



WE FEEL ITCHY!

LIVING WITH ECZEMA



Disclaimer: Information provided in this resource does not constitute medical advice and is not intended to be used as a diagnostic tool. The information is up-to-date at time of publication. All medications, interventions, and treatment plans have risks and benefits, and it is important that individuals discuss their or their child's specific health care needs with a qualified health care professional.

Copyright © Eczema Society of Canada / Société canadienne de l'eczéma, 2022. All rights reserved.

No part of this book may be reproduced in any manner without the express written consent of Eczema Society of Canada.

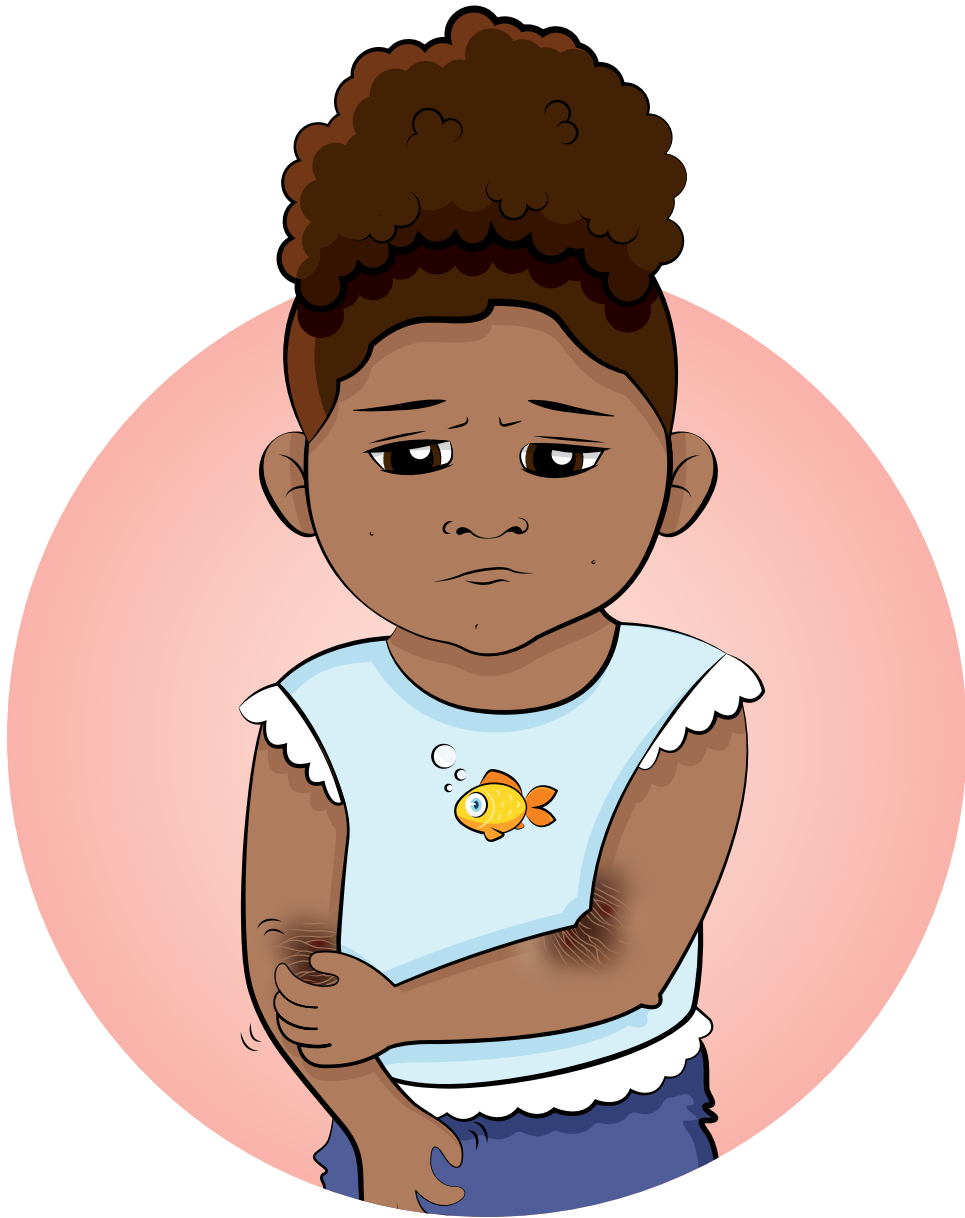
WE FEEL ITCHY!

LIVING WITH ECZEMA

**This book was created to let
children living with eczema
know they are not alone.**



My name is Olivia. I like animals and playing video games.
I have eczema. It makes my skin feel dry and itchy,
and it leaves marks on my skin from the scratching.



