



From the desk of Dr Harry

Stress and Eczema

Harry Zehnwirth MBBS (HON) FRACP

We all intuitively *believe* that stress worsens certain medical conditions.

A recently published paper based on Australian research over a 6 year period confirms that skin disorders such as eczema and psoriasis are exacerbated by stress and depressive illness.

<http://archderm.ama-assn.org/cgi/content/abstract/145/8/896>

This has implications for the comprehensive management of these conditions.

OTHER READING

Eczema

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=152&id=1542>

Dermatology, knowing your child's eczema

http://www.rch.org.au/derm/eczema.cmf?doc_id=4596&print=yes

Eczema Association of Australasia

<http://www.eczema.org.au>

Eczema Medline

<http://www.nlm.nih.gov/medlineplus/eczema.html>

Eczema Royal Children's Hospital

http://www.rch.org.au/derm/eczema.cfm?doc_id=4596

Wet dressings

<http://www.rch.org.au/emplibrary/derm/Wetdressings.pdf>

National Psoriasis Foundation

[About Psoriasis in Children](#)

[Psoriasis and Emotions](#)

[For Teens: Living with Psoriasis](#)

[Conception, Pregnancy and Psoriasis](#)

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