

## Case 2

- Mary, a 38 year old cleaner presents to you with eczema on her hands, especially between the web spaces of her fingers.
- Diagnosis?



# Contact dermatitis

- Exposure to an external allergen or irritant
- External irritant dermatitis (80% of cases)
  - Direct damage to skin by chemical or physical agents faster than the skin can repair itself.
  - Soaps, detergents, food ingredients.
  - Hands particularly finger web spaces affected.
  - Florists, hairdressers, beauticians, cooks

- What is allergic contact dermatitis?
- What is the management of both irritant and allergic contact dermatitis?

# Contact dermatitis



- Allergic contact dermatitis (20%)
  - Type 4 delayed hypersensitivity reaction to an external allergen (neomycin/nickel)
- Management of both allergic/irritant contact dermatitis
  - Gloves/masks to avoid underlying cause
  - Emollients
  - Elocon<sup>®</sup> or Dermovate<sup>®</sup>

- What is the difference between atopic eczema and contact dermatitis?

# Contact dermatitis

- Atopic dermatitis (eczema) is an endogenous inflammatory skin condition whereas contact dermatitis caused by exogenous factors.
- Less responsive to potent steroids vs atopic eczema
- Having atopic dermatitis predisposes you to contact dermatitis as defective skin barrier