



Atopic dermatitis 異位性皮膚炎預防與保健(英文)

What is the definition of atopic dermatitis?

Atopic dermatitis is a chronically relapsing inflammatory skin disease associated with severe pruritic eczema. The areas of involved skin vary with age. While infants have facial eczema, adolescents have eczema in flexural areas including antecubital fossa and popliteal fossa. As to adults, they have eczema in extensor surface of extremities. With severe cases, any area of the body could be affected. When patients suffer from atopic dermatitis, their family members could also encounter the same problem and are more susceptible to asthma, allergic rhinitis, and atopic dermatitis

How to treat atopic dermatitis?

1. With mild condition, apply oral antihistamines and topical corticosteroids.
2. Physicians prescribe corticosteroids, phototherapy or immunosuppressive agents to treat dry skin with lichenification and intractable itchiness; however, these western medications could trigger side effects.

Once patients start taking Chinese medicine, severity and frequency of disease attack will be improved. In addition to personal history of atopy, atopic dermatitis patients are susceptible to factors like environmental, lifestyle, eating habits, and habits of skin care; therefore, when taking care of a child with atopic dermatitis, parents should be aware of all the affecting factors.

What is the diet and daily care of atopic dermatitis?

1. Avoid long-time, overheated water when taking a bath. Apply moisturizer immediately after bathing.

2. Dust mites are common allergen that causes severe itchiness at night, so patients often suffer from sleep disturbance. Avoid any contact with wool blanket, rugs, and curtain; instead, use materials that prevent any exposure to dust mites.

3. Avoid eating spicy, fried, grilled food, and cold drink. There were studies proven these foods contain peroxide which could induce allergic reaction. It is inappropriate for atopic dermatitis patients with dampness-heat syndrome and yin-blood depletion syndrome to have these foods.

4. Patients should wear cotton fabric and avoid direct contact with wool, sweater, and cardigan.

5. Keep a regular lifestyle, avoid staying up too late or living an upside-down day and night schedule.

6. Maintain a pleasant mood; avoid nervous tension and emotional stress.

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