



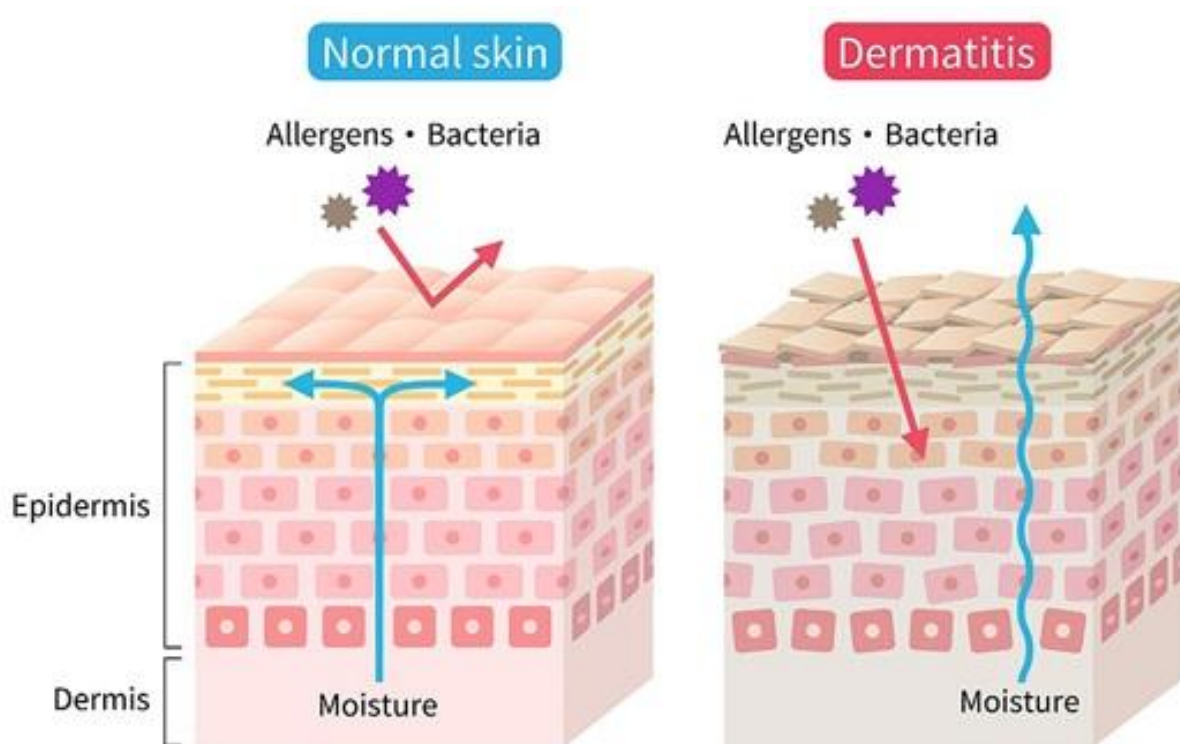
## My Drift

Title: Eczema

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Date: 7 Feb 2025

Article Number: (491-2025-6)



Eczema, also known as “atopic dermatitis,” is a noncontagious, inflammatory skin condition that is characterized by severe itching, redness, oozing (plus and/or blood), swelling, and scaly rashes. These symptoms can be painful, and can cause changes in skin color.

*Well, I have this condition right now as I write this article. Actually, this is the worst outbreak of Eczema I have ever had and I have been getting it off and on since the late 1980's. It started about 2 months ago and I'm getting a little worried and getting desperate for it to go away.*

*I will tell you more about my condition, what I'm finding out, and what I'm doing to make it better in this article as we proceed.*

### **What causes eczema to start?**

The first signs of eczema are itchiness, dry skin and a rash. These signs indicate that you came into contact with a trigger in your environment that caused your symptoms to start or flare up. Identifying environmental triggers and avoiding them can reduce your risk of an eczema flare-up in your future.

Eczema comes and goes over time. It results in very dry and sensitive skin, and can be made worse by exposure to many different things, including allergens such as pet dander or dust mites. Other common triggers include cosmetics, soaps, detergents and lotions with heavy fragrances. Exposure to perfumes and cleaning products can also irritate eczema. For some people, weather changes (especially dry winter air), illnesses such as the common cold, or even stress can trigger or make eczema worse.

