Eczema: Scratching the Surface

Booklet

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IDI From the Beginning

IDI: Setting the Gold Standard for Professional Success

For over 25 years, The International Dermal Institute has pushed the skin care industry envelope to its limits, literally redefining professional excellence and offering skin therapists a unique opportunity to reach their personal best in the process. We do it by offering the most challenging and rewarding postgraduate skin and body therapy curriculum available anywhere today, with 38 postgraduate Training Centers worldwide; 18 of which are located in the U.S.

What we offer our students goes far beyond technical training and access to expertise you won’t find anywhere else. Our mission is to stay in touch with that original sense of “electricity” – the feeling of connecting with destiny, and creating your own future with your own heart, mind and hands. A postgraduate skin care education at The International Dermal Institute offers that connection literally around the world, and gives students their own opportunity to get “plugged in” as part of a uniquely rewarding profession which thrives on human touch and communication.

This charge to be the best in postgraduate skin care is led by Jane Wurwand, a professional skin therapist. Since founding IDI in 1983, she’s continually carried an urgent message to skin therapists: education is the key to improving every aspect of your business, from understanding galvanic current to creating a seamless booking system!

IDI is at the forefront of the evolution of skin care, elevating the respect and success of the skin care industry and the professional skin therapist around the world. Today the industry is just as competitive, and IDI maintains the international gold standard for postgraduate skin and body therapy training. Stand tall as a member of The International Dermal Institute’s worldwide student body committed to professionalism, and having the best hands in the business!

Continuing with our legacy of innovation, we are supporting FITE, Financial Independence Through Entrepreneurship, a global platform to fund women worldwide into their own business to create sustainable income. From one woman to another, one entrepreneur to another, we can evoke a positive change. Learn how you can get involved at joinFITE.org.
defining eczema

Eczema can mean a family of skin conditions that causes the skin to become swollen, irritated, and itchy. Many skin conditions are considered a type of eczema, or dermatitis. Diaper rash, dandruff, contact dermatitis—these are all different types. This can be confusing but in dermatology and skin care, for the most part, ‘eczema’ refers to atopic dermatitis.

Atopic dermatitis (or AD) is a chronic skin condition. It causes dry, itchy, irritated skin that requires daily care. Both atopic and non-atopic eczema show up as the same itchy rash, but only atopic eczema (dermatitis) involves the body’s allergic responses.
Atopic Eczema is often associated with asthma and allergies. 80% of adult AD patients will have concomitant sensitizations, allergic rhinitis or asthma. 20% of adult non-Atopic patients will have the same skin lesions but no other sensitizations or allergies.

**causes**

A single cause is still undefined, but these are the latest findings.
The Filaggrin Story

There is a genetic defect in filaggrin, which is important in epidermal differentiation.

- The first function is to flatten and stack corneocytes for proper desquamation
- The second is that after it has stacked corneocytes, filaggrin (FLG) is degraded to form the skin’s natural moisturization factor (NMF).
- This ensures that the skin retains its moisture and stays hydrated, preventing trans-epidermal water loss (TEWL).

- Abnormal barrier function:
  - Slightly more alkaline (higher pH) than normal
  - Since AD skin has a slightly higher pH and less water content, certain enzymes are activated, resulting in abnormal barrier function

- Immune responses to microorganisms:
  - High colonization of atopic skin with Staphylococcus aureus (S. aureus), bacteria that secrete enzymes which eat away at ceramides, important components of the skin’s natural moisturization factor

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The International Dermal Institute
Postgraduate Education in Skin and Body Therapy
Summary

Environment
- microorganisms
- irritants

Genetics
- Filaggrin mutation
- Enhanced enzyme activity

Skin Barrier Breakdown

Staphylococcus aureus

House Dust Mite
Triggers and Tripwires

Many external factors can trigger an eczema flare-up. These are some to look out for:
- Low Humidity
- Psychological Stress
- Dry Skin
- Excessive heat
- Sweating
- Skin infections
- Diet
- Certain medications
- Linens
- Skin care products
- Over washing skin

Available Treatments

<table>
<thead>
<tr>
<th>Topical</th>
<th>Oral</th>
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<tbody>
<tr>
<td>• Corticosteroids</td>
<td>• Immunosuppressive therapy</td>
</tr>
<tr>
<td>• Immune modulators</td>
<td>• Retinoids</td>
</tr>
<tr>
<td>• Retinoids</td>
<td>• Antihistamines</td>
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<tr>
<td>• Emollient moisturizer</td>
<td>• Antibiotics</td>
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<table>
<thead>
<tr>
<th>Light-based</th>
<th>Others</th>
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</thead>
<tbody>
<tr>
<td>• UVA and UVB</td>
<td>• Tap water iontophoresis</td>
</tr>
<tr>
<td></td>
<td>• Botulinum toxin</td>
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Professional Treatment Techniques for Eczema

1. Warm steam at a distance to facilitate cleansing and during microfoliation, depending on skin sensitivity.
2. Microfoliation is less aggressive than exfoliation. This can be ok depending on skin barrier health.
3. Manual Lymphatic Drainage is a specialized, advanced massage technique, especially suited to sensitive skins.
4. Pressure Point Massage and Reflexology are effective for reducing psychological stress.
5. Aromatherapy essential oils are naturally hydrating, oxygenating and healing.
6. Iontophoresis is a great tool for helping to penetrate key ingredients to soothe, and reduce redness and inflammation. Use for 3-4 minutes on the positive polarity only.
7. Cool marble stones can be used over areas of couperose and redness, excellent for relieving inflammation and swelling.
8. Professional products and treatment masques that help to reinforce the barrier function of the skin and soothe inflammation are ideal for clients with eczema.

Ingredients to Avoid
- Artificial fragrance
- Artificial colors (D&C)
- Soap or harsh detergents
- Formaldehyde or formaldehyde-releasing agents
- Alcohol

Ingredients to Repair Barrier
- Oat extracts
- Evening Primrose Oil
- Avocado
- Sea Buckthorn
- Borage Oil
- Lactic Acid

Reduce Inflammation
- Ginger
- Chamomile
- Licorice
- Lavender
- Red Clover
- Red Raspberry
- Coneflower

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