I feel itchy a lot.



Sometimes when I feel itchy it makes me feel bad, or mad, or even sad. My brother had eczema when he was little. He doesn't have it anymore.



My brother likes to play outside with me.
We ride our bikes and play soccer in the summer.
In the winter we play in the snow.



I love playing outside, but sometimes it
makes my eczema worse. When I get hot and
sweaty, it can make me feel extra itchy!



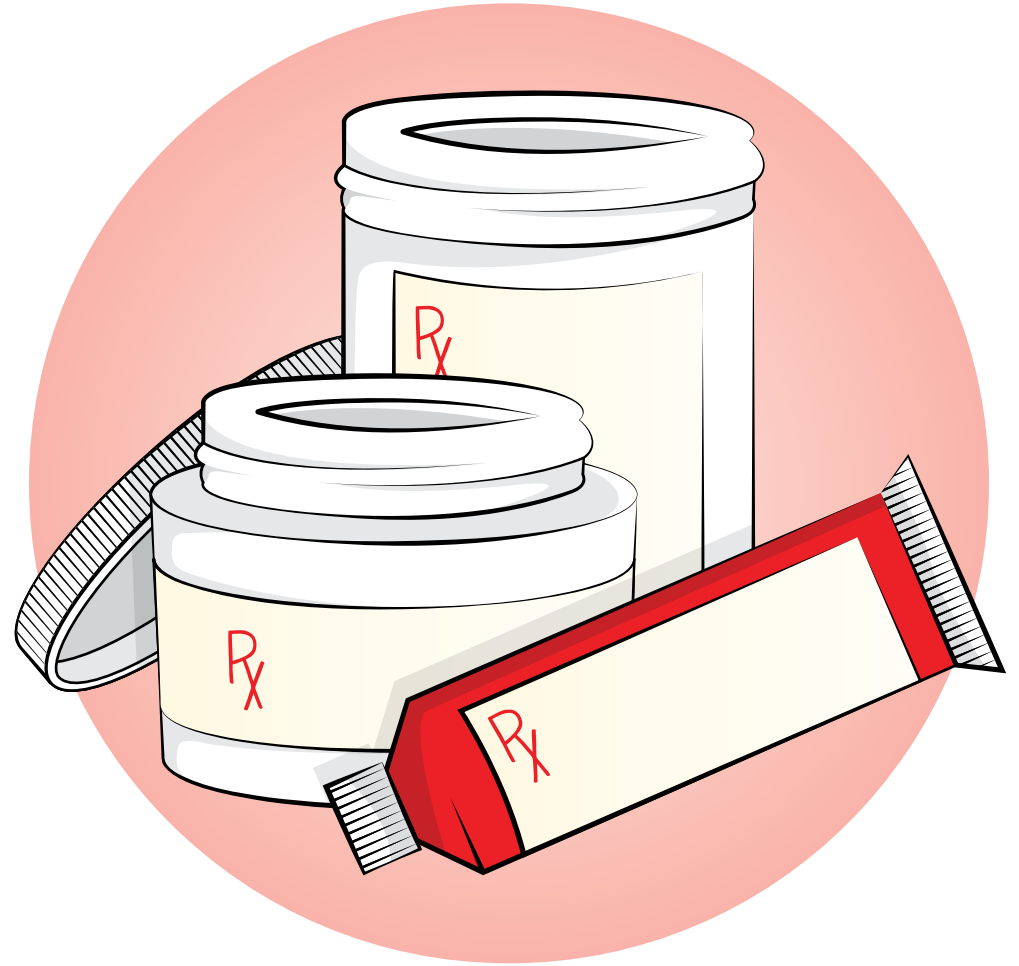
My name is Lucas. I like magic tricks and playing basketball. I have eczema. My eczema makes my skin rough and it can crack. My eczema stings when it gets wet. I'm so itchy! I try to stop scratching but it's hard.



Sometimes I get eczema all over my body. Sometimes I get eczema on my face, and sometimes I get eczema on my hands.



My parents get moisturizers to help my skin feel better. They usually put them on for me, but sometimes they let me practice putting them on myself.



My doctor gave me special medicines to put on my skin. She told my parents how to use them. I'm learning how to care for my skin too.



My parents help me follow my skin care routine every day. It doesn't take much time!



I like when my skin feels better!



