

A

- acupuncture
 - and eczema, 18.2
 - side effects, 19.1
 - unsuitable for some, 19.1–19.2
- African Black Soap, 37.1
- allergens
 - carpet, 3.1, 3.4
 - contact, 10.2, 11.1, 16.1, 34.1
 - dust mites, 3.1
 - grass, pets, 10.1
 - hotel detergent/chemicals, 3.4
 - See also* eczema triggers
- allergy medications
 - antihistamines, 13.2
 - and eczema, 5.2–5.3
 - See also* medications; seasonal allergies
- Aron, Richard, 11.3
- asthma
 - inhaler, 28.3
 - and seasonal allergies, 5.2

B

- babies
 - caregivers' lack of sleep, 25.1–25.2
 - in eczema-prone families, 9.1–9.2
 - products for, 10.3
- bacteria
 - control of, 4.2
 - disinfectant wipes, 3.2, 28.3
 - as eczema trigger, 10.2
 - and interleukin 17, 26.1–26.2
 - while traveling, 3.2
- biologics
 - brodalumab, 26.2
 - and immune system, 23.1
 - ixekizumab, secukinumab, 26.2
 - studies on, 24.1–24.3
- bleach baths, 4.2
- Brar, Kanwaljit K., 6.2

C

- caregivers
 - caring for, 13.1–13.2
 - lack of sleep, 25.1–25.2
- children
 - managing own skin care, 12.2
 - non-adherence to medications, 12.1
 - school support, 34.2
 - sleep problems, 9.1–9.2, 13.1–13.2
 - stress, 34.1
 - trigger avoidance vs tolerance, 10.1–10.2, 11.1

D

- distracting itch
 - with media, 3.2
 - prayer, meditation, 21.2
- Dove Baby, 4.1
- dry skin relief
 - African Black Soap, 37.1
 - and bleach baths, 4.2
 - CeraVe, 4.1, 4.2
 - and humidity, 4.1, 4.2, 10.2
 - and moisturizing, 4.1–4.2, 9.2
 - Vanicream Free and Clear, 4.1
 - See also* moisturizers

E

- Eczema Expo, 31.1, 32.3, 38.1
- Eczema: Tools for Schools, 34.2
- eczema triggers
 - avoidance vs tolerance, 10.3, 11.1
 - avoiding activities, 20.2–21.1
 - baby products, 10.3
 - bugs, 14.1
 - contact allergens, 10.2, 11.1, 16.1, 34.1
 - denying, 22.2
 - environmental, 10.1, 11.1
 - exercise, 27.1
 - food, 3.2, 10.1, 11.2, 16.2, 17.1, 37.1
 - germs, humidity, 10.2
 - heat, 14.1–14.2
 - humidity, 10.2
 - pollen, 11.1
 - in schools, 34.1
 - stress, 14.2, 20.1–21.2, 34.1, 37.1
 - sweat, 21.1
 - traveling, 3.1–3.4, 14.1–14.2, 16.1–16.2
 - See also* allergens
- exercise
 - for better sleep, 13.1, 27.1
 - clothing/towels, 28.2–28.3, 29.2
 - and eczema pros/cons, 27.1
 - hydration, 29.2
 - while traveling, 17.1

F

- foods
 - common allergens, 11.2
 - gluten, 37.1
 - triggering eczema, 10.1
 - while traveling, 3.2, 16.2, 17.1

