



Silk Clothing: Does it help eczema?

Why we tested silk clothing

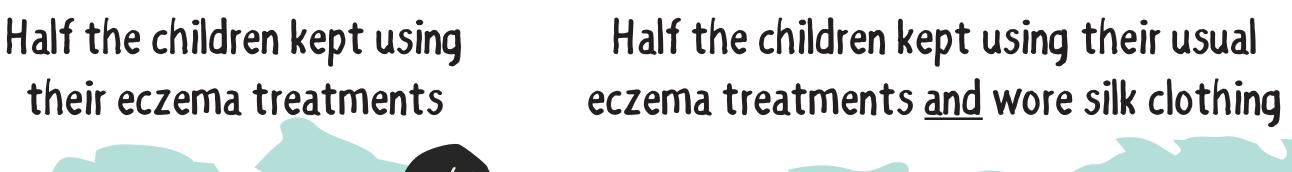
- Eczema is a common condition that causes skin to become red, itchy and sore. It is usually treated with medicated creams.
- People often look for other ways to manage eczema, such as wearing smoother fabrics in the hope that it will make skin less itchy.
- Silk clothing has been available to people with eczema, but little research has been done on whether it really helps.



Researchers decided to design a trial to see whether wearing silk clothing can help improve eczema symptoms.

How we tested the silk clothing

- 300 children, aged 1 to 15 years old, with moderateto-severe eczema took part in the trial.
- All the children were asked to keep using their usual eczema treatments, but some were given silk clothing to wear too.
- Every 2 months a dermatology nurse measured their eczema severity and the children gave weekly feedback about how their skin was feeling.





In the 6 month trial, children could wear the silk clothing as much as they liked day and night

What the results showed

- The eczema of children wearing the silk clothing improved over the 6 months, but so did the eczema of children who didn't wear the silk clothing.
- Wearing the silk clothing did not reduce the number of doctor visits for eczema, or use of eczema medications.
- There was no difference between the two groups in eczema severity assessed by dermatology nurses.



The trial found that silk clothing didn't really make eczema any better.

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