

Eczema (Atopic Dermatitis)

Definition:

A skin condition causing dryness, redness, and itching due to an overactive immune response.

Symptoms:

- Intense itching
- Inflamed and cracked skin
- Fluid-filled blisters

Risk Factors:

- Family history of allergies
- Dry climates

Home Remedies:

- Oatmeal baths
- Coconut oil application

Medical Remedies:

- Antihistamines for itching
- Prescription steroid creams

Prevention:

- Avoid harsh soaps
- Use hypoallergenic skincare products

Consult a Doctor if:

- Skin infections develop

Fun Facts:

- Eczema is more common in children.