



E-Insights

July 2009

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Hello!

On behalf of the entire National Eczema Association Board of Directors, I welcome you to another edition of *E-Insights*.

This edition of *E-Insights* includes an Atopic Dermatitis Education research survey, new research on preventing eczema flares, and information on our Eczema Reference Library.

You'll hear more from me in the months ahead, but for now, I simply want to welcome you and say hello. Please remember, the more people who support us, the stronger our voice, the more we can offer and the more research into a potential cure we can fund. Please, donate today.

Wishing you the best of Summer!

Don Young
 President
 Board of Directors



Preventing Eczema Flares: Dampening Down the Hot Embers



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Although a cure for eczema is still elusive, a recent breakthrough offers a chance for some patients to efficiently and effectively control eczema flares through the use of

new maintenance skin care regimens with topical tacrolimus ointment. Since its launch in 2000 Protopic (tacrolimus monohydrate) has been used to treat moderate to severe eczema in adults and children aged two and over. Now it has also been shown as useful in preventing future flares.

[>>>READ MORE](#)

Atopic Dermatitis Education Survey

Mikael Langner, MD, a researcher at the University of California at San Francisco, is conducting an education survey about eczema. If you'd would like to participate, please follow this link to participate in the Survey:

www.surveymonkey.com/s.aspx?sm=o9nKJj7BDoK83FX4lSuwxg_3d_3d

The survey consists of eight questions. If you'd like more information, please contact Dr. Langner at 415-613-1478.

MYTH or FACT?



Sweating and Overheating Can Trigger Eczema

The most common triggers of the scratch/itch cycle are sweating and overheating. It is essential to prevent these situations whenever possible.

FACT

Eczema Reference Library

Your gateway to the most useful and reliable information on the Web about eczema and sensitive skin.

Learning the basics about eczema and the best ways to cope with itchy, sensitive skin is an important key to alleviating unnecessary suffering from the problem. But it can be daunting and frustrating to screen through the vast piles of information available on the Web.



The purpose of the Reference Library is to guide readers to the most useful and reliable information with:

- Reviews of websites that provide information relating to chronic itchy skin problems and eczema
- Links to relevant organizations and resources
- Selected reference information, including articles, videos and news releases. Medical journal articles and clinical guidelines, which your medical professionals are reading, provide the most up-to-date clinical advice on managing eczema.

Visit the Eczema Reference Library at http://www.easeeczema.org/erc/reference_library.htm