

Triggers and Treatments Of Atrophic Dermatitis

It is normal for our skins to maintain moisture however, when Atrophic Dermatitis occurs the skin's behavior changes and results in the skin becoming very dry and inflamed.

Atrophic dermatitis is actually a common form of eczema. It is rather severe and is usually chronic in nature. Atrophic dermatitis usually occurs in skin folds and creases, like the insides of elbows, the backs of knees and hands and many different parts of the face and head. Due to constant scratching and contact with clothes, the sores often weep or may crust and become painful skin lesions.

Atrophic Dermatitis is usually found in patients in early childhood up to early adulthood; however, there are cases of older adults also having this skin condition. Adults sufferers of Atrophic dermatitis do not usually suffer from the inflamed skin and flakes but only suffer extremely dry, sensitive skin which is easily irritated.

What Causes Atrophic Dermatitis

Basically there are three common trigger classifications of atrophic dermatitis. These are: 1. Allergens: Allergens are usually ingested in the form of food, beverages or medications. There are also other types of allergens in the environment such as animal dander and pollen. The medications that may cause an allergic reaction in an individual include antibiotics, anesthetics, sleeping pills, aspirin, laxatives, anti-depressants and many more

2. Irritants: Irritants that are known to affect atrophic dermatitis are smoke, fumes, solvents, chemicals, soaps and detergents, alcohol based products and many more. Dust, stress and climate changes can make the rash worse..

3. Infections: Infections can be bacterial, fungal or viral and are known to cause flare ups although not as common as the other triggers

Atrophic Dermatitis Treatment

The best way to treat Atrophic dermatitis is to control the scratching since this can lead to further skin complications, resulting in infections and rarely, life threatening conditions. The best way is to keep the individual's skin moist. This can be done by applying prescribed ointments and lotions several times a day even if there are no flare ups. Naturally, vigilance is also needed in monitoring the environment of the person who suffers from atrophic dermatitis.

As irritants are found in clothing and bed linen, it is therefore important to wash all clothes and linen with a special detergent that is hypo allergenic to prevent flare ups. The same applies for personal soaps and shampoos used by the patient. It is important that these personal soaps and lotions contain little or no allergens to avoid allergic reactions. Neither should shower or bath water be too hot as this can dry skin and provoke flare ups. We are what we eat, therefore it is wise for the sufferer of atrophic dermatitis to take a good look at the diets and try to remove all processed, fatty foods and concentrate on eating lots of fresh fruit and vegetables as this will provide the body with all the vitamins, minerals and nutrients for good health

Unfortunately, we can only hope to control and manage atrophic dermatitis. Scientists continue to work on a cure or means of prevention but no conclusive results have been made yet..

About the Author

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