

Scratch Pad

Dear NEA Scratch Pad,

I wish every doctor would give out the Eczema Boot Camp information to parents of kids with eczema (see *The Advocate*, Volume 25, No. 2, 2013 or search the NEA website for "eczema boot camp"). Unfortunately, it took us years to develop our own wet wrapping system. With the help of our community and after experimenting with different techniques, we came up with several helpful tips. My son could never do the cold, wet pajamas underneath the dry ones so we tried wet wrapping with warm washcloths and hand towels (which we microwaved to get warm). He also sleeps on top of a sleeping bag because the material is cooling and comforting to his skin and prevents water from seeping into the mattress underneath. Trial and error taught me the difference between steroid cream and steroid ointment; lotion causes my son to cry from the burning.

Today, we do bleach baths and showers on most days, we undertake our wet wrapping system, and we use Vaniply cream, RoBathol oil, steroid ointment, probiotics, antihistamines, and allergy shots.

We have a small amount of relief in the winter, but otherwise we struggle year-round with one issue or another.

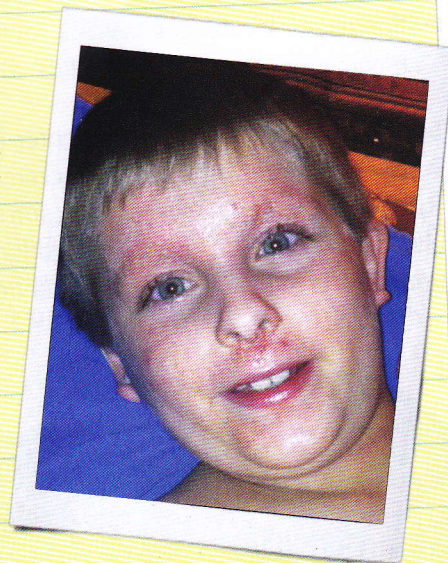
Theresa Flinck
St. Cloud, MN

Dear NEA Scratch Pad,

My son Clay was born with severe eczema. We have suffered, struggled, and battled this condition with him for nine years. He was hospitalized for six weeks due to a staph infection in his blood and pelvic bone in 2008 and underwent two debridement surgeries. His doctors believe that the entry of infection was through the broken skin caused by his eczema. Needless to say we have had a really hard time.

This March I was given an article from our local paper about Anita's Balm. I immediately ordered a tube and started documenting with pictures. It was amazing compared to the different steroid creams and oils we had tried in the past. He was a different child within days. He actually went to the beach and tolerated the ocean for the first time this year, he started playing sports, and he went to summer camp for a week! I just wanted to share my story to NEA in case anyone else could benefit.

Courtenay Dykes
Columbus, GA



The recommendations contained in the "Scratch Pad" are those of the contributors. NEA provides health information from a variety of sources; this information is not intended as medical advice. Persons with questions regarding specific symptoms or treatments should consult a professional health-care provider.

Email your Scratch Pad tip (along with a photo if you have it) to info@nationaleczema.org, so that we may publish it in an upcoming issue of *The Advocate* and help others!