

Reads for Paeds

Eczema





This book is meant only to support what a young person and their family have already been told about their condition by a healthcare professional. Do not use this book to replace advice and treatment from a doctor.

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This is Zoe.
She is five years old.
She loves to play soccer and save all the goals

Today at soccer, Zoe was a star!
But when she caught the ball, she noticed
something bizarre.
The bumps on her skin were growing itchy
and red.



“What could this be?” she
wondered and said.

At the end of the game, Zoe ran to her dad.
The bumps were big and this made her sad.
Her dad thought aloud, "What could this be?"
"Let's take you to the doctor, for her to see."





Zoe went to the doctor's office and waited
on the bed.

She had been scratching her arms and the
redness had spread.

Dr. Lee walked in and looked at Zoe's skin.

She asked Zoe, "How did this begin?"

"During the soccer game yesterday," Zoe said.

"I noticed that my arms were getting itchy and red."



Dr. Lee told Zoe what the cause of the bumps could've been.

She said it was called eczema, a type of rash on the skin.



She told Zoe's dad that the rash is common in childhood, And that using a steroid cream would be good.

“Steroids?” asked Zoe’s dad. He looked worried and sad.

“I’ve heard many things about how steroids are bad.”

Dr. Lee said that by using this cream, the bumps would not spread.

The bumps on her skin would be less itchy and red.





She placed the steroid cream in Zoe's hand to see.

"This is your new friend, steroid cream," said Dr. Lee.

"Do not forget to use this cream twice a day."

"If you listen to me, the bumps will go away!"

Then she handed another bottle for Zoe to see.

“This is your new sidekick called lotion,” said Dr. Lee.

“The lotion will help prevent dry skin, trust me,”

“Use this many times a day, and you will see!”



That night, Zoe was getting ready for bed.

She was brushing her teeth, when the
steroid cream said:

“Don’t forget to put me on, Zoe! Remember
to use me every day!”

“It’s the only way these itchy bumps will
surely go away!”





Zoe took the steroid cream and put it on.
She rubbed it in until the cream was gone.

In the morning, Zoe was getting ready for school.

Cream twice a day and lotion many times was the doctor's rule.



So Zoe put on the steroid cream once
more.

Then she put on lotion and ran out the door.



After school, more lotion! More lotion indeed.
The doctor said it would help and now Zoe
agreed.

Zoe put on the steroid cream again before
bed.

Soon her arms will not be bumpy and red.





For weeks, Zoe listened to what the doctor
said,

And her arms were no longer bumpy and red!
“I’m all better!” said Zoe with a big, happy grin.

“Now I don’t need steroid cream and lotion
for my skin!”

Steroid cream and lotion were put on the shelves,

But Zoe's arms couldn't stay healed by themselves.

"Zoe still needs us!" they wanted to scream.
The bumps will come back without lotion and cream!



A few weeks later, Zoe awoke from her bed.

“Oh no!” she cried, “My arms are bumpy and red!”

The rash was back and she knew it could spread.

“I have to find cream and lotion,” she said.



Lotion and cream could not be found!
Zoe searched her bag, her bed, the ground!
She knew she had to find them, there was
only one way!
Can you help Zoe find them hidden away?



Zoe found the lotion and cream on the shelf.
She made sure to put the cream on herself.
She put the lotion on many times everyday,
At lunch and at recess before she went out
to play.



A week went by and the rash went away.
Zoe was feeling much better, hip-hip hooray!



The next day, Zoe went to her meeting with
Dr. Lee.

“You’ve been using the cream and lotions, I
see!”

She checked the front and back of her arms,
all around

The bumps were all gone, nowhere to be
found!







Zoe was happy that her arms were finally clear.
With lotion and cream, she had nothing to fear!
Zoe could get back to doing what she loved most,
Playing soccer and defending her team's goal
post!



Epilepsy

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