

A NON-STEROID APPROACH TO MANAGING HAND AND BODY ECZEMA FOR DOCTORS AND PATIENTS

Dr. Katie Fine is a pediatrician formerly at North Raleigh Pediatric Group in Raleigh, N.C. and now living in Charlotte, NC. She earned her medical degree from Northwestern University, and completed her residency at Johns Hopkins Medical Center. Dr. Fine is also a mom. It was her son David's facial eczema that led her to try Protèque for both herself and David.

When did you start experiencing eczema?

One winter while I was in medical school I developed follicular eczema (a form of the disease that looks like bumps.) It was the result of the dry indoor heat and the need to constantly wash my hands.

How did you treat it?

With a steroid cream. At night I would smear on a thick layer of Vaseline and put on gloves.

When did you start using Protèque?

After my son was born. He developed eczema on his face. I didn't mind using the mild steroid creams but it would come right back and I didn't want to use the steroid cream all the time. As I started using **Protèque** on David, my own hand eczema got better.

Why not just keep using the steroids?

There are side effects. Thinning of the skin is the big one. There can be changes in the skin that make it unattractive or more susceptible to complications. For children, there are also growth issues.

While that has never been proven with topical steroids, minute amounts probably do get in the bloodstream.

How is Protèque different from other non-steroid over-the-counter products?

I like the way it sinks into the skin so rapidly. It relieves David's skin problems and makes his skin feel very soft without the greasiness of lotions or ointments. And, of course, it also has none of the harmful side effects of steroid creams.

Can Protèque be used with steroid creams?

Yes, and if you've treated an initial outbreak with steroids, you can use **Protèque** to keep an outbreak from recurring.

Severe eczema can lead to skin infections, but do patients complain about the milder forms?

Yes, People are pretty upset about the way it looks—especially if it is on a baby's face. It's also itchy and it can ooze.

How do you use Protèque?

I apply it 2-3 times daily. For my son (and pediatric patients), I apply it once a day, all over the body, after a bath.

What other tips do you have for parents trying to control eczema without steroids?

Consult your pediatrician for any ongoing skin problems your baby or child might be having. In the meantime, cut down on bathing and use a moisturizing soap. Also consider gentle detergents. For severe cases, you and your pediatrician should consider the possibility of food allergies.



Clinical Studies:

- Preventing Irritant Contact Dermatitis, An In Vivo Human Study, Hongbo Zai, MD, UCSF Department of Dermatology, Published in Skin Research and Technology 2000; 6:77-80
- Treatment of Irritant Contact Dermatitis, An In Vivo Study; Nancy Monteiro-Riviere, PhD Professor, NCSU Cutaneous Pharmacology and Toxicology, 1998.

Note:

The new NON-STEROID Protèque SPS Lotion (pronounced "pro-tek") is recommended by pediatricians, family practitioners, allergists and dermatologists for children, babies, and adults as an alternative, safer approach to prevent and relieve itching, redness, and irritation symptoms on the face, body, hands and feet. It can be recommended by physicians in combination with low potency Rx corticosteroid products and moisturizers, then used by itself as low cost, safe prevention and ongoing skincare for children and moms. Also recommended by physicians on the face for perioral, peri-ocular, and eyelid dermatitis conditions and preventing the sun exposure side effects with UV sensitizing Rx acne medications with teens.