

### **DYSHIDROSIS (DYSHIDROTIC ECZEMA)**

Dyshidrosis is a type of eczema condition, which primarily affects the hands and/or feet. It tends to be very itchy and can come and go at times. Dyshidrosis normally begins as small water type blisters on the skin of the hands and feet. It often begins on the palms or soles, between the fingers, or along the sides of the feet. The small water blisters eventually break open, crust over, and slowly heal.

The word dyshidrosis is derived from two different words. Dys refers to abnormal and hidrosis refers to sweating. It is felt that the small water bumps are related to a sweating problem confined to the hands and feet. There is no specific problem with sweating elsewhere on the body.

The major problem in controlling dyshidrosis is that we do not know the root cause of the problem. There are many effective treatments for it, but the problem can come and go as noted above. The various treatments used for this problem include mild soaps, moisturizers, and prescription topical creams and ointments. At times the eruption can be severe and even spread to other areas of the body. At these times antibiotic pills, cortisone pills, or injections are used to control it. If all else fails a special form of ultraviolet light treatment can be used on the hands and feet.

The treatment that you will be prescribed is based on the type of eczema you have and what should help best. Unfortunately since the cause is unknown it is difficult to cure completely. Usually the problem can be treated so that it does not interfere with your day-to-day activities.