

Treating Eczema in Infancy May Prevent a Lifetime of Allergic Diseases

Researchers say 'atopic march' starts with cracks in skin, leads to allergies and asthma

National Jewish Health

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NEWS PACKAGE



SUGGESTED TEASE	CHILDHOOD CONDITIONS LIKE ASTHMA AND ALLERGIES MAY HAVE A COMMON LINK.
	DETAILS ON WHERE IT ALL BEGINS AND WHAT CAN BE DONE TO PREVENT THESE DANGEROUS, LIFELONG CONDITIONS, COMING UP.
ANCHOR LEAD	ECZEMA, FOOD ALLERGIES AND ASTHMA ARE ALL ON THE RISE IN CHILDREN ⁴ , AND EXPERTS SAY THEY ALL HAVE A COMMON LINK.
	BARB CONSIGLIO HAS THE DETAILS ON NEW RESEARCH SHOWING HOW TREATING A BABIES' SKIN MAY SAVE THEM FROM A LIFETIME OF ALLERGIC DISEASES.
(PACKAGE START) -----	
CG: Courtesy: National Jewish Health	(Nats - Sound) :02
:00 - :03	
Shots of Ava applying ointment	AVA SEGUR (SEE-gur) DEVELOPED ECZEMA WHEN SHE WAS JUST A FEW WEEKS OLD. :03
CG: Stephanie Segur	
Ava's mom	<i>"We were trying to get that under control. Then all of a sudden, she got these food allergies at the same time, around 18 months old."</i> :09
Shots of arm of patient with eczema	TURNS OUT, THIS WASN'T A COINCIDENCE. AND IT ALL STARTED WITH THE DRY, CRACKED SKIN CAUSED BY ECZEMA. :05
CG: Donald Leung, MD	
National Jewish Health	<i>"Probably a third of patients with eczema develop a food allergy."</i> :05
Shots of Dr. Leung in exam with Ava	DOCTOR DONALD LEUNG (lee-YOUNG) HAS BEEN TRACKING THE LINK BETWEEN THESE CONDITIONS THROUGH HIS RESEARCH AT NATIONAL JEWISH HEALTH ^{1,2} .
Shot of Ava and Stephanie making snack	IT'S KNOWN AS THE ATOPIC MARCH – A SEQUENCE OF ALLERGIC DISEASES THAT STARTS IN INFANCY WITH ECZEMA, AND OFTEN
Shots of Ava talking to mom at table	

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<p>CG: Ava Segur Experienced atopic march</p>	<p>PROGRESSES TO FOOD ALLERGIES, ASTHMA AND HAY FEVER, WHICH WAS THE CASE FOR AVA. :18</p> <p><i>"I never really thought of it that way, that they would ever be connected. But now that I look back at it, I'm kind of like, 'Oh, I see how that can make sense.'" :08</i></p>
<p>Dr. Leung (CG'd earlier)</p>	<p><i>"These people have dry, cracked skin, which allows allergens from the environment to penetrate through." :08</i></p>
<p>Graphic of food particles entering skin barrier</p> <p>Shot of baby preparing for soak and seal</p>	<p>WHEN FOOD PARTICLES ENTER THROUGH THE SKIN RATHER THAN THE DIGESTIVE SYSTEM, THEY ARE MORE LIKELY TO CAUSE ALLERGIES.</p> <p>LEUNG SAYS THE KEY TO PREVENTION IS EARLY CARE. :08</p>
<p>Dr. Leung (CG'd earlier)</p> <p>Shots of baby in bathtub</p>	<p><i>"What we need to do is rebuild the skin barrier." :03</i></p> <p>TO DO THIS, EXPERTS RECOMMEND WHAT THEY CALL 'SOAK AND SEAL,' WHICH STARTS WITH A WARM TWENTY-MINUTE BATH, FOLLOWED BY MOISTURIZING OINTMENT. :05</p>
<p>Dr. Leung (CG'd earlier) (cover bite) Shots of applying ointment to baby</p>	<p><i>"That will create a film of water that then, if you put a sealant over it, that will trap the moisture from evaporating." :08</i></p> <p>THIS NOT ONLY HEALS THE SKIN... :02</p>
<p>CG: Kriston Kline Baby being treated for eczema</p> <p>Shots of mom picking up baby with wet wrap on</p>	<p><i>"I can't even explain to you the relief that we've really gotten from it." :05</i></p> <p>BUT IT CAN STOP THE ATOPIC MARCH IN ITS TRACKS. :02</p>
<p>Kriston Kline (CG'd earlier)</p> <p>Shots of Kriston holding baby</p>	<p><i>"If we could try this now, and we could prevent those food allergies, that's huge." :04</i></p> <p>AT NATIONAL JEWISH HEALTH, THIS IS BARB CONSIGLIO REPORTING. :02</p>
<p>(PACKAGE END) ----- ANCHOR TAG</p>	<hr/> <p>UNDERSTANDING WHAT CAUSES THE ATOPIC MARCH OPENS THE DOOR TO FINDING SOLUTIONS.</p> <p>RESEARCHERS ARE CURRENTLY TESTING A METHOD THAT WILL EASILY SEQUENCE EVERY ELEMENT OF THE SKIN TO HOPEFULLY IDENTIFY WHAT IS WEAKENING THE SKIN BARRIER AND REPAIR IT BEFORE THEY DEVELOP ANY OF THESE LIFELONG ISSUES.</p>

