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What Causes Eczema? 7 Surprising Things That Can Trigger It

By Carina Wolff. July 12, 2018



Anyone who suffers from eczema knows that dealing with the skin condition can be a pain. To make matters worse, it can often flare up at times that are seemingly random. However, there are a number of surprising things that cause eczema breakouts, and sometimes it has nothing to do with how you are treating your skin from the outside. They might not be obvious, but being aware of these triggers can help you manage your eczema in a holistic way.

Eczema, also known as atopic dermatitis, is a skin condition that makes your skin itchy, red, and scaly. "It is a hereditary condition where patients do not make enough of a protein which helps with skin moisturization," dermatologist Dr. Carolyn Jacob tells Bustle. "Consequently, they develop drier skin. It also makes them more prone to skin infections, itching, and allergies/asthma."

If you suffer from eczema, you're not alone. Ten percent of people in the United States have some form of eczema. Although taking care of your skin is especially important when you have this skin condition, there are other areas of your life that you should focus on as well that surprisingly have an impact. Here are seven unsuspecting things that can trigger eczema, according to experts.

7. Food Allergies



If you are eating foods that you are allergic to, this could result in a flare-up. "It's well-known that if a person ingests food that they are allergic to, their skin may itch," dermatologist **Dr. Ava Shamban** tells Bustle. "However, in some people, not only does this can become itchy but they can break out in red scaly rashes." Seasonal allergies can also trigger itching that can lead to eczema breakouts as well.

If you suffer from eczema, cutting out these triggers may help, but when in doubt it's always best to consult with your dermatologist about how to best manage your symptoms.

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