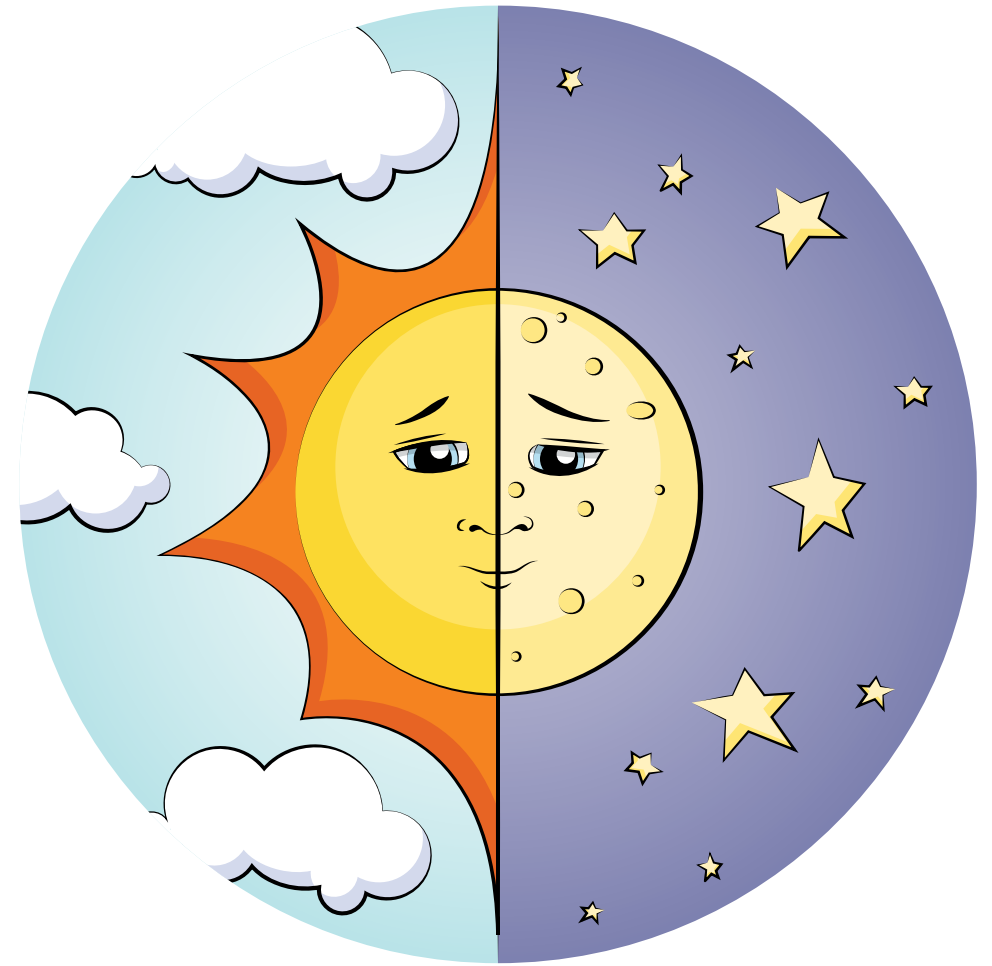
My name is Danielle. I like drawing and riding my scooter. I have eczema. My eczema makes my skin feel itchy and bumpy, and sometimes I bleed after I scratch.



When my skin gets really itchy, my mom gets a cool cloth to place on the rash.



When I want to scratch, my family helps me keep my hands busy with games and activities.



I take care of my skin in the morning and before bed, just like my doctor told me. Taking care of my skin helps makes me feel less itchy.



If you have eczema, remember that you are not alone and it's okay to have eczema.

It's also okay to ask for help, and everyone is different and special in their own way.

About eczema:

Eczema is typically characterized by dry, itchy skin that can crack, ooze, bleed, and become rough and/or thick in texture. Atopic dermatitis is the most common form of eczema, and the two names are often used interchangeably.

Eczema can look different depending on a person's skin tone. Redness is a common symptom during flares of eczema in white skin, however in skin of colour there may be no redness. Often patients with skin of colour experience eczema patches that may be purplish or gray, and can appear darker or lighter than the rest of the skin.

Special thanks to the following contributors and reviewers:

Dr. Marissa Joseph, MD, FRCPC (dermatology and paediatrics)

Tanya Mohan, ESC Volunteer and Eczema Ambassador

Dr. Simon Nigen, MD, FRCPC (dermatology)

Danielle Parmar, Illustrator

Dr. Michele Ramien MD, FRCPC (dermatology)

Kalina Reynolds, student

Shawn Reynolds, PhD (psychology)



Eczema Society of Canada

We're here to help

Eczema Society of Canada is a registered Canadian charity dedicated to eczema education, support, awareness, and research. For more information on eczema management, or to find support, visit eczemahelp.ca

Copyright © Eczema Society of Canada /
Société canadienne de l'eczéma, 2022. All rights reserved.

No part of this book may be reproduced in any manner without the express written consent of Eczema Society of Canada.