



# Overview of Hydrocortisone Creams and its Effectiveness on Diagnosing Eczema

Balighi Azizpour\*

Department of Dermatology, University of Tehran, Tehran, Iran

## DESCRIPTION

Hydrocortisone creams are a commonly prescribed medication for individuals who suffer from eczema. Eczema is a skin disease that results in red, itchy, and inflamed skin. It can be a frustrating and uncomfortable condition to deal with, but hydrocortisone creams can help to alleviate some of the symptoms associated with it. Hydrocortisone cream is a type of steroid cream that is used to reduce inflammation and itching. It works by suppressing the immune system's response, which helps to decrease the inflammatory response that causes eczema symptoms. The cream is applied topically to the affected area and can be found in varying strengths, ranging from 0.5% to 2.5%.

There are several types of eczema, and the severity of the condition can vary from person to person. Hydrocortisone creams are often prescribed for mild to moderate eczema. For more severe cases, stronger topical steroids or oral steroids may be required. However, these stronger medications come with more potential side effects and risks, so hydrocortisone creams are often the first line of defence. Hydrocortisone creams are available over-the-counter or by prescription, depending on the strength of the cream. Over-the-counter hydrocortisone creams typically have a lower concentration of the steroid and are safe for short-term use. However, if the eczema symptoms do not improve with the use of an over-the-counter cream, it is important to see a healthcare provider for a prescription-strength cream.

It is essential to follow the instructions for use provided by the healthcare provider or pharmacist when using hydrocortisone

cream. Overuse of the medication can lead to thinning of the skin and other potential side effects. Hydrocortisone creams should only be applied to the affected area and should not be used on the face or other sensitive areas of the body. While hydrocortisone creams can be effective in treating eczema, they are not a cure for the condition. Eczema needs ongoing medical care because it is a chronic disorder. In addition to using hydrocortisone creams, there are several other things that individuals can do to manage their eczema symptoms.

Moisturizing regularly is one of the most important things that individuals with eczema can do. Keeping the skin hydrated can help to reduce itching and inflammation. Choosing a fragrance-free, hypoallergenic moisturizer can help to prevent further irritation to the skin. Avoiding triggers is another important aspect of eczema management. Triggers can vary from person to person but may include stress, certain foods, or exposure to certain chemicals or fabrics. Keeping a journal to track symptoms and possible triggers can be helpful in identifying what triggers to avoid.

In conclusion, hydrocortisone creams are an effective treatment option for individuals who suffer from eczema. They work by reducing inflammation and itching, which can help to alleviate some of the discomfort associated with the condition. It is important to follow the instructions provided by the healthcare provider or pharmacist when using hydrocortisone creams to avoid potential side effects. In addition to using hydrocortisone creams, moisturizing regularly and avoiding triggers are important aspects of eczema management. If symptoms persist or worsen, it is important to seek the advice of a healthcare provider.

**Correspondence to:** Balighi Azizpour, Department of Dermatology, University of Tehran, Tehran, Iran, E-mail: balighizipo@edu.ir

**Received:** 29-Mar-2023, Manuscript No. JOD-23-21110; **Editor assigned:** 31-Mar-2023, Pre QC No. JOD-23-21110 (PQ); **Reviewed:** 21-Apr-2023, QC No JOD-23-21110; **Revised:** 28-Apr-2023, Manuscript No. JOD-23-21110 (R); **Published:** 05-May-2023, DOI: 10.35248/2684-1436.23.8.195

**Citation:** Azizpour B (2023) Overview of Hydrocortisone Creams and its Effectiveness on Diagnosing Eczema. J Dermatitis. 8:195.

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