boil over. It is a form of dermatitis and can be used widely to describe any rash-like skin conditions. It is usually used specifically to refer to the most common type of these skin conditions: atopic dermatitis.

Atopic dermatitis is a chronic skin condition that commonly starts during infancy and continues through into childhood. Some people outgrow the condition while others will continue to have it into adulthood.

Symptoms of Eczema

Eczema may be different for each person. It may even look different or affect different parts of the body from at different times of an outbreak. The rash can be mild, moderate, or severe. Generally, people with eczema suffer from dry, sensitive skin. With an intense itch. The itch may be so bad that a person will scratch their skin until it bleeds, which can make the rash even worse, leading to even more inflammation, itching, and scarring. This is called the itch-scratch cycle.

Factors Influencing Eczema

The specific cause of eczema remains unknown, but it is believed to develop due to a combination of hereditary and environmental factors that are known to bring out symptoms of eczema.

The most common contributors are:

- **Irritants** - soaps, detergents, shampoos, disinfectants, juices from fresh fruits, meats or vegetables
- **Allergens** - dust mites, pets, pollens, mold, dandruff
- **Microbes** - bacteria such as Staphylococcus aureus, viruses, certain fungi
- **Hot and cold temperatures** - hot weather, high and low humidity, perspiration from exercise
- **Foods** - dairy products, eggs, nuts and seeds, soy products, wheat
- **Stress** - it is not a cause of eczema but can make symptoms worse
- **Hormones** - women can experience worsening of eczema symptoms at times when their hormone levels are changing, for example during pregnancy and at certain points in their menstrual cycle

Be aware of and eliminate the factors that make you more sensitive to eczema.

NeoGenesis Skin Care Products for Eczema

NeoGenesis skin care products contain the stem cell molecules that naturally heal the skin, delivering nutrient rich molecules to the areas of inflammation. By providing the best climate for healing, calming and hydrating the skin, areas of inflammation are reduced, allowing symptoms to subside.

The topical application of NeoGenesis Recovery serum will help with eczema symptoms.

Eczema Protocol; twice daily

- 1) Gently cleanse the area with NeoGenesis Cleanser
- 2) Apply Recovery serum to the area
- 3) Finish with Intensive Moisturizer, Barrier Renewal Cream or Body Cream

Use the moisturizer throughout the day, as often as needed to soothe and hydrate the skin.

When the skin has recovered, to help prevent future outbreaks, use the following protocol once or twice daily to keep the skin functioning at an optimal level.

- 1) Gently cleanse the area with NeoGenesis Cleanser
- 2) Apply Skin Serum to the area
- 3) Finish with Intensive Moisturizer, Barrier Renewal Cream or Body Cream

The healthier and stronger the skin is, the less chance of inflammation recurring from eczema.