

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.

6. Fragrances



You might want to think twice about spraying your favorite perfume: Fragrant products can be triggers for eczema. "People with eczema need to be very careful of skin care products with fragrances, even botanicals, since they can easily flare their skin," dermatologist **Dr. William Kwan** tells Bustle.

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