Itch Alert: 12 Things That Trigger Eczema

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Helping Manage Your Skin

Eczema is a skin condition that makes your skin itchy, dry and red. It can affect people of all ages and is often triggered by certain things. Knowing what causes eczema can help you manage it better. When it comes to eczema symptoms, use Advil, an anti-inflammatory medication that may help relieve pain or swelling from eczema.

12 Triggers and Causes of Eczema

1. Dry Skin

When your skin becomes too dry, it can crack and get irritated. This makes eczema flare-ups more likely. Keeping your skin moisturized is important to prevent dryness.

2. Harsh Soaps and Detergents

Using strong soaps or laundry detergents can strip away the skin’s natural oils. This can cause eczema to worsen, especially on sensitive skin.

3. Weather Changes

Cold, dry air in the winter and hot, humid air in the summer can both trigger eczema. Sudden changes in temperature can also make the skin more sensitive.

4. Allergens

Things like pollen, pet dander and dust mites can cause eczema flare-ups. If you're allergic to these things, you may notice your eczema gets worse during allergy season or when you're around pets.

5. Stress

Stress doesn’t directly cause eczema, but it can make it worse. When you're stressed, your body reacts in ways that can lead to an eczema flare-up.

6. Sweating

Sweating can irritate the skin, especially in areas like the folds of the elbows and knees. This can cause itching and make eczema worse, particularly after exercise or in hot weather.

7. Certain Foods

Some people’s eczema flares up after eating certain foods. Common food triggers include dairy, eggs, nuts and wheat. If you notice your eczema gets worse after eating these, you might have a food sensitivity.

8. Chemicals in Skincare Products

Many skincare products contain perfumes, dyes and alcohol that can irritate sensitive skin. If you have eczema, it's important to use gentle, fragrance-free products to avoid flare-ups.

9. Wool or Rough Fabrics

Clothing made from wool or other rough materials can rub against the skin and cause irritation. It’s best to wear soft, breathable fabrics like cotton if you have eczema.

10. Infections

Bacterial or viral infections can trigger or worsen eczema. If your skin is already irritated, it’s easier for germs to enter and cause an infection, leading to an eczema flare-up.

11. Genetics

Eczema often runs in families, meaning if your parents or siblings have it, you're more likely to have it too. People with a family history of asthma or allergies are also more likely to develop eczema.

12. Hormonal Changes

For some women, eczema can flare up during certain times, like pregnancy or before menstruation. This is because of changes in hormone levels that can affect the skin.

Treatments for Eczema

Eczema can be managed with different treatments to help control flare-ups and keep the skin healthy. Here are some common treatments:

1. Moisturizers

Moisturizing the skin regularly is one of the best ways to prevent eczema flare-ups. Use thick creams or ointments that lock in moisture, especially after bathing.

2. Topical Steroid Creams

Steroid creams reduce inflammation and itching. They are often prescribed by doctors for short-term use during a flare-up.

3. Antihistamines

Antihistamines can help control itching, especially at night. They’re often taken as pills and can make you feel less itchy and more comfortable.

4. Avoiding Triggers

If you know what triggers your eczema, try to avoid it. For example, if wool causes irritation, switch to cotton clothing. If certain foods make it worse, try to avoid eating them.

5. Gentle Skincare Products

Always use gentle, fragrance-free soaps, lotions and shampoos to avoid irritating your skin. Look for products designed for sensitive skin.

6. Medications

In more severe cases, doctors may prescribe oral medications or stronger creams to control eczema. These treatments can help when other options aren't enough.

Advil

Advil (ibuprofen) can help with some eczema symptoms by reducing inflammation, which may ease swelling, redness and discomfort. While it doesn’t treat the eczema itself, its anti-inflammatory properties can temporarily relieve pain and irritation associated with flare-ups. However, it’s important to note that Advil should be used in combination with other treatments specifically designed for eczema, such as moisturizers and topical creams.

By knowing your triggers and following a treatment plan, you can better manage your eczema and reduce flare-ups.