

# Dermatitis Infographic



## Understanding atopic dermatitis

**Pediatric atopic dermatitis (AD), or atopic eczema, is a chronic skin disease marked by dry, sensitive skin that easily becomes red, itchy and severely itchy.**

**An AD-related rash will typically first appear on the face and scalp of infants. As they age, the rash will localize around the creases of their necks, wrists, elbows, knees, ankles and armpits.**

**Treatment**

**Examine treatment routines for mild AD:**

- Take a daily bath with mild body wash
- Apply moisturizer to irritated areas while skin is damp
- Apply topical corticosteroids twice a day, as directed by your doctor

**For moderate to severe AD, consult your pediatrician for an individualized treatment plan.**

**Triggers**

**Examine AD triggers:**

- Dry skin, often due to excessive washing
- Changes in weather, overheating
- Foods associated with common allergens
- Allergens (dust mites, pollen, mold)
- Fragrant lotions containing alcohol
- Harsh soaps and detergents
- Wool or synthetic clothing
- Infection
- Stress

**By adulthood, about 40% of childhood AD will subside or significantly improve.**

**AD affects about 20-25% of children.**

**Supporting your child**

**Each child is different and may exhibit varying levels of sensitivity to different triggers. Be mindful of what soothes your child's skin and what causes flare-ups. Take proactive measures to avoid exacerbating the condition, such as keeping your child's skin moisturized or purchasing soft, breathable clothes. For an individualized treatment plan, schedule a visit with your child's pediatrician.**

For more health tips, visit [uclahealth.org/mednet](https://www.uclahealth.org/mednet)

It begins with **U**

Source: <https://www.medicpresents.com>