

To schedule an appointment:

Cardinal Glennon:
(314) 268-4010

St. Anthony's Medical Center:
(314) 842-3535

SSM St. Joseph Medical Park:
(636) 498-7979

Educational materials provided by:



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Director, Division of Pediatric
Dermatology

Dr. Siegfried is the Director of Pediatric Dermatology at SSM Cardinal Glennon Children's Medical Center, and Professor of Pediatrics and Dermatology at Saint Louis University School of Medicine.

Dr. Siegfried is one of only two board-certified pediatric dermatologists in St. Louis and has repeatedly been recognized as one of Woodward White's Best Doctors in America.

As a pediatric dermatologist, Dr. Siegfried can provide treatment for children with a broad range of skin diseases.

“When caring for children who have complex skin diseases, it is important to have a solid background in both pediatrics and dermatology. Children, from premature infants to adolescents, have a very different range of skin disorders than adults, and there are a variety of genetic skin diseases that affect people of all ages. Pediatric dermatologists have the most experience and expertise in taking care of these conditions.”



Cardinal Glennon

SSM Cardinal Glennon Children's Medical Center

Facts about Eczemas



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What is eczema?

Eczema, or dermatitis, is a category that includes the most common group of skin diseases. There are different kinds of eczemas, as well as other related skin conditions, that affect infants and young children.

Eczematous skin is dry, scaly and red. In severe cases, blistering and cracking can occur. In children with dark skin, eczema can look like tiny bumps. Eczema is almost always very itchy.



Types of Eczemas

● Contact dermatitis

Contact dermatitis is the most common type of eczema, usually caused by irritation from rubbing, washing or harsh chemicals. Less often it is caused by an allergic reaction to something that touches the skin, like poison ivy, fragrance or chemicals in fabrics or skin creams. Allergic eczema usually appears 1-5 days after skin contact and can last up to 3 weeks.

● Atopic dermatitis

Atopic dermatitis is the most common chronic eczema in infants and young children. It usually starts before age 2. Severe itching is the most common symptom, often interfering with sleep.

● Seborrheic dermatitis

Seborrheic dermatitis is also known as "cradle cap" in infants and "dandruff" in teenagers and adults. In infants, this kind of eczema usually affects the scalp and diaper area. Teenagers are most bothered by greasy flaking around the nose, and an itchy, flaky scalp. In people with dark skin, the affected areas often look ashy.

● Psoriasis

Psoriasis can appear at any age. In infants, it often starts with a stubborn red rash on the cheeks and in the diaper area. In older children, it often appears as thick, scaly bumps on the knees and elbows, but it can involve any skin area. Psoriasis can also occur in people with eczema, often complicating diagnosis and treatment.

How are eczemas treated?

The safest, most cost-effective and most important initial step is to identify and avoid the triggers that affect your eczema. Different people have different triggers that can change over time. Some triggers are more common than others, and people can have multiple triggers.

IDENTIFY AND AVOID COMMON TRIGGERS

● Skin Damage

- Lack of moisture (dry air, infrequent bathing without moisturizers)
- Rubbing or scratching

● Products applied directly to the skin (more likely if not rinsed off)

- Irritants (harsh cleaning products, alcohols)
- Allergens (fragrance, Kathon, cocamidopryl betaine, nickel, formaldehyde, neomycin)

● Germs

- Colonizers (germs that live on, but do not damage, the skin)
- Infections (colds, flu, ear infections, Strep throat, sinusitis, molluscum, herpes)

● Foods

- Most common food allergens: egg, peanut, milk, soy, wheat, fish, potato, chicken, beef, pork
- Most common symptoms: hives, spitting up, stomach aches, diarrhea, poor weight gain
- * If you suspect a food allergy, a blood test can help disprove it.
- * Most children will outgrow a food allergy by age 5 (other than allergies to nuts and fish).