

Eczema

Ask Dr. Mikell

By Dr. Oswald Mikell

Dr. Oswald Mikell, MD • Dermatology Associates of the Lowcountry

American Board of Dermatology | American Board of Cosmetic Surgery | Physician of the Year 2008

Q: What is Eczema?

A: Eczema, or dermatitis is inflamed and irritated skin including a variety of persistent skin

Q: What are the symptoms?

A: The symptoms that range from redness, swelling, *itching*, dryness, blistering, and oozing. Symptoms can vary from mild to severe

Q. Are there any at-home treatments?

A. Yes there are several things you can do at home to help provide relief.

- When bathing, use lukewarm water without soap. If soap is necessary, use a mild, moisturizing soap, as hot water and soaps tend to dry the skin.
- Apply a moisturizer at least once a day.
- Apply moisturizer within 3 minutes after bathing.
- Wear smooth, cool clothes and avoid wool.

Q. Are there different kinds of Eczema?

There are many types of Eczema depending on the location of the condition (such as *hand eczema*), its appearance, and the underlying cause

Q: Is Psoriasis curable?

A: Psoriasis is a lifelong condition that currently has no cure. That being said, the condition can be managed through proper treatment.

Q. Is Psoriasis the result of poor hygiene?

A. There is no link between the disease and hygiene. Again, psoriasis is an immune-system disease; it can be triggered by various factors, including weather, stress, infections, skin trauma, and certain medications.

Q: Is Psoriasis easy to diagnose?

A: Unfortunately, it can be difficult to diagnose psoriasis, and the disease is often mistaken for skin conditions such as eczema.

Q: Is Psoriasis difficult to cope with?

A: Psoriasis can have a profound psychological impact on sufferers. In severe cases, the effects can be debilitating, especially when the symptoms are easily visible. People with psoriasis may experience a range of emotions, from frustration and embarrassment to anger and depression.

Q. How do I know if I have Psoriasis and what treatments are available?

A. Call Dermatology Associates of the Lowcountry and schedule a consult (843) 689-5259