*Let me tell you the story about my first case of Eczema.*

*In 1987, the Army send me TDY to Fort Huachuca which is located in Sierra Vista, Arizona. The town of Tombstone is about 20 miles away and it looks the same as it did 100+ years ago when Wyatt Earp was the Sheriff. They still have a dirt main street with wooden boardwalks and several saloons. They do not allow cars on this street and several times a day, they reenact the shootout at the OK Corral for the many tourists.*

*One day when I was walking around in Tombstone, I noticed this Indian Witch Doctor's Office and decided to go in to see if he could cure my skin problem. I had had this rash on both feet and both hands every since I was in the Philippines a couple of months earlier. I had been to three dermatologists (skin doctors) and even tried Acupuncture. Nothing had*



*helped and I was willing to try anything. The Indian Witch Doctor took one look at my hands and took me in the back room where he brought out a big tub and filled it with water. Then he started throwing a colorful powder, some leaves, and some plants that looked like weeds into the water. Next, he told me to take off my shoes and socks and put my feet and hands in the tub and leave them there for 20 minutes.*

*He came back in and threw me a towel and told me I was cured and the rash would be gone by morning. I didn't really believe him but I paid the \$50 and was out of there in 30 minutes. On the way to the door he gave me a rock and said to rub it whenever I felt nervous. Well, as you have probably guessed by now, in the morning the rash was gone!!*

*I took his advice and carried that "stress rock" in my pocket for years until I somehow lost it. I went several years without having any more serious rash problems with my skin.*

*Note: I just ordered 5 Stress Rocks from Amazon.*

## Overview

### What is eczema?

Eczema is a condition that causes your skin to become dry, itchy and bumpy. This condition weakens your skin's barrier function, which is responsible for helping your skin retain moisture and protecting your body from outside elements.

Eczema is a type of dermatitis. Dermatitis is a group of conditions that cause skin inflammation.

### What are the types of eczema?



There are several types of eczema. Each type has unique triggers that can affect your skin's barrier function, including:

- **Atopic dermatitis.** *This is the type of Eczema I have now and I will go into detail about it below.* Here is a brief description of the other types:
- **Contact dermatitis.** Contact dermatitis is your skin's reaction to something in your environment that causes an itchy rash. "Dermatitis" is the medical term for skin irritation or swelling (inflammation). You get contact dermatitis by coming into contact with a substance, organism, object or chemical that's irritating to your skin.
- **Dyshidrotic eczema.** Dyshidrotic eczema is a chronic (long-term) skin condition that causes small blisters and dry, itchy skin. It usually develops on your fingers, hands and feet.  
*(This sounds like the type of eczema I had back in 1987.)*
- **Neurodermatitis.** Neurodermatitis is a non-life-threatening skin condition involving itching and scratching, usually on just one or two patches of skin. The itch can occur anywhere on the body but is most commonly found on the arms, shoulders, elbows, legs, ankles, wrists, hands, back of the neck or scalp. The anal and genital areas and the face might also itch. The itching can be intense, causing frequent scratching, or it might come and go. It is most active when the patient is relaxing or trying to sleep. In some cases, the patient wakes up scratching or rubbing the affected area.
- **Nummular eczema.** Nummular eczema is a skin condition that causes circular, raised spots on your skin. Nummular comes from a Latin word for "coin," and the patches are coin-shaped. The lesions are often itchy, sometimes ooze clear fluid and may become crusty on top. The condition is chronic. Patches can last for weeks to months, and flare-ups or episodes can repeatedly happen over a long period of time.
- **Seborrheic dermatitis.** Seborrheic dermatitis is a common, noncontagious, easy-to-manage skin condition. This type of dermatitis causes itchy red patches and greasy scales on your skin along with white or yellow crusty or powdery flakes on your scalp. "Seborrheic" refers to the "sebaceous" glands while "derm" means "skin." It's called "dandruff" (pityriasis capitis) when it's on a teenager's or adult's scalp, and "cradle cap" when it's on a baby's. Seborrheic dermatitis can occur in other areas of your body. These are areas with the most sebaceous (oil)