- G**
 gut health, 5.1
- H**
 HB 63/step therapy, 35.1–35.2
 holistic treatments
 prayer, meditation, 21.2
 in treating eczema, 5.1
 See also positive attitude
 humidity
 and dry skin relief, 4.1, 4.2, 10.1
 as eczema trigger, 10.2
 hydration
 and dry skin relief, 4.2
 while traveling, 3.1, 17.1
- I**
 ice packs, 3.3, 14.1
 interleukins
 IL 4/13, 5.3, 24.1, 24.3
 IL 17, 26.1–26.2
 IL 31, 24.2
- L**
 leaky gut, 5.1
 LeibundGut-Landmann, Salomé, 26.2
 Lio, Peter A., 5.1, 6.1
- M**
 medications
 for allergy relief, 5.2, 5.3
 dupulimab, 5.2–5.3
 EpiPens, 22.2, 28.3
 and insurance, 35.1–35.2
 nemolizumab/lebrikizumab, 24.2–24.3
 non-adherence, 12.1
 and sleep, 13.2
 steroids, 6.1, 12.1
 to treat eczema, 11.3
 weaning off, 5.3
 when traveling, 3.1
 moisturizers
 CeraVe, 4.1, 4.2
 Dove Baby, 4.1
 and dry skin relief, 4.2
 Vanicream, 4.1
 Vaseline, 4.2
- P**
 positive attitude
 journaling, 22.2
 prayer and meditation, 21.2
 toward eczema, 3.2, 22.3, 23.1, 33.1, 34.2
 when traveling, 17.1
- R**
 Roni, Nataylia, 36.1–37.2
- S**
 seasonal allergies
 and eczema, 5.2–5.3
 and medications, 5.2–5.3
 Sidbury, Robert, 9.1–9.2, 13.1, 13.2
 Siegfried, Elaine, 10.2–10.4, 12.1, 13.2
 Simpson, Eric, 9.2
 sleep
 of caregivers, 13.1–13.2, 25.1–25.2
 in children with eczema, 9.1–9.2
 exercise for better, 13.1, 27.1
 remedies for loss of, 9.2, 10.1–10.4
 in shifts, 13.2
 studies on, 9.2, 13.1, 25.1–25.2
 in teens w/ eczema, 21.2
 and travel, 17.1
 snacks. *See* foods
 Spergel, Jonathan, 5.2–5.3, 11.1–11.2
 step therapy/HB 63, 35.1–35.2
 steroids, 6.1, 12.1
 See also medications
 stress
 and acupuncture, 19.1
 in children w/eczema, 34.1
 and eczema flares, 36.1, 37.1
 and exercise, 27.1, 29.1
 in teens w/ eczema, 20.1–21.2
 while traveling, 14.2
 studies
 acupuncture, 18.2–19.1
 biologics, 24.1–24.3, 26.2
 infants at high-risk of eczema, AD, 9.2
 skin, 26.1–26.2
 sleep loss, 9.2, 13.1, 25.1–25.2
 on topical steroid withdrawal (TSW), 6.1
 vaccines and worsening eczema, 6.2
- T**
 Teen Engagement Program, 30.1–32.3
 Teen Steering Committee, 31.1–32.3
 teens
 advice for living with eczema, 33.1
 avoiding activities, 20.2–21.1
 denying eczema triggers, 22.2

eczema experience platform, 31.1–32.2
isolated by eczema, 30.1–30.2, 32.2
journaling, 22.2
managing skin care, 12.2, 20.1, 22.2, 23.1
mental health, 22.1
peer support, 31.2–32.2
restrictions of eczema, 21.1
social consequences of eczema, 21.1, 32.1

tips

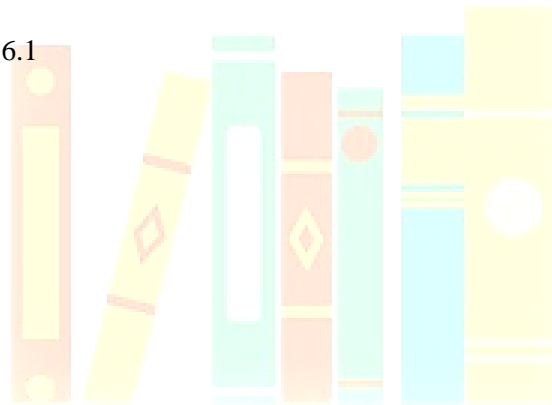
for better sleep, 13.1–13.2
for exercising, 28.1–28.3
See also travel tips

topical medications

compounds, 11.3
ingredients, 10.4
non-adherence, 12.1
safe use of, 11.3
topical steroid withdrawal (TSW), 6.1
treatment routine, 22.1

travel tips

advance planning, 14.1
bedding/linens, 3.1, 3.3, 3.4, 16.1
clothing, 3.3–3.4
distracting itchy kids, 3.2
flying, 14.2–16.1
international travel, 16.2
and medications, 3.1
sleep, 17.1
snacks, 3.3, 16.2
toiletries, 3.1–3.3



V

vaccines, 6.2
Vanicream Free and Clear, 4.1
Vaseline, 4.2