

A smiling man with a beard and a woman with long hair are standing together against a green background. The man is wearing a white cable-knit sweater, and the woman is wearing a light blue cable-knit sweater. They are both looking towards the camera.

Eczema in the Hispanic/Latino Community: More Than What You See

Unidos Hablamos United, Let's Talk

Virtual Conference
March 27th
4:00 PM ET

Eczema in the Hispanic/ Latino Community: More than what you see

Presented by: Allergy and Asthma Network

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**Thank you, Incyte for providing
funding support to make this
webinar possible.**



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Today's Speakers



Moderator
Ruthie Marker, AE-C, MSRC, RRT
Education Program Manager



Medical Speaker
Esteban Fernandez-Faith, M.D.
Pediatric Dermatologist at Nationwide
Children's Hospital



Patient Speaker
Berenice Alburto

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Patient Story

Berenice Alburto



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Eczema & Hispanic/ Latino Culture

Esteban Fernandez-Faith, M.D.

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Agenda

- What is eczema and atopic dermatitis?
- Who is affected by eczema?
- Myths & Truths
- Treatment
- How to communicate with health care providers

What is Eczema?

Inflammatory skin disease

- Chronic
- Symptoms:
 - Dry skin
 - Pruritus (itching, stinging)
 - Inflammation

Eczema vs. Atopic Dermatitis?



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Eczema vs. Atopic Dermatitis?

Eczema	Atopic dermatitis
	Contact dermatitis
	Dyshidrotic eczema
	Nummular eczema
	Neurodermatitis
	Seborrheic dermatitis
	Stasis dermatitis



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Who is affected by Eczema?

223 million people with eczema (2022)

20% children (1 out of every 5 children)

10% adults (1 out of 10 adults)

Eczema & Hispanic Population

8% children **Hispanic**

Hispanic & African-American children suffer from
MORE severe eczema

Myths & Truths

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Myth #1

Eczema is contagious

Truth #1

Eczema is **NOT** contagious

Myth #2

It is caused by lack of hygiene

Truth #2

It is **NOT** caused by lack of hygiene

Myth #3

It is caused by food allergy

Truth #3

Eczema (atopic dermatitis)
can be **associated** with
allergic (atopic) diseases

Food allergy

Environmental
allergies

Allergic rhinitis

Asthma

Myth #4

If there is no redness, there is no inflammation

Truth #4

**Inflammation in the skin can present
in different forms**

Myth #5

**Eczema is ONLY a
skin problem**

Truth #5

Eczema is **NOT** ONLY a skin problem

Atopic diseases:

Allergies

Rhinitis

Asthma

Psycho-social impact:

Attention deficit

Anxiety

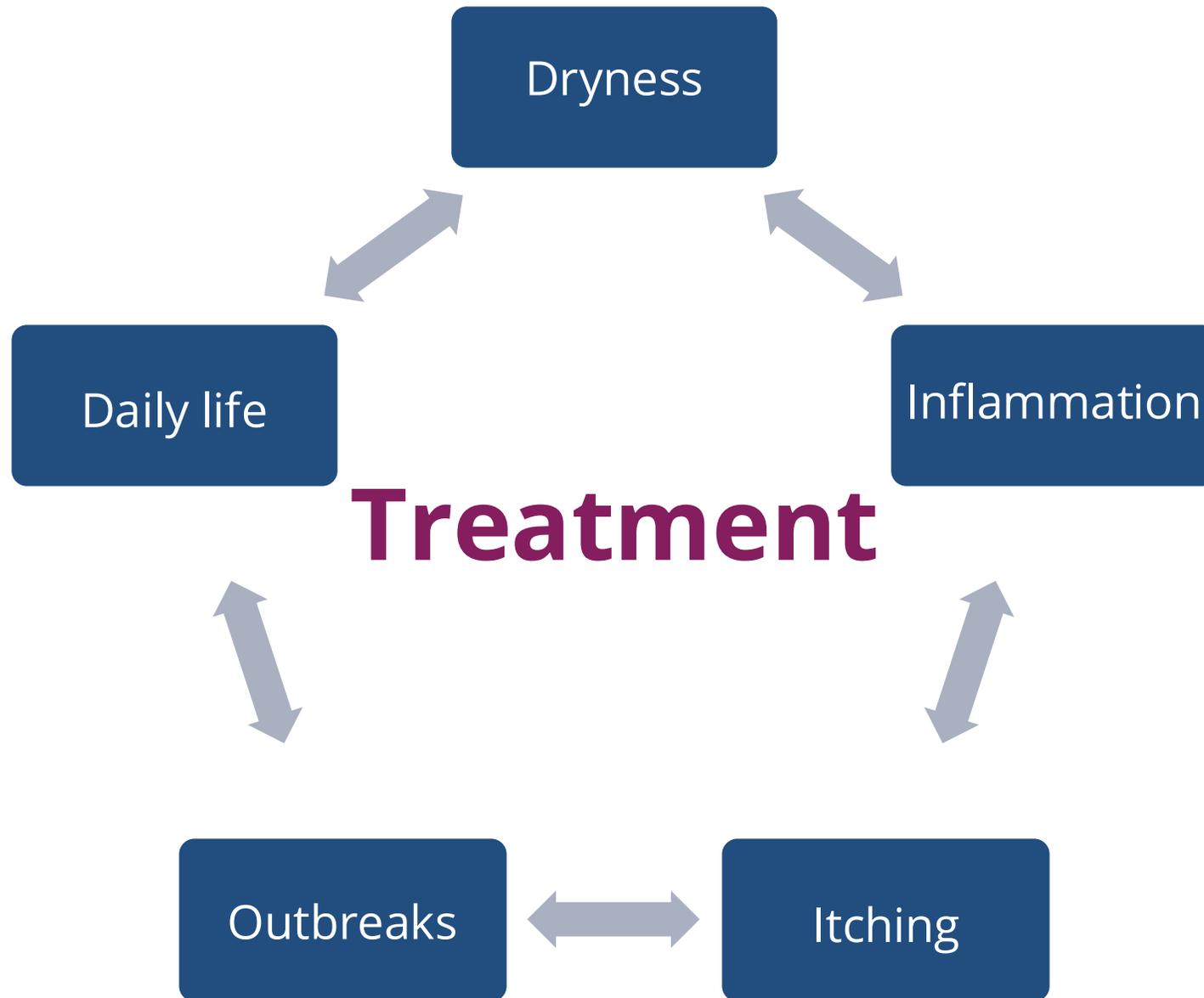
Depression

Daily life:

School performance

Family

Sports



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Dryness (Skin Barrier)

- Moisturizing!!!
 - Simple
 - Fragrance free
 - Formulation
 - Mostly over-the-counter

Ointment



Cream



Lotion



Dryness (Skin Barrier)

- Bathrooms
 - Frequent
 - Short (<10 min)
 - Warm water
 - Moisturizer



Inflammation

****Topical medications****

Phototherapy

Systemic medications

Inflammation > Topical medications

****Topical corticosteroids****

Non-corticosteroid options;

- Tacrolimus
- Pimecrolimus
- Chrysaborole
- Ruxolitinib

Inflammation > Systemic medications

Metrotexate
Cyclosporine
Mycophenolate

Dupilumab
Tralokinumab
Lebrikizumab
Nemolizumab
Upadicitinib
Abrocitinib

Are there natural treatments?



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Natural Oils & Skin

They can help

- Sunflower oil
- Coconut oil (natural)

Avoid

- Olive oil
 - May cause irritation
 - Fungal infection



Essential Oils

- Concentrated fragrances
- Variability of ingredients
- Not regulated by FDA
- Risk of contact dermatitis



Oats

- Colloidal oatmeal
 - Improves the skin microbiome
 - Repairs skin barrier



Communication



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Teamwork



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Communication

How does eczema affect us?

- Skin symptoms (rash, itching, etc.)
- Sleeping problems
- School performance
- Social activities

Communication

Management

- What is the skin care routine?
 - Use of natural products or home remedies
- Type of products preferred (ointment, cream, etc.)
- Questions about medications?
 - Side effects
 - Care

Communication

Mental health effect

- Patient
- Family

How to prepare for a medical appointment

- Make a list of medications you are using
 - Take pictures
 - Where on the body
 - Frequency of use
- Take pictures of exacerbation of eczema
- Write questions and doubts
- Request a written management plan



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Resources

- Allergy & Asthma Network
- National Eczema Association
- American Academy of Dermatology



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Questions & Answers Section

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Closing Remarks & Thank You!

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