**gland activity: your upper back and chest, face/forehead, the creases at the base of your nose, behind your ears, navel (belly button), eyebrows, under your breasts and in the creases/bends of your arms, legs and groin. Seborrheic dermatitis is a lifelong condition that appears, disappears with treatment, and flares up from time to time.**

**It's possible to have more than one type of eczema at the same time.**

### **Atopic dermatitis.**

#### **What is atopic dermatitis?**

**Atopic dermatitis is a chronic condition that causes itchy skin that gets dry and scaly. It tends to come and go and may only be in childhood or may affect you your entire life. In people with light-colored skin, atopic dermatitis looks like red rashes. People with darker skin may develop brown, purple or gray rashes.**

#### **Atopic dermatitis vs eczema: What's the difference?**

**Dermatitis and eczema both refer to inflammation of the skin. Eczema is a broad, umbrella term describing a group of conditions. Atopic dermatitis is the most common type of eczema.**

***(Although multiple doctors have told me that I have Atopic Dermatitis Eczema, I maybe one of those unlucky souls with more than one type of eczema. Right now I have a rash from my feet to my head.)***

#### **Who does eczema (atopic dermatitis) affect?**

**Eczema can affect anyone at any age. Symptoms usually appear during childhood and last into adulthood. You might be more at risk of having eczema if you have a family history or a diagnosis of:**

- **Dermatitis.**
- **Allergies.**
- **Hay fever.**
- **Asthma.**

#### **How common is eczema?**

**Eczema is common and affects more than 31 million Americans. Infants are prone to eczema, and 10% to 20% will have it. However, nearly half of all infants diagnosed with eczema outgrow the condition or have significant improvement as they get older.**



### How does atopic dermatitis affect my body?

It's common for atopic dermatitis to develop in areas where the skin bends or flexes, like behind your knees or on the inside of your elbow. But it can occur anywhere, including your:

- Hands and fingers.
- Feet and toes.
- Arms.
- Legs.
- Chest and Back.
- Head and Face.
- Eyebrows and Eyelids.
- Lips.

Here are some pictures of Atopic Dermatitis rash on various parts of the body.

*(None of these pictures are of me but I have similar rashes)*



**Foot**



**Leg**



**Arm**



**Back**



**Chest**



**Face**

## **Symptoms and Causes**

### **What are the symptoms of atopic dermatitis?**

Symptoms can vary significantly from person to person, and they can range from mild to severe. Common atopic dermatitis symptoms include:

- Dry skin.
- Itchy skin that can be quite severe.
- Swelling and inflammation.
- Red, brown, purple or gray rashes.
- Small, fluid-filled bumps or crusting.
- Flaky, scaly or crusty skin.
- Thick, leathery patches of skin.

### **What causes eczema?**

Several factors can cause eczema, including:

**Your immune system:** If you have eczema, your immune system overreacts to small irritants or allergens (triggers) in your environment. When you contact a trigger, your immune system assumes that these small irritants are foreign invaders, like bacteria or viruses, that can harm your body. As a result, the triggers activate your body's natural defense system. Your immune system's defense is to create inflammation. Inflammation causes symptoms of eczema on your skin.

*Oh oh, this reminds me of my medical emergency I suffered back in 2021. It is a kind of long sad story but the more I think about it, the more I think it relates to my current eczema problem. It actually involves two medical events so you will need to read to the end to understand the complete picture.*

## **MY MEDICAL EMERGENCY**

*On Saturday afternoon, April 17th, 2021, I was at COSTCO Waipio to pick up some medications for my wife and do a little shopping. The place was packed. I was standing in the checkout line when all of a sudden something very bad happened to me. I had the chills and started to shake like a leaf all over and I had severe pain in my stomach area which caused me to double over. I almost went down but managed to stay up (I think with a little help from my Guardian Angel) and stagger out of the store and get to my truck. I sat in the truck for about an hour trying to figure out what happened and if I was going to live or die.*

*I started to feel a little bit better and was able to drive home. I thought maybe I had a case of food poisoning that would pass, and I would be back to normal in a few hours. That was not the case! On top of my other issues, I had diarrhea and developed a skin rash that covered most of my body. It was a miserable couple of days.*

