

## *Dr Linda van Deventer – Dermatologist*

# Eczema / Dermatitis

Dermatitis refers to a group of itchy inflammatory conditions characterised by changes of the superficial layers of the skin.

- Eczema may be acute or chronic.
- Psychological stresses can provoke or aggravate dermatitis, presumably by suppressing normal immune mechanisms.

### *Some types of dermatitis*

- **Atopic dermatitis** is particularly prevalent in children; inherited factors seem important, as there is nearly always a family history of dermatitis or asthma.
- **Irritant contact dermatitis**
- **Allergic contact dermatitis**
- **Asteatotic dermatitis**
- **Nummular dermatitis** (also called 'discoid eczema')
- **Seborrhoeic dermatitis and dandruff**
- **Venous stasis eczema**
- **Nappy dermatitis**
- **Unclassified eczema**

### *When to see your Dermatologist:*

Consult your dermatologist to correctly diagnose your eczema and to tailor a treatment program according to your needs.

**Contact your dermatologist**  
[info@skindr.co.za](mailto:info@skindr.co.za) | [www.skindr.co.za](http://www.skindr.co.za)