



HUMMADI HEALTHCARE

Eczema,
Clarified



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Daily Care Tips

- Moisturize frequently, immediately after washing affected areas
- Avoid triggers like harsh skincare products, fragrances, wool
- Use prescribed treatments like topical steroids for flares

When should I seek help?

You should seek medical advice if:

- eczema is painful or bothering you
- Over-the-counter products aren't helping
- eczema is affecting your confidence or mood



What causes eczema?

Some of the most common causes we see

- Genetics
- Allergens and environmental irritants
- Immune system overactivity or response

Myths to know

Eczema is not contagious

Eczema is not “just allergies”

It will often not be “outgrown” or treated with just moisturizer



What is eczema?

A chronic condition that occurs when:

- The skin barrier is weakened
- This leads to inflammation and dryness
- Itchiness is a common symptom

Common areas affected

- Arms
- Hands
- Face
- Inside elbows
- Behind knees

The mental connection:

Eczema doesn't just affect your skin

Eczema is strongly linked with stress and sleep deprivation. The constant feeling of irritated skin can also affect focus and concentration.

Stress and anxiety can exacerbate flare-ups, leading to a cycle.

Ask us how eczema can be weighing on the rest of your health

Sleep deprivation or insomnia arise from an inability to achieve restorative sleep. This can cause impairments in cognitive function, as well as clinical distress and an impact on physical recovery and health, aggravating skin conditions and inhibiting healing processes.

Anxiety is characterized by a feeling of apprehension and increased physical tension when a person anticipates a perceived danger or misfortune. Muscles tense, breathing becomes faster, and the body's recovery and immune systems can be affected.