*I finally talked to my doctor (Clive Otsuka) on Tuesday morning, and he told me to get to the nearest ER as soon as possible. (If I was a little smarter, I would have done that on Saturday) So, I drove myself to Wahiawa General ER. They were not busy and after I told the doctor my symptoms, she ordered blood tests, a CAT scan, a chest x-ray and some pain medicine. The results came back a couple of hours later. The doctor told me that I have an extremely high-level infection in the stomach area. She said it was life threatening and I needed surgery quickly. Wahiawa General doesn't have the required surgery facilities, so they arranged to take me by ambulance to Queen's Medical Center West.*

*Queens has the very latest and greatest CAT scanner, and it didn't take them very long to determine that I had a ruptured appendix. The surgeon (Dr. Ross Simafranca) came to my room to explain the situation and for me to sign the necessary papers for the operation the following morning. So, at 10am on Wednesday, April 21, 2021, I had surgery to remove my appendix. I was completely out and didn't remember a thing until I woke up in the recovery area at about 1pm. Strangely, I had no pain what-so-ever in my stomach area. They took me back to my room.*

*A little while later my surgeon came by my room to explain how the surgery went. Appendix surgery now days is somewhat routine, and they don't need to cut a big hole in your stomach area to get it out. They made three small cuts where they insert the required medical instruments plus a small light and camera. My appendix not only ruptured, it burst! The surgeon showed me a picture of it before*



*they removed it. It was ugly! When the appendix is ready to come out, they make one more small cut near the belly button and pull it out through there. They left in a drain tube to remove excess blood and other fluids. My surgery went as planned with no complications.*

*However, my problems were not over. I still had a dangerously high infection to deal with. They started giving me antibiotics through an IV connection they put in my arm. The Infectious Diseases doctor (Heath Chung) came to see me. He said they were working on a treatment plan but the lab results for the appendix cultures had not come back yet. For now, I was receiving a strong general antibiotic.*

*After getting this kind of surgery, the medical staff (doctors and nurses) are concerned about getting your digestive system functioning again. Thursday the day after surgery, I finally had to pee – it was bright red. My nurse said this was normal for the first few times. I was not eating solid food yet. My diet was water, juice, and soup. My first bowel movement came on Friday and things were looking up. The drain tube in my stomach stopped draining and my surgeon came by and took it out.*

*My infection doctor came Friday afternoon with some good news and some bad news. The good news was there was no cancer and the infection types I had were not the really bad ones and could be treated outside the hospital. The bad news was I had three different types of infections that could be treated by one antibiotic called “ertapenem ivpb 1 g”. They started me on this right away – I needed 26 straight days of this IV treatment. The first two treatments were done in the hospital. I was released on Sunday, April 25. So, until May 19, I had to drive down to Queens West Sullivan Care Center daily where I get my one-hour IV medication.*

*After that I felt okay now and started walking my dog again. Apache was happy!*

*The moral of this story is – If something bad happens to you or you are feeling strange or sick, go to the hospital ER and get it checked out. Don't wait!*

*But wait. That is not the end of the story! That is only event number one. My medical wellbeing was about to get much worse than I ever dreamed.*



## **CRONIC LYMPHOCYTIC LEUKEMIA**

*My Infectious Disease doctor Chung continued to monitor my condition for several months to make sure that the infections were gone. After my Jun 2022 blood test, he told me that there are no known infections in my body, however, some of the other blood tests indicate that I might have a form of Leukemia. The two main tests that indicated this were:*

*My White Blood Count was 19.08  
(Normal range is 3.80 to 10.80ul)  
My Lymphocyte Count was 62.8  
(Normal range is 12.0 to 44.0)*

*Dr. Chung recommended that I talk to my Primary Care Doctor Otsuka about setting up a appointment with a cancer doctor to find out what's going on. Dr. Otsuka recommended and setup an appointment with Dr. Kaye Kawahara at the Queens Medical Center.*

*Dr. Kawahara ran multiple tests and told me that I have Cronic Lymphocytic Leukemia. This is the slow growing type of leukemia and since I come down with this condition sometime after my appendix operation, my numbers were not too bad and I didn't require any treatment right now. I had to get a checkup every 3 months. So far, my blood count numbers have not gone up. Dr. Kawahara told me that at my age, some other condition will probably kill me before the Leukemia gets me.*

*However, leukemia weakens your immune system which can result in other conditions (like eczema) to flare-up and take longer to get better.*

**Your genes:** You're more likely to have eczema if there's a history of eczema or dermatitis in your family. You're also at a higher risk if there's a history of asthma, hay fever and/or allergies. Common allergies include pollen, pet hair or foods that trigger an allergic reaction. You could also have a genetic mutation that causes your skin's barrier function to not work as it should.

