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Dr. Jonathan Zizmor, a top NYC dermatologist, and other skin care experts are educating patients and the community about eczema, a common skin irritation that affects millions of people in the United States, during National Skin Care Awareness Month. Anyone can get eczema – which means "irritated skin" according to the American Academy of Dermatology or AAD. Studies have shown that people who suffer from eczema often live in populated areas such as large cities that might also expose residents to pollution, but people can suffer from eczema living anywhere.

"Eczema means your immune system is over reactive," according to [Dr. Zizmor](#). The irritation can be itchy, so patients should avoid such triggers that can exacerbate the condition, such as certain household soaps, cleaning products, fruit juices, dust and more. In addition colds and flus can intensify the eczema.

There are different types of eczema such as atopic dermatitis – which means your skin is overreacting to an irritant. This is very common and as many as one in ten children have this type of eczema. Those with atopic dermatitis may also suffer from other allergies and asthma.

Contact dermatitis means you can aggravate the symptoms of eczema by simply touching various surfaces and liquids. Common household soaps and even water can inflame the symptoms.

While there is no real "cure" for eczema you can alleviate the symptoms with a visit to an experienced dermatologist. "A dermatologist will be able to examine your condition and recommend which products can help," explains [Dr. Zizmor](#). Certain medications (pills) can also be used in more severe cases and light therapy has been shown to be effective to help with the itchiness. Tar has also been known to work to provide relief from extreme itchiness. Warm baths or showers can also help bring relief.

People suffering from eczema with very sensitive skin should stay away from perfumes and consider using fragrance-free washing detergents. It is now easy to find fragrance-free soaps and detergents to help those with sensitive skin.

"Treatments for eczema vary so anyone suffering from severe itching and irritation should seek out a skin care expert to determine the best course to alleviate any discomfort associated with the condition," according to [Dr. Zizmor](#).