



Greetings kids...  
It's Eczii from Planet Apro!  
Itchii has been asking lots of good questions about his eczema and I thought that I could share the answers with you...

# Ask Eczii...

**Topic: Atopic Eczema**

**Q: What is Atopic Eczema?**  
**A:** Atopic Eczema is the most common type of eczema. Your skin can be red, itchy and dry. There are times when it can get better and there are other times when it gets worse.

**Q: Can anyone get it?**  
**A:** Grandmas, grandpas, mummies, daddies, big and small children can all get it...even I get it sometimes!  
You are more likely to have eczema if someone in your family has it but it can happen to anyone.

**Q: Why do I have it and why is it so itchy?!**  
**A:** Normally your skin is like a super-strong barrier that stops bacteria, irritants and allergens from getting in the body! This barrier is made up of skin cells that have lots of water inside them.

If you have eczema there is less water in your skin cells making them shrink and so your skin barrier isn't as strong. This means bacteria, irritants and allergens can get in and make you itch!

**Q: Why does my Eczema sometimes feel bad but other times feel better?**  
**A:** Everyone has different things that can make their eczema worse and these are called triggers, some of which you can see below.

**Did you know...**  
The word Eczema comes from the old Greek word 'Ekzein' which means bubble!  
The posh word for eczema is Dermatitis!

**Q: What happens when I have it?**  
**A:** Eczema can make your skin red, scaly and itchy and sometimes you can get light or dark patches. If your eczema gets worse or you start to scratch then your skin could start bleeding or even get infected!

**Q: What can I do to make my Eczema better?**  
**A:** Try to work out, with your mum, dad and doctor, what makes your eczema worse. Once you know, try to find a way that you can make it better, for example if worrying makes it worse then try writing your thoughts in a diary. Also use AproDerm® regularly as this will protect your skin and keep the bacteria, irritants and allergens out and remember...  
**Eczema is not something you can catch**  
**If it itches, do not scratch!**  
**Put on AproDerm® three times a day**  
**Following the hair, no other way!**

I hope you found all the answers useful! If you do have any more questions then get your mum or dad to email me at [askeczii@aproderm.com](mailto:askeczii@aproderm.com) and I will try to answer as many as I can!