*To my knowledge, nobody in my family ever had a problem with eczema. However, my younger brother John died on January 17, 1960 at age 6 of leukemia. My dad had diabetes and died of a stroke on April 17, 1982 at age 62. My mother died of old age on May 18, 2017 at age 99 and a half.*

*At this writing, I'm 84 years old and don't have diabetes or any other bad disease until I got diagnosed with leukemia at age 82. I have never had a heart attack or stroke. I guess I can't complain too much since most people my age are dead.*

**Your environment:** There's a lot in your environment that can irritate your skin. Some examples include exposure to smoke, air pollutants, harsh soaps, fabrics such as wool, and some skin care products. Low humidity (dry air) can cause your skin to become dry and itchy. Heat and high humidity can cause sweating and that can make your itchiness even worse.

*One of the worst eczema flare ups occurred in late December 2010 right before I retired from my government job with 49 years of service (including my 4 years and 4 months in the Navy). It happened right after I returned from my final TDY trip that was to Anchorage and Fairbanks, Alaska. When we arrived in Fairbanks the temperature was -44 degrees and snowing. It was COLD! You could freeze to death in minutes. When I got home to Mililani, Hawaii the temperature was 82 degrees – a change in temperature of 126 degrees. Apparently, this triggered a severe eczema flare up which mostly affected both arms that swelled up and blistered. When it got better, my skin was permanently a darker color which remains today.*

### **What triggers eczema to flare up?**

Eczema affects each person diagnosed with the condition differently. What causes your symptoms to flare up might not trigger someone else with the condition. Common triggers that cause eczema include:

- Dry weather (low humidity).
- Fabrics or clothing material.
- Makeup or skin care products.
- Smoke and pollutants.
- Soaps and detergents.
- Stress or your emotional well-being.
- Touching something you're allergic to.

### **Certain foods can trigger eczema**

Pay attention to what you eat. If your eczema flares up after you eat a certain food, then you might have an allergy to it. If you don't have a food allergy, then there are no foods that will cause or worsen your eczema.

Many food allergens can trigger atopic dermatitis. Some of the most common include:

- peanuts,
- tree nuts,
- eggs,
- soy,
- dairy products,
- wheat,
- shellfish and seafood.

*My dermatologist during the 1990's until he retired in 2021 was Dr. David Huntley. I had several flare ups of eczema during this period and Dr. Huntley sent me to an Allergist Dr. John McDonnell who performed multiple tests to find out what food or other substances I might be allergic to. He found none that would trigger eczema.*

*My current dermatologist Dr. Ryan Sato ordered a blood test to see if later technology could detect any food, drink, or substance that I might be allergic to. This test also found none that would trigger eczema.*

*So, the cause of my eczema flare ups remains UNKNOWN.*

**Emotional triggers:** Your mental health could affect the health of your skin, which can cause a flare-up of eczema symptoms. If you have high levels of stress, anxiety or depression, you may have more frequent flare-ups of eczema symptoms.

*I don't think I have ever been depressed and the only time I felt stress and anxiety was during my wife's last 5 or 6 years of life. She had diabetes, heart disease, and her kidneys failed requiring dialysis. Later she required a wheelchair and I became a full-time caretaker. My wife died on 19 July 2023.*

### **Is atopic dermatitis contagious?**

No. Even if you have an active rash, atopic dermatitis isn't contagious. Keep in mind, however, if your rash starts to weep, it may mean you have an infection. If this occurs, it may be possible for the infection to spread to other people through physical contact.

## **Is eczema an autoimmune disease?**

While eczema can cause your immune system to overreact, it isn't classified as an autoimmune condition. Research is ongoing to learn more about how eczema interacts with your immune system.

