

# Carel's Pharmacy & Compounding Center

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## What is Atopic Dermatitis?

Atopic dermatitis is a long-term skin disease. "Atopic" refers to a tendency to develop allergy conditions. "Dermatitis" means swelling of the skin. The most common symptoms of atopic dermatitis are dry and itching skin and rashes on the face, inside the elbows, behind the knees, and on the hands and feet. Scratching the skin can cause redness, swelling, cracking, weeping of clear fluid, crusting, thick skin and/or scaling. Often the skin gets worse (flares), then it improves or clears up (remissions).

## Who gets Atopic Dermatitis?

Atopic dermatitis is most common in babies and children. But it can happen to anyone. People who live in cities and dry climates may be more likely to get this disease. When children with atopic dermatitis grow older, this problem can improve or go away. But the skin may stay dry and easy to irritate. At other times, atopic dermatitis is a problem in adulthood. Atopic dermatitis is not contagious! It arises because of a complex interaction of genetic and environmental factors. These include skin irritants, the weather, temperature and non-specific triggers.

## Other Types of Skin Problem

Atopic dermatitis is often called eczema. "Eczema" is a term for many kinds of skin problems. Atopic dermatitis is the most common kind of eczema. Other types include:

- Allergic contact eczema. The skin gets red, itchy, and weepy because it touches something that the immune system knows is foreign, like poison ivy.
- Contact eczema. The skin has redness, itching, and burning in one spot because it has touched something allergy-causing, like an acid, cleaner, or other chemical.
- Dyshidrotic eczema. The skin on the palms of hands and soles of the feet is irritated and has clear, deep blisters that itch and burn.
- Neurodermatitis. Scaly patches on the head, lower legs, wrists, or forearms are caused by a localized itch (such as an insect bite).
- Nummular eczema. The skin has coin-shaped spots of irritation. The spots can be crusted, scaling, and very itchy.
- Seborrheic eczema. This skin has yellowish, oily, scaly patches on the scalp, face, and sometimes other parts of the body.
- Stasis dermatitis. The skin is irritated on the lower legs, most often from a blood flow problem.

## Treatments for Atopic Dermatitis

Atopic dermatitis treatment goals are to heal the skin and prevent flare ups. Medications used to treat atopic dermatitis include: skin creams or ointments that control swelling and lower allergic reactions, corticosteroids, antibiotics to treat infections caused by bacteria, antihistamines that make people sleepy to help stop nighttime scratching or drugs that suppress the immune system.

This month's featured compounds are **UTA Topical Ointment and Betamethasone 0.1% in DermaZinc Cream**.

**UTA Topical Ointment** is a compounded treatment for atopic dermatitis. UTA Topical Ointment is a combination of Urea 40% and Triamcinolone 1% in Aquaphor. It is applied to the affected area twice daily as directed.

**Betamethasone 0.1% in DermaZinc Cream** is a compounded treatment for atopic dermatitis. The cream contains Betmethasone Valerate 0.1%, a high potency topical corticosteroid in a DermaZinc base. DermaZinc is a specialized base containing 0.25% Zinc Pyrithione. This formula is applied twice daily until area is clear. It is best used on small areas of treatment. DermaZinc base is also available in topical spray and shampoo.

If you have any questions regarding these therapies or any other medication related problems, please call our specially trained compounding pharmacists and staff at (580) 355-4540.