

Eczema (Atopic Dermatitis)

POWERED BY 23ANDME RESEARCH

Eczema is a skin condition that causes dry, discolored, and itchy skin. People with eczema are more likely to get skin infections and are more likely to develop asthma and allergies. Atopic dermatitis is the most common type of eczema, and the two terms are sometimes used interchangeably.



Jamie, your genetic result is associated with an **increased likelihood** of having eczema.

An estimated **19%** of people with genetics and other factors like yours have been diagnosed with eczema **by their 20s**. This is based on data from female 23andMe research participants of European descent.



This estimate is based on currently available data and may be updated over time.

Ways to take action

For people who have eczema, experts agree that healthy lifestyle habits can help reduce the frequency and severity of eczema flares.

- Keep the skin hydrated by using a fragrance-free moisturizer
- Keep the skin clean (short warm baths or showers followed by moisturizer)
- Avoid harsh soap
- Identify and avoid triggers

Triggers can vary from person to person and can include materials like wool, chemicals sometimes found in detergents and perfume, certain foods, and allergens like dust and pollen.

[Learn more from the American Academy of Dermatology Association](#)



About eczema (atopic dermatitis)

What is eczema (atopic dermatitis)?

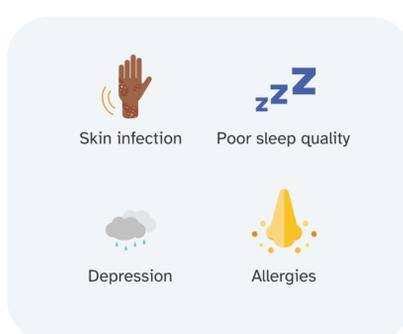
Normally, the skin holds on to moisture and provides a protective barrier against allergens and microbes like bacteria. In atopic dermatitis (the most common type of eczema), the skin barrier is impaired, which causes the skin to lose moisture. This can lead to dry, discolored, and itchy skin. In people with darker skin, the affected area may be dark brown, purple, or gray. In people with lighter skin, the affected area may be red and easier to recognize. In addition, people with eczema may have an over-reactive immune system, which can lead to increased inflammation.



How can eczema impact your health?

People with eczema may experience the following:

- **Skin infections:** In people with eczema, bacteria and allergens can easily infect or irritate the skin. During a flare, itchy skin can lead to continuous scratching, which can further damage the skin, causing cracks and making the skin more susceptible to skin infections.
- **Poor sleep quality:** Itching can cause discomfort, making it difficult to sleep well.
- **Mental health conditions:** Depression and anxiety are more common in people with eczema, especially in those with severe forms of eczema.
- **Other related health conditions:** Because people with eczema have a heightened immune response to common allergens, they are more likely to develop allergies and asthma.



For people who have eczema, lifestyle modifications and other treatments, including medications, can help ease symptoms.

Other factors that can impact your chances of developing eczema

It is estimated that about 10% of adults in the U.S. have eczema. Besides genetics, some factors that can increase a person's chances of developing eczema include:

- **Age:** This condition typically begins during infancy or childhood but can occur at any age. For some people, symptoms resolve before adulthood. For others, symptoms continue to come and go (flares).
- **Family history of eczema, asthma, or hay fever**
- **Ethnicity:** African American and Asian American children are more likely to develop more severe forms of eczema. This may be due in part to delayed diagnosis because eczema can sometimes be missed in people with darker skin.



Age



Family history



Ethnicity

Keep in mind

This report **does not diagnose** eczema. **Consult with a healthcare professional** if you are concerned about your likelihood of developing eczema, have a personal or family history of eczema, or before making any major lifestyle changes.



If you have already been diagnosed with eczema by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing eczema also depends on **other factors**, including age and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing eczema.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



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