SOCIAL MEDIA

<p> Share it! Suggested tweet:</p>	<p>Eczema, asthma and allergies are all on the rise among children and researchers at @NJHealth say its not a coincidence. How early intervention can stop this march of allergic diseases in its tracks. http://bit.ly/2KDICkq</p>
<p> Suggested post:</p>	<p>Strengthening the skin barrier in babies may be the key to preventing a lifetime of allergic diseases. Researchers at National Jewish Health are exploring the link between eczema and the subsequent development of conditions like food allergies, asthma and hay fever. http://bit.ly/2KDICkq</p>

EXTRA BITES

	<p>Dr. Leung says early intervention is crucial to prevention: <i>“It’s very important when patients develop eczema to see an atopic dermatitis expert to get control of the eczema quickly so one can prevent the progression of the atopic march.”</i></p>
<p>CG: Donald Leung, MD National Jewish Health</p>	<p>Dr. Leung describes the atopic march: <i>“The people who get food allergy likely are getting eczema in the first six months of life. Then they’re developing food allergy after six months of age, upwards of one year of age, and then their asthma is occurring when they’re several years of age.”</i></p>
	<p>Dr. Leung says future research will help predict allergies: <i>“With the power of genetics and other research, where we can actually determine all the proteins in the skin, we’re going to actually be able to analyze the skin of anyone and know whether they have a propensity to develop food allergy.”</i></p>
	<p>Ava describes what it was like growing up with eczema: <i>“A lot of itching and just waking up with dry, kind of flaky skin and being kind of nervous to walk around with it. I used to wear a lot of long sleeves to hide it and stuff like that.”</i></p>
<p>CG: Ava Segur Experienced atopic march</p>	<p>Ava describes how eczema made her skin feel: <i>“It was just very uncomfortable, I guess you could say. It made me feel uncomfortable in my own skin, almost, just cause it was very thick and almost made me feel like if I would stretch sometimes it would have this weird feeling where it was really dry and stuck, I guess.”</i></p>

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<p>CG: Stephanie Segur Ava's mom</p>	<p>Stephanie describes some of the things they did for research studies: <i>"We did food logs and we did different flare-ups. We were trying to figure out what was triggering all this stuff, so just keeping that information and being able to share our story would benefit others. So there is definitely hope out there."</i></p>
<p>CG: Kriston Kline Baby being treated for eczema</p>	<p>Stephanie describes Ava's eczema symptoms as a baby: <i>"When she was an infant, probably about six weeks old, she started developing these thick rashes, and they were around her neck area and anywhere in her creases, so like her elbows, her knees."</i></p> <hr/> <p>Kriston describes how quickly treatment has helped her son: <i>"He had the cracks on the back of his legs, in his elbows. Those are almost completely healed, and we've been doing this treatment for a week."</i></p> <p>Kriston says preventative care will help her son later in life: <i>"Not only does this make a difference in our day now, but for him, when he's trying to tackle his goals later in life, that's going to make all the difference. He's not going to be hindered because he has this asthma. He's not going to be hindered because, 'I can't be around certain things because of this.'"</i></p>

References

- ¹*Epithelial barrier repair and prevention of allergy*, **The journal of clinical investigation**, Volume 129, Issue 4, April 1, 2019. Online: <https://www.ncbi.nlm.nih.gov/pubmed/30776025>
- ²*The nonlesional skin surface distinguishes atopic dermatitis with food allergy as a unique endotype*, **Science Translational Medicine**, Volume 480, Issue 11, Feb. 20, 2019. Online: <https://www.ncbi.nlm.nih.gov/pubmed/30787169>
- ³*Eczema (Atopic Dermatitis)*. **American College of Allergy, Asthma & Immunology**. Online: <https://acaai.org/allergies/types-allergies/skin-allergy/eczema-atopic-dermatitis>
- ⁴*Food Allergy Among U.S. Children: Trends in Prevalence and Hospitalizations*, **Centers for Disease Control and Prevention**, Oct. 2008. Online: <https://www.cdc.gov/nchs/products/databriefs/db10.htm>

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