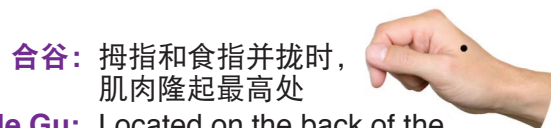


自我按摩穴位 Acupoints for self-massaging



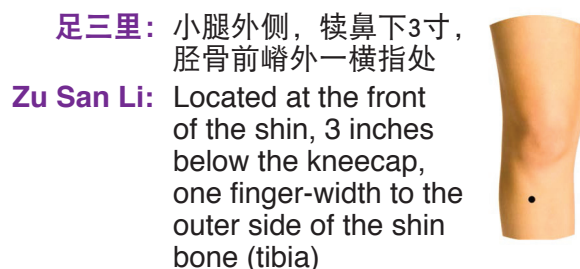
曲池: 屈肘时, 肘横纹外侧端
Qu Chi: Located at the outer end of the elbow crease, when the elbow is bent at a right angle



合谷: 拇指和食指并拢时, 肌肉隆起最高处
He Gu: Located on the back of the hand, in the web between the thumb and index finger



血海: 大腿内侧, 髌底内侧端上2寸, 股四头肌内侧隆起处
Xue Hai: Located on the inner thigh, 2 inches above the upper, inner corner of the kneecap



足三里: 小腿外侧, 犊鼻下3寸, 胫骨前嵴外一横指处
Zu San Li: Located at the front of the shin, 3 inches below the kneecap, one finger-width to the outer side of the shin bone (tibia)



三阴交: 小腿内侧, 内踝尖上3寸, 胫骨内侧缘后际
San Yin Jiao: Located on the inner side of the shin, 3 inches above the tip of the inner ankle bone

中药洗剂 Herbal Wash



苦参
Ku Shen



黄柏
Huang Bai



地肤子
Di Fu Zi



蛇床子
She Chuang Zi



紫草
Zi Cao



白鲜皮
Bai Xian Pi

各9克, 加适量的水 (足以覆盖所有药物) 煎煮15-20分钟, 放凉后用以洗涤/浸泡/湿敷患处。
Boil 9g of each herb with sufficient water (enough to cover all herbs) for 15-20 mins, leave to cool. Use the herbal concoction to wash/soak affected areas or do wet compress.

**若出现瘙痒、过敏情况, 立即停止使用, 并用清水清洗。
Discontinue if itching or allergic reactions occur. Rinse affected areas with clean water.

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SUNDAY & PUBLIC HOLIDAYS CLOSED

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Singapore Thong Chai Medical Institution

湿疹 Eczema



湿疹 Eczema

湿疹是由于皮肤屏障缺陷引起的一种慢性（长期）炎症性皮肤病（皮炎）。

Eczema is a chronic (long-term) inflammatory skin condition (dermatitis) caused by a defect in the skin barrier.

症状 Symptoms

- 皮肤干燥 Dry Skin



- 皮肤瘙痒 Itchy skin



- 红色鳞屑状皮疹，凹凸不平
Inflamed red, scaly, bumpy rashes



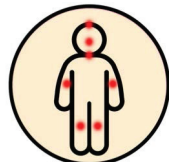
- 搔抓后破皮渗出
Raw & weepy skin upon scratching



- 皮肤增厚皲裂
Thickened, cracked skin



- 好发部位：肘窝，腘窝，脖子，面部，头皮，手臂，腿部
Predilection areas: Elbow & knee joints, neck, face, scalp, arms and legs



主要导因 Causes

- 遗传
Genetic factors
- 皮肤屏障功能失调
Dysfunctional skin barrier
- 过度活跃的免疫系统
Overactive immune system

诱发因素 Triggers

- 饮食物 Food
- 汗水 Perspiration
- 压力 Stress
- 蚊虫叮咬 Insect bites
- 气温变化 Temperature changes
- 肥皂、香水和洗涤剂中的化学物质
Chemicals in soaps, perfumes, and detergents
- 合成物质或粗糙的面料 – 如羊毛
Synthetic substances or coarse fabrics – E.g. wool
- 皮肤问题 – 如皮肤细菌负荷高或保湿不足
Skin issues – E.g. high bacterial load on the skin or insufficient moisturisation
- 对环境物质过敏 – 如花粉、灰尘或宠物皮屑
Allergies to environmental substances – E.g. pollen, dust, or pet dander



预防措施 Prevention Methods

- 避免接触已知的刺激物
Avoid contact with known irritants
- 避免使用羊毛/亚克力面料的衣物或床单
Avoid wool/acrylic clothing or bed sheets
- 避免搔抓皮肤
Avoid scratching your skin
- 少食煎炸油腻、辛辣、海鲜等食品
Avoid seafood, greasy, spicy foods
- 涂抹润肤霜保持皮肤湿润，使用温和的肥皂及护肤品
Apply moisturizer to keep your skin moisturized, use mild soaps and skin care products
- 瘙痒严重可局部冷敷、涂抹芦荟胶或医生开具的消炎/类固醇药膏
Use cold compress, aloe vera gel, or anti-inflammatory/steroid ointment prescribed by your doctor when itch is severe
- 保持凉爽舒适，若流汗可用毛巾擦干
Stay cool and comfortable, dry yourself with a towel when you perspire
- 多饮水，保持水分充足
Drink plenty of water and stay hydrated
- 保持心情舒畅，放松心情
Stay happy and relaxed

