

# Eczema Creams

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## Eczema Creams

The most popular method of relief for eczema is the application of soothing eczema cream. Eczema creams work by keeping the skin hydrated with a combination of oil and water-based substances. On the other hand, eczema ointments have a petroleum base. Medications work differently in different types of solutions because of the different ways they get delivered to the skin. Some medications need to be absorbed by the skin very quickly, and in that case eczema cream is best. When the medication needs a slow release, petroleum ointments work best. There are hundreds of eczema creams, each suffused with different ingredients that could include steroids or other medications, perfumes and fragrances, or contain all-natural substances. Consultation with a dermatologist is a good idea to find the right type of topical cream for your individual condition.

## Eczema Creams to Avoid

In any case, eczema creams containing fragrances, perfumes and a lot of extra ingredients should be avoided as these can make the eczema worse. For example, products containing such common ingredients as glycerin and rose water can actually increase dryness in skin affected by eczema. Again, consultation with a dermatologist to determine ingredients (or lack thereof) that might work best for you is recommended. When you find an eczema cream that is best for you, it will serve to sooth and moisturize the skin by penetrating deep down to stop inflammation and itching.

## Stopping Itching

Stopping itching is actually the focal point of most eczema treatments, with eczema cream at the forefront of all remedies. The cycle of eczema is: itching leads to scratching and scratching leads to rashes. Scratching must be stopped because the scratching can permanently scar the skin and lead to infections. Sometimes eczema cream containing cortisone can be a good short-term remedy for the scratching, but over time cortisone eczema cream can result in skin thinning, stretch marks and depigmentation. Additionally, studies show that when cortisone enters the blood after prolonged use, it has a suppressive impact on the adrenals in the bloodstream. These findings are more good reason to consult with a dermatologist regarding eczema cream ingredients that would be best for your skin.

## Eczema Cream

Restoring skin hydration with eczema cream is a vital component of eczema treatment and management. The main purpose of the skin is to prevent loss of water from the body and to be a protective barrier against unwanted toxins, viruses, and bacteria. Where eczema exists and scratching occurs, the scratching breaks open the skin and causes gaps in the usual protective skin barrier. The skin then becomes more prone to infection by unwanted viruses, bacteria and micro-organisms. The breakdown of the skin barrier also results in greater evaporation of skin humidity which results in dryness, itching and inflammation. Eczema cream restores hydration.

It should be noted that above and beyond the physical symptoms relieved by eczema cream, a better quality of life can be restored as well. By reducing the temptation to scratch, eczema cream can be just what's needed to allow the eczema sufferer to sleep through the night. When infants or small children are involved, this is worth its weight in gold.

