

THE 2014 POWER ISSUE >>>

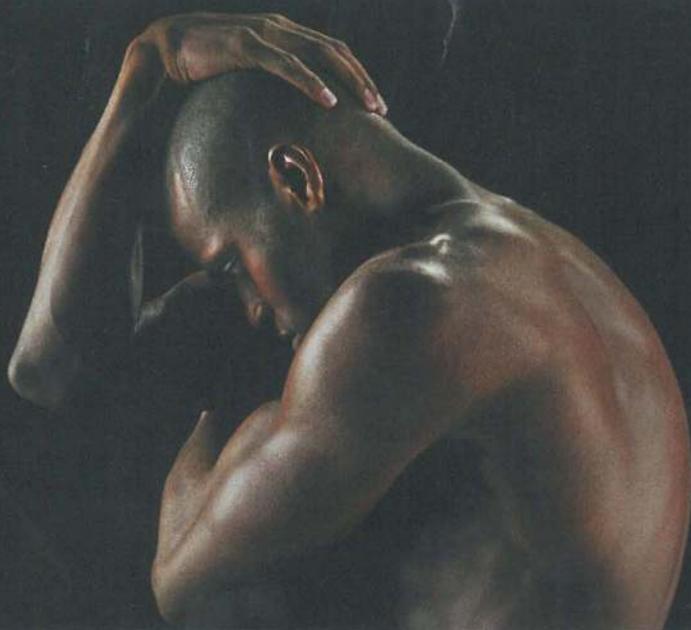
# EBONY



**United Yet  
Divided:**  
**Why Race  
[Still]  
Matters**

**BUREAU OF REFUGEES:**

Cut in a most shocking' manner, 2007-Kara Walker



inflammation in the skin of any kind can cause temporary—and sometimes permanent—changes in the color of the skin, either darkening or lightening.”

Millions of Americans suffer with the malady. “Eczema is a chronic skin disorder that is typically genetic,” explains Jeanine Downie, M.D., a board-certified dermatologist and director of Image Dermatology, P.C. in Montclair, N.J. “Symptoms include redness, itching and dry flaky skin in the affected area. It is an inflammatory disorder, and the skin can become leathery,” she adds. It generally shows up in areas where there are skin folds, such as parts of the face, hands, neck, elbows and knees.

Each case is different, but no matter how severe your individual circumstance may be, there are solutions. Key products and ingredients to look for include “anti-inflammatory agents such as topical and systemic corticosteroids as well as antihistamines,” notes Cheryl Burgess, M.D., founder and president of the Center for Dermatology and Dermatologic Surgery in Washington, D.C. “Certain citric acid-containing fruits, dairy and nuts can also flare the condition,” she warns. Staying clear of irritants such as wool, certain dyes and fragrances can be beneficial to the skin. In critical situations, ultraviolet therapy may be necessary, as may prescription oral medications or steroid creams. Although there is no cure for eczema, “most mild to moderate cases can be managed with over-the-counter treatment options,” says Downie.

# Battling ECZEMA

EXTREME DRYNESS and irritation caused by eczema can hit an all-time high when temperatures drop. But this condition doesn't have to be the bane of your winter existence. We asked a few top docs across the country exactly what it is and how to deal with it. —JLY

For most guys, it's second nature to stay on top of a weekly haircut and/or catch up on the latest limited-edition kicks; however, skin conditions aren't generally at the top of their to-do list. “To be fair, I only care about my face. I need to treat the rest of my body during the winter, but I barely do that,” says NYC-based financial analyst Dashone Hughey of his eczema. The fact of the matter is, fellas should be paying closer attention to their skin all the time. According to Lab Series for Men Global Brand Dermatologist and Skin-care Technology Expert Paul Jarrod Frank, M.D., “Eczema is a common skin disease thought to be mostly autoimmune in origin. It is an important issue for Blacks because chronic

## ECZEMA RX

Try one of these effective and affordable over-the-counter treatment options to keep flare-ups at bay.



\$4.49

Nubian Heritage African Black Soap  
nubianheritage.com



\$3.99

Aveeno Eczema Therapy Bath Treatment  
aveeno.com



\$8.99

Curel Itch Defense Lotion  
Target Stores



\$10.99 for 3 oz. tube

CeraVe Therapeutic Hand Cream  
Walgreens Stores



\$14.99

Cetaphil RestoraDerm Eczema Calming Body Wash  
CVS Stores



\$4.49

Skinfix Body Repair Balm  
skinfixinc.com