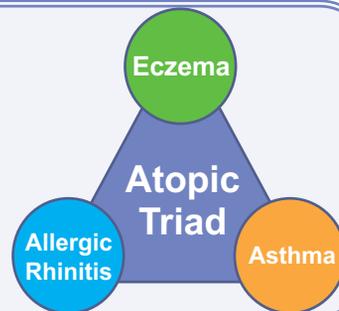
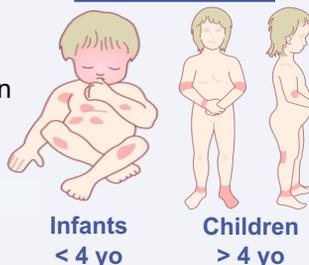




Atopic dermatitis (also known as **eczema**) is a **common chronic inflammatory** skin condition that begins during **infancy or early childhood**, characterized by **dry, pruritic, erythematous papules and plaques**

Pattern of AD



CLINICAL FEATURES

Diagnostic criteria: itchy skin (essential) + ≥ 3 of the following:

- Hx of relapsing **OR** current visible **flexural dermatitis (> 4 yo)** or dermatitis on **cheeks, forehead, outer limbs (< 4 yo)**
See pattern of AD above
- Personal Hx of **asthma** or **allergic rhinitis** (or positive FHx of first-degree relative in children < 4 yo)
- Xerosis** within past year
- Onset < 2 years

PATHOPHYSIOLOGY

Epidermal Barrier Dysfunction
Genetic Disposition
Immune Dysregulation

QUALITY OF LIFE

- ❖ Psychosocial distress (loss of sleep, intense pruritis, social embarrassment)
- ❖ \uparrow risk of ADHD, depression, and anxiety

DIFFERENTIAL DIAGNOSIS

- **Seborrheic / contact / nummular dermatitis**
- **Infestations** - scabies
- **Infection** - tinea, impetigo
- **Autoimmune** - lupus, dermatomyositis
- **Primary immunodeficiencies** (rare)
- **Mycosis fungoides** (in adolescents)

COMPLICATIONS

IMPETIGO

- *S. aureus* infection
- Yellow overlying "honey-crusting"
- Topical/systemic antibiotics



ECZEMA HERPETICUM

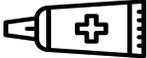
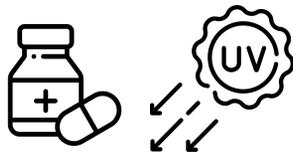
- HSV infection
- Monomorphic, punched out erosions
- Immediate antiviral therapy



ECZEMA COXSACKIUM

- Coxsackie virus infection

MANAGEMENT

NON-PHARMALOGICAL (All patients)	MILD TO MODERATE DISEASE	MODERATE TO SEVERE DISEASE
<ul style="list-style-type: none"> ➢ Patient education (www.eczemahelp.ca) ➢ Eliminate exacerbating factors (e.g. scented products, dry air) ➢ Skin hydration (e.g. petroleum jelly, thick unscented creams) 	<ul style="list-style-type: none"> ➢ Topical corticosteroids (BID) <ul style="list-style-type: none"> ➢ Face: Hydrocortisone 1% ointment ➢ Body: Betamethasone valerate 0.05% ointment ➢ Topical calcineurin inhibitors ➢ Topical phosphodiesterase-4 inhibitor 	<ul style="list-style-type: none"> ➢ Phototherapy ➢ Immunosuppressants ➢ Biologics (dupilumab) 

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