

ABSTRACT

Introduction: Atopic eczema (AE) is the most common form of eczema with a high prevalence, especially in the population of children, adolescents, and young adults. The intensity of its manifestations can be influenced by several factors, including the composition of our diet.

Objective: The primary objective of this thesis is to evaluate which foods are most often excluded from the patients' diet based on the identified allergy or intolerance and which foods are excluded in connection with the worsening of the symptoms of atopic eczema. Secondly, I will try to determine which types of dietary supplement are used by said patients.

Methods: The survey was carried out in the form of an anonymous questionnaire that contained 27 questions. The form was distributed electronically to social media platforms and to two portals where patients with atopic eczema gather. The questionnaire was intended for patients with atopic dermatitis or parents whose child suffers from this disease. The responses were collected in the period from 1.11.2023 to 29.2.2024.

Results: A total of 262 patients responded to the questionnaire, of which 92 % were women and only 8 % were men. The age group between 19 and 25 years was the most represented, with 100 (38 %) respondents. A total of 89 % of patients eliminated certain foods from their diet. Dietary restrictions due to the worsening of AEs after the consumption of certain foods were introduced by 47 % of the respondents, the most common being alcohol (48 %), cocoa and chocolate (45 %), fruits such as strawberries, kiwi, pineapple (45 %) and citrus fruits (43 %). Due to a diagnosed allergy or intolerance, 42 % of the participants eliminated food, with the main allergies concerning nuts (21 %), peanuts (15 %) and milk (15 %). Dietary supplements were used by 87 % of respondents, with probiotics being the most widely used supplements (68 %). Probiotics were also shown to be the most effective (21 %).

Conclusions: Most of the patients made dietary restrictions on their diet. The main reason was worsening manifestations of AEs. Elimination of foods due to diagnosed allergies or intolerances was less common. Patients often mentioned allergies to nuts, peanuts, and milk. The most widely used and most effective supplements were probiotics.

Keywords: Atopic eczema, nutrition, food allergy, dietary supplement, regime measure