

KNOW MORE ABOUT

AUTOIMMUNE DISORDERS



ATOPIC DERMATITIS



What is **Atopic Dermatitis?**

Often called eczema or atopic eczema, this is a condition that usually develops by 5 years of age and causes extremely itchy rashes that come and go.

Lifestyle changes that can relieve eczema symptoms¹

1. Moisturize after bathing and when your skin feels dry



2. Choose fragrance-free skin care products



- 3.** Take short baths or showers to hydrate your skin



- 4.** Learn what causes AD to flare and figure out how to avoid those triggers



- 5.** Wear loose-fitting 100% cotton clothing



6. Wash clothing in detergent that is fragrance free and dye free



7. Protect your skin from extreme temperatures



PSORIASIS



What is **Psoriasis?**

This condition develops when the body makes skin cells too quickly, causing skin cells to pile up and form visible patches or spots on the skin

WAYS TO RELIEVE ITCHY PSORIASIS²

1. **Limit shower time**

Limit showers to 5 minutes and baths to 15 minutes or less. Spending too much time in the water can dry your skin, which can worsen the itch



2. **Use moisturizer**

Moisturizer helps reduce the redness and the itch. It also helps your skin heal



3. Try an itch-relieving product – Ones that contain menthol, or camphor tend to work best for itchy psoriasis



4. Moisturize instead of scratch – Grab your moisturizer when you have the urge to scratch



5. Use warm water-

Stick to warm water
for baths and showers



6. Apply a cool, damp washcloth -

Placing something cool on
the itchy skin can reduce
the itch



VITILIGO SKIN CARE TIPS³

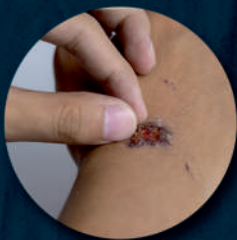
- 1. Protect your skin from the sun** – A bad sunburn can worsen vitiligo



- 2. Never use a tanning bed** – These can burn skin that has lost pigment and worsen vitiligo



3. Avoid cuts, scrapes, and burns – For some people, a skin injury triggers new spots or patches. Do your best to avoid injuring your skin



4. Know the risks of getting a tattoo – While it can be tempting to cover up a light spot or patch with a tattoo, this can cause problems



5. Support your immune system with a healthy lifestyle



6. Take care of your mental health



Learn about **Alopecia Areata/ Totalis/ Universalis⁴**

Alopecia Areata

Alopecia is the medical term for bald. Areata means patchy. This patchy baldness can develop anywhere on the body, including the scalp, beard area, eyebrows, eyelashes, armpits, inside your nose, or ears



Alopecia Totalis

The person loses all hair on the scalp, so the scalp is completely bald



Alopecia Universalis

The person loses all hair, leaving the entire body hairless.

This is rare



Disclaimer: It is advised to always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read or seen in this infographic

1. <https://www.aad.org/public/diseases/eczema/atopic-dermatitis-coping>
2. <https://www.aad.org/public/diseases/psoriasis/skin-care/itch-relief>
3. <https://www.aad.org/public/diseases/a-z/vitiligo-self-care>
- 4 <https://www.aad.org/public/diseases/hair-loss/types/alopecia>