

Eczema: Why Your Skin Itches and How to Find Relief

Eczema is a common condition that can leave your skin feeling dry, itchy, and uncomfortable. One of the most common types is atopic dermatitis, which can affect both children and adults. Eczema can appear on different areas of the body, including the hands, face, arms, and behind the knees. The skin may become dry, red, scaly, cracked, or irritated. Eczema is not contagious, so you cannot spread it to another person. While some people may have eczema for only a short time, others may experience symptoms that come and go throughout their lives

Why Does Eczema Itch?

The itching caused by eczema can be one of the most frustrating parts of the condition. Eczema affects the skin barrier, which normally helps keep moisture in and protects the skin from irritants. When that barrier is not working properly, the skin can become dry and more sensitive. Inflammation also plays an important role. When eczema flares, inflammation in the skin can lead to itching, redness, and irritation. Scratching may feel good for a moment, but it can damage the skin and make the inflammation worse

Common Triggers

One of the hardest parts of eczema can be figuring out what causes your skin to flare. Common triggers include dry weather, hot temperatures, sweating, stress, fragrances, soaps, detergents, and certain fabrics. Some people may also notice that their eczema becomes worse during particular seasons or after exposure to specific products.

Not everyone with eczema has the same triggers. Keeping track of when your symptoms appear or worsen can sometimes help you identify patterns. Your dermatologist can also help determine whether something in your environment or skin-care routine may be contributing to your flares.

Taking Care of Eczema-Prone Skin

Taking good care of your skin can help prevent and manage flares. One of the most important steps is keeping the skin moisturized. Moisturizer is especially helpful after bathing, when it can be applied while the skin is still slightly damp. What dermatologists say is also helpful is to use a gentle, fragrance-free cleanser and avoid products that may irritate the skin. As well as taking warm rather than hot showers or baths, which can further dry the skin.

Treatment Options

If eczema continues to bother you, there are many treatment options available. At Calvert Dermatology, we work with each patient to develop a treatment plan based on their symptoms, age, lifestyle, and individual needs. Treatment may include prescription creams or ointments that reduce inflammation, medications that help control itching, or other prescription medications.

Finding the right treatment may take some time. Some patients need treatment only during flares, while others benefit from an ongoing maintenance plan to help prevent symptoms from returning. The goal is to control inflammation, reduce itching, protect the skin barrier, and help you feel comfortable in your skin.

When to See a Dermatologist

You should consider seeing a dermatologist if your eczema is not improving, is interfering with sleep or daily activities, or keeps coming back. A dermatologist can confirm that eczema is the cause of your symptoms and make sure another skin condition is not being mistaken for eczema. You should also seek medical attention if your skin becomes increasingly painful, swollen, warm, or starts draining fluid or developing crusts. These can be signs of a skin infection, which may require additional treatment.

Eczema can be frustrating, but you do not have to simply live with the itching. With proper skin care and a treatment plan that fits your needs, it is possible to manage symptoms, reduce flares, and keep your skin more comfortable. At Calvert Dermatology, our goal is to help patients understand their skin condition and find a treatment approach that works for them. If you are struggling with persistent itching, dryness, or recurring rashes, a dermatologist can help determine the cause and discuss your treatment options.

References

American Academy of Dermatology Association. (n.d.). *Atopic dermatitis: Overview*. [American Academy of Dermatology — Atopic Dermatitis](#)

National Institute of Arthritis and Musculoskeletal and Skin Diseases. (n.d.). *Atopic dermatitis*. National Institutes of Health. [National Institute of Arthritis and Musculoskeletal and Skin Diseases — Atopic Dermatitis](#)