## **Diagnosis and Tests**

### **How is atopic dermatitis diagnosed?**

Your healthcare provider will examine your skin and review your medical and family history. Symptoms of eczema can look similar to other conditions. Your provider might offer tests to rule out other conditions and confirm your diagnosis. Tests could include:

- An allergy test.
- Blood tests to check for causes of the rash that might be unrelated to dermatitis.
- A skin biopsy to distinguish one type of dermatitis from another.

## **Management and Treatment**

There are several medications and therapies that can help treat and manage atopic dermatitis symptoms. These include:

**Topical steroid creams.** Corticosteroid creams or ointments keep itching under control and help repair your skin. You should use them exactly as directed, as overuse can cause unpleasant side effects like thinning skin or loss of pigment.

### **Is aloe vera good for eczema?**

Yes, aloe vera can be beneficial for eczema. Aloe vera is a plant that contains anti-inflammatory and moisturizing properties. These properties can help soothe and reduce the symptoms of eczema, such as:

- Itchiness,
- Redness,
- Dryness,
- and Scaliness.

Applying aloe vera gel to the affected areas can help to:

- Hydrate the skin,
- Reduce inflammation,
- Calm irritation,
- and Protect the skin from further damage.



However, it's important to note that aloe vera is not a cure for eczema. It may provide temporary relief from symptoms, but it should not be used as a substitute for prescribed treatments.

Additionally, some people may experience allergic reactions to aloe vera. It's recommended to test a small area of skin first before applying it to larger areas.

*A friend recommended using the aloe plant gel on my rash. I tried it and the aloe helped a lot especially with the itch. She even gave me two aloe plants so I have my own when I need it.*



**Oral steroids.** In severe cases, your healthcare provider may prescribe prednisone or other oral corticosteroids to help control inflammation. Follow all instructions. These drugs are only used short-term due to potential side effects, such as high blood sugar, glaucoma, slowed growth in kids and slower wound healing.

**Dupilumab (Dupixent).** This new, FDA-approved injectable medication can treat people with severe atopic dermatitis who haven't had success with other treatment options.

*At my Wednesday 29 January 2025 appointment with Dr. Sato, he prescribed prednisone for the swelling and inflammation. He also gave me two shots of Dupilumab (one in each arm).*

**Antibiotics, antivirals or antifungals.** If atopic dermatitis becomes infected, your healthcare provider will prescribe these medications to eliminate infection and relieve your symptoms.

**Wet dressings.** This intensive approach involves applying steroid creams, then wrapping the skin with wet bandages. If you have a severe flare-up, a provider may perform this treatment in a hospital setting.

**Light therapy.** People who have severe flare-ups after traditional treatments often benefit from light therapy. During this treatment, your provider will use

controlled amounts of ultraviolet rays on your skin. This type of therapy isn't recommended long-term, as it can eventually increase your risk for skin cancer and premature aging.

### **Can atopic dermatitis go away?**

Children will sometimes outgrow atopic dermatitis, or have flare ups that are less severe over time. Though atopic dermatitis isn't curable, it's manageable with the right treatments. Most people can reduce their symptoms by using moisturizing creams at least twice daily. Even if you're diligent in your skincare routines, you can still experience flare-ups. Therefore, it's important to know how to manage your symptoms when they come back.

### **How can I manage my symptoms?**

To soothe inflamed skin and reduce itching:

**Moisturize at least twice daily.** You can use petroleum jelly, aloe vera gel, creams, oils, sprays, ointments or a combination of these products, looking for products that have no perfumes or dyes. Find something that works for you and incorporate it into your daily self-care regimen.

**Drink lots of water.** Drinking enough water is important for overall health, including for people with eczema, but there's no scientific evidence that it directly reduces eczema symptoms. However, dehydration can make eczema worse.

**Use anti-itch creams.** Over-the-counter (OTC) hydrocortisone cream can temporarily relieve itching associated with atopic dermatitis.

**Avoid scratching.** If your skin is itchy, try pressing on it instead of scratching it. If your child has atopic dermatitis, trim their nails and consider having them wear gloves while they sleep.

**Take allergy or anti-itching medications.** Antihistamines — such as fexofenadine (Allegra®) or cetirizine (Zyrtec®) — can alleviate itching. Talk to your provider about the best option, as these medications can be OTC or prescription.

