



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 moderate-to-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.

Half the children kept using their eczema treatments

Half the children kept using their usual eczema treatments and wore silk clothing



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.

Watch the full animation:
nottingham.ac.uk/CLOTHES
or take a photo of the QR code



For further details, visit: www.nottingham.ac.uk/CLOTHES