



## Q's To Ask Dermatologist:

1. How severe is my/my child's eczema?
2. What causes eczema – what is it about my/my child's skin that is different?
3. Will my/my child's eczema go away eventually?
4. What can I expect?
5. How long do flare ups last? What should I do when there is a flare up?
6. What treatment options are available for me/my child?
7. Can you tell me about the safety and common side effects of TCI's and steroid treatments?
8. What should I be doing on a daily basis to help manage my eczema?
9. What brand of moisturizer would you recommend?
10. Is there anything I can do to help camouflage the eczema on my face?
11. How can I manage scalp eczema?
12. What possible triggers should I watch out for?
13. What is the connection between eczema and hay fever, asthma and food allergies?
14. Should I have myself/my child tested for food and other allergies?
15. Will stress make my/my child's eczema worse? Do you have any recommended strategies for dealing with this?
16. What techniques can you recommend to help myself/my child stop scratching?
17. My child scratches in his/her sleep. What can I do?
18. Will ultraviolet (UV) light therapy help my eczema?
19. Are there any dietary supplements or natural remedies that can help with eczema?