**Take an oatmeal bath.** As you soak in the tub, sprinkle colloidal oatmeal on your bath water. It will help lock the moisture in your skin and soothe inflamed,

itchy skin. After you soak, pat dry and apply your moisturizer while your skin is still damp.

**Wear comfortable clothing.** Avoid tight or scratchy clothing that could make itching worse.

**Use a humidifier.** If the air in your home or work environment is too dry, it can make your atopic dermatitis symptoms worse. A humidifier adds moisture to the air, which can help your condition.

**Purchase dye- and perfume-free soaps.** Mild, unscented soaps are best for people with atopic dermatitis.

**Find ways to reduce stress.** Because stress and anxiety can trigger atopic dermatitis, mindfulness, meditation or relaxation techniques can be helpful in managing symptoms.

## **Prevention**

### **Can I prevent atopic dermatitis?**

While you can't prevent atopic dermatitis altogether, you can take steps to reduce your risk of flare-ups. To do this, avoid any possible triggers and keep your skin thoroughly moisturized.

## **Outlook / Prognosis**

### **What can I expect if I have atopic dermatitis?**

Atopic dermatitis won't go away completely. But once you find ways to properly manage your symptoms, your flare-ups likely won't be as severe. People with atopic dermatitis should check in with their healthcare provider regularly, depending on the frequency of flares, to ensure they're using the best treatments available.

## **Living with Atopic Dermatitis**

### **When should I see my healthcare provider?**

You should call your healthcare provider if your condition causes pain or discomfort, or if it keeps you from sleeping or functioning normally. If your rash begins to weep, or if you develop raised, fluid-filled bumps, schedule an appointment with your provider.

While atopic dermatitis isn't typically dangerous, it can wreak havoc on your comfort and quality of life. Fortunately, there are several treatments available to help keep your symptoms in check. Most people experience a dramatic improvement once they find a skincare regimen that works for them.

## And lastly, a couple of important questions

### Can ice cream, pie, and cookies make eczema worse?

Ice cream cannot trigger eczema unless you are allergic to dairy products. However, too much added sugar can make eczema worse for some people. Sugar can increase inflammation in the skin, which can make eczema flare-ups feel worse.



*Darn!! I love my ice cream.*

### Explanation

- **Inflammation** - Sugar can cause blood sugar imbalances and inflammation, which can worsen eczema.
- **Gut health** - Sugar can impact gut flora, which can lead to leaky gut, which is thought to be a cause of eczema.
- **Immune system** - Sugar can increase the incidence of immunological alterations, including allergies.

### What to do

- **Identify triggers:** Try an elimination diet to identify foods that trigger your eczema.
- **Limit added sugars:** Avoid added sugars, like those in soda and candy.
- **Eat an anti-inflammatory diet:** Avoid simple carbs and highly processed foods.

### Can beer and other alcoholic drinks trigger eczema?

While there is no evidence that alcohol causes or triggers eczema, many people with eczema say that alcohol can make their symptoms worse. Alcohol can cause inflammation, dehydration, and other effects that can make eczema feel worse.



*Darn!! I love my beer.*

### How alcohol can affect eczema:

- **Inflammation:** Alcohol can cause inflammation throughout the body, which can make eczema symptoms worse.
- **Dehydration:** Alcohol can dehydrate the skin, which can make eczema symptoms worse.

- **Histamines:** When the body breaks down alcohol, it releases histamines, which can cause itchiness.
- **Blood vessel dilation:** Alcohol can dilate blood vessels, which can make eczema symptoms worse.

**What you can do:**

- **Track your symptoms:** Keep track of when you drink alcohol and when your eczema symptoms worsen.
- **Drink in moderation:** If you do drink alcohol, limit how often you drink and the number of drinks you have.

### **Conclusions**

1. *I will never know what caused me to get eczema in the first place.*
2. *Triggers most likely causing my eczema flare-ups:*
  - *My immune system – especially since I got Leukemia.*
  - *Stress.*
  - *Changes in the weather.*
3. *Writing this article has helped me understand how to better manage future flare-ups.*



*It's a beautiful day in Hawaii!! Today is Monday, 3 February 2025 and I woke up this morning with no eczema rash or swelling.*

*Hope it stays away – Eczema is no fun.*

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