

In This Issue

[Thank you,
Vicki Kalabokes!](#)

[Scratch Pad](#)

[Neuron Path for Itch
Revealed](#)

[Free e-Book: Skin Deep](#)

[Seal of Acceptance Spotlight](#)



**2010 Patient
Conference**
Chicago, August 5 - 8

Featuring a Kids Camp!

Registration details and
more information coming
soon.

Thank you, Vicki Kalabokes!

As of January 1, 2010 Vicki Kalabokes stepped down from the position of President and Chief Executive Officer of NEA, a position she held since 2002.

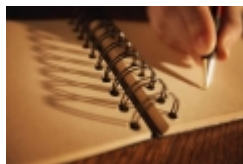


Vicki Kalabokes

In her tenure, Vicki helped NEA gain national prominence and grow. Some of her many achievements include organizing the first Eczema Patient Conference in 2003, launching NEA's research grant program, forming the Resource-Sharing Alliance with the National Alopecia Areata Foundation, and forming NEA's world-class Scientific Advisory Committee. Vicki will continue as President & CEO of the National Alopecia Areata Foundation and will serve in a consulting capacity to NEA.

We celebrate you, Vicki, and thank you for all your wonderful contributions to NEA!

Julie Block takes the helm as NEA's new CEO. Many of you know Julie, as she served as the Vice President of Programs at NEA for the past two years. You'll hear more from Julie throughout the year.



E-Insights Scratch Pad

Tips from our members

Dear Scratch Pad,

My eczema condition, with which I have been dealing for over twenty years, has improved rather significantly over the past three months. In addition to the occasional use of topical medications and daily use of Eucerin Moisturizer Creme, I started a daily regimen of quercetin (1,000 mg per day), a flavonoid which is a natural antihistamine. Quercetin is distributed by Bluebonnet Nutrition Corporation and probably by other manufacturers, and it is available without prescription at health food stores. A discussion about quercetin for eczema patients is found in Encyclopedia of Natural Foods, authored by Michael Murray, N.D., and Joseph Pizzorno, N.D.

- Don Young, Harbor Beach, MI

Do you have a story or tip to share about what's helped with your eczema? Email your Scratch Pad tip to info@nationaleczema.org so that we may publish it and help others!

NEA does not endorse or recommend any treatment regimens, diets, medications or products. Scratch Pad is intended as a forum for individuals with eczema to share information.



[Visit NEA's EASE Eczema website](#)



[Join NEA on Facebook](#)

Keep in touch with NEA and make new eczema friends on NEA's group Facebook page. Join discussions of importance to you.

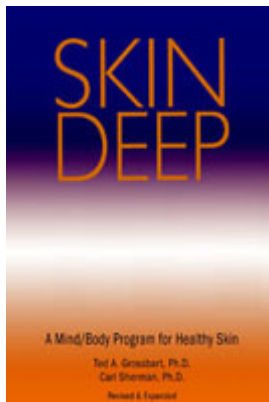
Neuron Path for Itch Revealed

Research shows sensation of itch removed



Chronic itch is an often difficult and sometimes debilitating symptom of many skin diseases and other disorders. Researchers have been trying to determine for decades if there are separate neuronal pathways for pain and itch. However, studies of underlying mechanisms have long been complicated and hindered by the difficulties of distinguishing itch from pain at molecular and cellular levels. Now, researchers supported by the [National Institute of Arthritis and Musculoskeletal and Skin Diseases \(NIAMS\)](#) have discovered itch-specific neurons which express a protein known as gastrin-releasing peptide receptor (GRPR) in the spinal cord of mice. Without GRPR-expressing neurons, there is no sensation of itch. [The present study](#), recently published in *Science*, provides the most comprehensive behavioral evidence to support the idea that distinct subsets of neurons transmit the different sensations of pain and itch in the spinal cord.

[For more information >>>](#)



Free e-Book on Mind/Body Solutions for Skin Issues

Ted A Grossbart, Ph.D. makes his book available for download

Dr. Ted Grossbart, a well-known psychologist and Harvard Medical School professor, has made his book *Skin Deep: A Mind-Body Program for Healthy Skin* available as a free e-book for download. Dr. Grossbart teaches patients to use the power of their minds to heal chronic skin conditions. The book, which was co-authored with Dr. Carl Sherman and first published in 1986, has become a valuable resource for readers dealing with persistent skin problems.

"Since the first edition came out nearly 24 years ago, the book has been helping readers who are struggling with skin problems. It is my hope that its availability as a free, downloadable e-book will allow greater numbers of readers access to the mind/body solutions that have been so effective in my private practice," says Grossbart.

[Download your copy of Skin Deep here >>>](#)

Seal of Acceptance Product Spotlight

Bella Dry Skin Formula Moisturizing Body Bar

Products which have received the [National Eczema Association Seal of Acceptance](#) are those that have been created or intended for use by persons with eczema or sensitive skin conditions and that have satisfied the NEA Seal of Acceptance criteria.



This month's Seal of Acceptance featured product is Bella Dry Skin Formula Moisturizing Body Bar, made by Bella Soap. Bella Dry Skin Formula Moisturizing Body Bar uses ingredients with quick skin penetration that act as humectants, attracting external moisture, holding moisture close to the skin, and forming a breathable film to prevent moisture loss. Fragrance-free and no preservatives or dyes. This product has received an EASE rating of 4 out of 5 * * * *

[View more NEA Seal of Acceptance Products >>>](#)