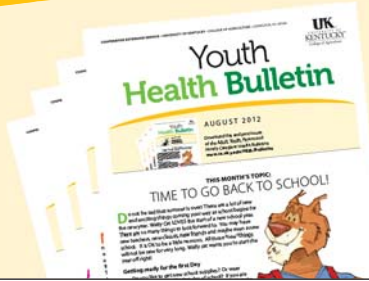


# Youth Health Bulletin



NOVEMBER 2014

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K-State Research & Extension  
Atchison County Office  
405 Main/PO Box 109  
Effingham, KS 66023  
913-833-5450

## THIS MONTH'S TOPIC:

# YOUR SKIN: UNDERSTANDING ECZEMA



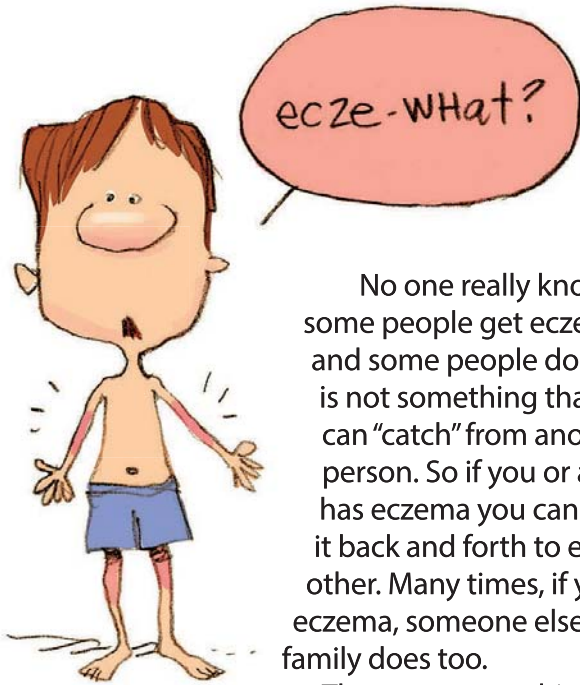
**H**ave you ever felt like you could not stop an itch? Sometimes, Wally Cat's parents tell him not to scratch when he has an itch from a mosquito bite or if he has been near poison ivy. But have you ever had itchy skin, even when you have not been bitten by a mosquito or near poison ivy? If you have areas of skin that are itchy and maybe even seem a little bit red and sore, you may have eczema.

Eczema (said like: ek-zeh-ma) makes the skin red, dry and sometimes very itchy. Many times it may look like a type of rash. The appearance of the itchy, red skin may come and go. The good news is that many kids who have it growing up do not show signs of eczema when they get to be teens.

Continued on the back 

# Did you know that 1 out of every 10 kids is likely to develop eczema?

Continued from page 1



No one really knows why some people get eczema and some people do not. It is not something that you can "catch" from another person. So if you or a friend has eczema you cannot pass it back and forth to each other. Many times, if you have eczema, someone else in your family does too.

There are some things that may cause a person with eczema to get a reaction:

- Soaps
- Detergents
- Perfumes
- Being hot and sweaty
- Dry air (often found in the winter)
- Scratchy fabrics (such as wool)

If you have noticed that you get very, very itchy, you should tell an adult. He or she may take you to see a doctor to make sure that your itchy spots are not something other than eczema.

If you do have eczema, it will be important to keep your skin from getting too dry. Lotion and skin creams may help. Your doctor may suggest that you take a medicine to help you calm the inflammation and help with the itchiness.

Other ways that you can help yourself include:

- **Don't scratch!** Although it is very hard not to scratch, when you do, it makes your skin more sore and sometimes more itchy!
- **Drink lots of water.** Did you know that by drinking water, it helps your skin stay moist?
- **Wear loose clothing.** Cotton fabrics or other

soft, natural fabrics generally feel better on the skin and do not make you feel so itchy.

- **Take short baths or showers.** Make sure the water is not too hot. Hot water can sometimes make it itchier.
- **Stay calm.** When you are stressed out you can become even itchier.

Taking care of your skin is important. If you have red, itchy, sore skin, you may have eczema. Talk to a parent and share with them where you itch and how often. Parents, along with doctors, can help you to feel much better.

#### REFERENCE:

Nemours KidHealth (2012). Eek! It's Eczema!  
[http://kidshealth.org/kid/ill\\_injure/aches/eczema.html](http://kidshealth.org/kid/ill_injure/aches/eczema.html)



#### Word Scramble

EACZME: \_\_\_\_\_  
RDE: \_\_\_\_\_  
YRD: \_\_\_\_\_  
TYHCI: \_\_\_\_\_  
ISKN: \_\_\_\_\_

ANSWERS: ECZEMA, RED, DRY, ITCHY, SKIN

Youth  
Health Bulletin

Written by: Nicole Peritore  
Edited by: Connee Wheeler  
Designed by: Rusty Manseau  
Cartoon illustrations by:  
Chris Ware (© University  
of Kentucky HEEL program)