



Eczema and Psoriasis Myths and Facts

Myth: People who have eczema are not clean.

Fact: This is not true. In fact, to help hydrate their skin, many people with eczema actually bathe very often. Eczema is thought to be the result of environmental, genetic and immune system factors; it has nothing to do with cleanliness.

Myth: Eczema is exactly like acne.

Fact: No. These two conditions are completely different. Acne is the result of clogged skin pores, while eczema is a chronic inflammatory skin condition.

Myth: Eczema produces permanent scars.

Fact: Usually, no. Eczema may be irritating, but it rarely causes permanent marks on the skin.

Myth: If you have eczema, you should not swim.

Fact: It depends. The majority of people with eczema can go swimming, although because the chlorine or salt water can make eczema worse, some people choose not to. It is recommended that those with eczema rinse the skin and apply moisturizer before and after swimming.

Myth: Steroids cure eczema.

Fact: No, even though steroids have long been used to treat eczema, there is no actual cure.

Myth: Eczema is triggered by stress.

Fact: Although the exact cause of eczema is unknown, it is believed that emotional factors, such as stress, may worsen eczema. Learning to manage stress and anxiety could help reduce eczema flare-ups.

Myth: Eczema is contagious.

Fact: Absolutely not. You cannot catch eczema or transmit it to someone.

Myth: You can catch psoriasis.

Fact: No. Psoriasis is not contagious; it is an autoimmune disease that affects the skin, not a skin infection.

Myth: Psoriasis is the result of poor hygiene.

Fact: No. Psoriasis has nothing to do with personal hygiene. Psoriasis is an autoimmune disease that affects the skin.

Myth: Psoriasis cannot be treated.

Fact: Wrong. Although psoriasis cannot be cured, many treatments are available to help manage symptoms.

Myth: Skin condition myths are harmless.

Fact: Wrong. Many eczema and psoriasis patients are judged by the condition of their skin. Some patients may not take their condition seriously and will not seek treatment, which can lead to other health conditions. The more that is known about these conditions the better it is for all.