



Atopic Dermatitis (Eczema)

Atopic dermatitis can occur in all age groups, alone or associated with the other atopic disorders like asthma and allergic rhinitis.

Guidelines in treating atopic dermatitis:

Keep skin moisturized:

1. Daily baths (not showers) will hydrate skin. Use tepid water. Immediately apply emollients or a prescribed cream
2. Use mild neutral soaps
3. Avoid deodorant and perfumed soaps
4. Use topical moisturizers frequently (2-4 times a day)
5. Colloid baths can be used to moisten the skin. Add 1 cup of cornstarch to tepid bathwater. After soaking for 20 minutes, air-dry and apply moisturizer liberally

Reduce itching and scratching:

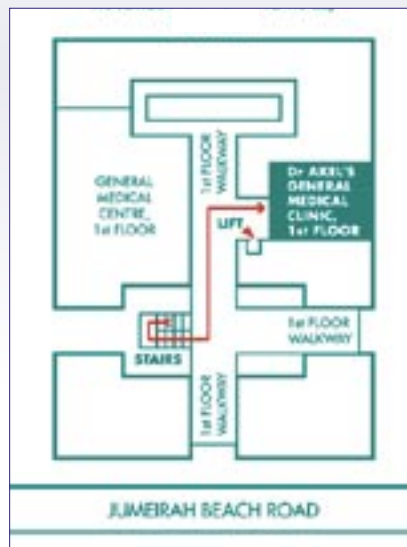
1. Avoid wool or other harsh materials. Soft cotton clothing is preferable
2. Wash clothing and bed sheets in a mild detergent and rinse well. Avoid starch and fabric softeners
3. Avoid hot or cold environment
4. Keep fingernails trimmed. Infants and small children can wear soft cotton mittens
5. Avoid animals, dust, sprays and perfumes
6. Use medications as prescribed by your physician



Start Taking Control Today

Often allergy and asthma sufferers think they have to endure in silence and become so accustomed to their symptoms they simply accept things the way they are. It doesn't have to be that way. With proper management and care of the disease, a whole new world awaits.

For more information or to make an appointment at the Allergy & Asthma Clinic call 04 349 4880 today.



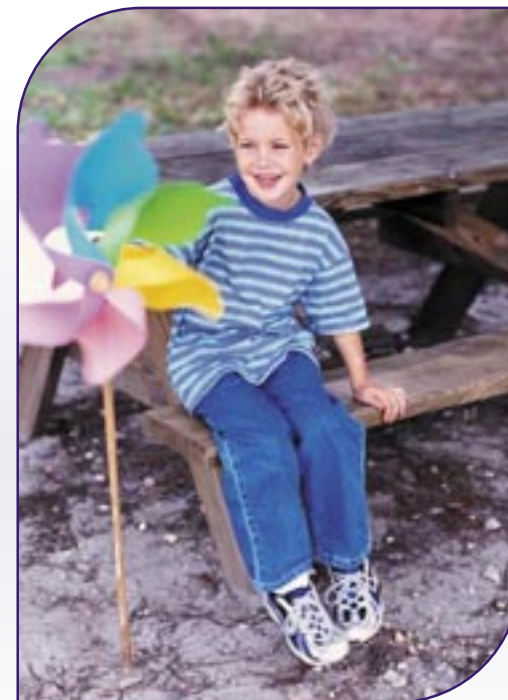
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Dr Akel's General Medical Clinic

1st floor, Magrudys Centre,
Jumeirah Beach Rd, Dubai. Tel: 04 349 4880



Overcome Allergies and Asthma



with our help, at the Allergy & Asthma Clinic

Dr Ahmed El-Rafei, Allergist
Georgetown University, USA

- Don't put up with debilitating symptoms – take control
- Relieve suffering and improve your quality of life, confidence and energy levels



The Burden of Allergies & Asthma

Anybody who has allergies or asthma, or knows someone close to them suffering from these conditions, is aware of just how debilitating they can be. Whilst not often life-threatening, they place an enormous burden on the person experiencing them both physically and emotionally.

Unlike a cold or many other illnesses, an allergic disease is not something that someone can 'just get over', it is a life-long condition that needs to be managed and maintained in order to achieve the best quality of life for the sufferer.

We're Here to Help

That's where we can help. Dr. Ahmed El-Rafei, who heads up our Allergy & Asthma Clinic at Dr. Akel's Medical Centre, is a USA-trained Allergist specializing in the treatment and management of allergic diseases. He is the first qualified Allergist within the U.A.E. and brings to Dubai a wealth of experience in diagnosing and developing effective allergy management plans for patients.

What We Offer

Under the guidance of Dr. El-Rafei, our dedicated Allergy & Asthma Clinic provides access to:

- One-on-one patient and/or parent education on the allergic disease
- Tips on prevention including simple environmental control measures to help keep risks and exposure to a minimum
- Lung function tests to diagnose and monitor the progress of asthma sufferers
- Allergy skin testing to pin-point the allergens responsible for causing the allergic symptoms

- Immunotherapy ('allergy shots') which are designed to make the body over time become more 'resistant' to the offending allergens, and for which there is a 90% recorded success rate for hayfever sufferers. It's also a powerful tool for treating and preventing asthma.

All designed to help you or your loved one, take control and experience what it's like to be free of the symptoms of allergy and asthma.



SOME QUICK TIPS

Remember the first step in managing allergic diseases is environmental control, planning and discipline. Here's a quick checklist to help get you on your way.

In the bedroom:

- *avoid the presence of stuffed chairs, rugs or drapes, linoleum or wood floors are preferable to carpets*
- *avoid storing blankets, woolens or other dust catches in the bedroom closets, and always keep the doors closed*
- *doors and windows in the room should fit tightly and should remain closed during dust storms and pollen seasons*
- *once or twice a week clean the room with a damp dust cloth with the sufferer avoiding the room for 3-4 hours afterwards*
- *use Dacron or foam pillows to other alternatives especially feather pillows and always wash regularly*
- *use fuzz-free cotton or Dacron bed sheets*
- *vacuum mattresses periodically and enclose entirely with a plastic sheet*

In the rest of the house:

- *no smoking should be allowed within the confines of your house*
- *don't keep any pets indoors and try to eliminate house plants as they attract dust and moulds*
- *avoid using room deodorizers or sprays that have strong odours*
- *the allergic patient should not be in the house while the house is being cleaned*
- *keep humidifiers and air basements conditioners clean, replace or if possible, wash filters monthly during heavy use*
- *regularly wash damp areas around the house such as shower stalls, and windows sills to reduce the growth of mould*