

# How to Live with Grocer's Itch

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Grocer's Itch is a chronic, itching dermatitis that is caused by prolonged contact with specific types of mites such as the sugar mite, their by-products or materials they feed on. Also called "baker's itch," it is often caused by flour or other products that bakers or grocers frequently use. Similar to atopic dermatitis, or eczema, grocer's itch can affect the forehead, scalp, creases of the elbows, knees and wrists and manifests itself as a rash, raw or crusted area. While there is no known cure for grocer's itch, there are a number of treatments that can control or prevent inflammation and itching.

Difficulty: Moderately Challenging

## Instructions

- 1 Some of the best ways to prevent flare-ups of grocer's itch are to avoid known triggers (such as certain types of foods), bath frequently, keep the skin hydrated and apply steroid creams.
- 2 There are a number of lubricants that can be applied to the skin daily, even if there are no symptoms.
- 3 Steroid creams have proven to be effective. With more stubborn cases, consider using a steroid ointment instead of a cream.
- 4 To control flare-ups that include eczema, bath daily for 15 to 20 minutes to moisturize the skin. Avoid vigorous scrubbing and pat the skin with a soft, dry towel after bathing.
- 5 To manage itching or an itchy rash, use an oral antihistamine to reduce irritability. In severe cases, consider applying a wet or damp dressing.
- 6 To help prevent the symptoms of grocer's itch and other types of eczema, avoid [foods](#) such as cow's milk, eggs, peanut butter or fish that are known to trigger dermatitis episodes. Avoid clothing with wool fibers, dry air, sweating, getting too hot or too cold and tight fitting clothes.