

# Outline

## Methods of Treating Eczema

### I. Introduction

#### A. Definition of eczema

#### B. Background information

1. Number of sufferers
2. No cure – but treatment to reduce discomfort
3. The two distinct methods & their definitions

#### C. Thesis statement

1. Conventional & complementary/alternative treatments
2. Description of each method
3. Illustration of how they function

### II. Conventional Methods

#### A. Emollients for moisture

1. Ointments – for very dry skin – e.g. petroleum jelly
2. Creams – for milder condition – e.g. Neutrogena
3. Liquid – as soap substitute – e.g. any soap/perfume free product

#### B. Steroid ointment/cream containing cortisone

1. Calm down flare-ups
2. Used concurrently with antibiotic cream

#### C. Antibiotic cream

1. Against staphylococcus aureus bacteria
2. Used concurrently with steroid ointment/cream

#### D. Ultra violet light – for very severe cases

### III. Complementary/Alternative Methods

- A. Holistic approach – to relieve stress & discomfort
  - 1. Relaxation techniques
  - 2. Homeopathy – herbal treatments
- B. Natural oils
  - 1. Fish oils – e.g. cod liver – to control eczema
  - 2. Evening primrose oil – soothing
  - 3. Tea-tree oil – antiseptic/antibacterial effect
- C. Vitamin C & E – healthy skin
- D. Chinese traditional treatments – to relieve discomfort
  - 1. Acupuncture
  - 2. Herbal/traditional medicine

### IV. Conclusion

- A. Summary of main points
- B. Restatement of thesis