



Fact Sheet

What are the benefits of total emollient therapy (TET) and why is TET so important?

Emollient therapy has been evolving over the past ten years (or so) and with many thanks to the dedicated and committed clinicians, patient support groups, patients and carers (who have been either directly or in-directly) affected by skin conditions such as eczema, care has moved forward significantly. However, Eczema has now been diagnosed as 'the' most chronic condition of our time with one in nine people suffering from this disorder at some point in their lifetime. Despite such a huge amount of people suffering with this skin condition treatment of emollient regimens are constant regardless of age or lifestyle.

Eczema as a skin disorder can start from as early as a few days/weeks old but is most common in toddlers up to the age of school children. Most young children will grow out of the condition by the age of 7 and will be free from eczema thereafter. Sadly some sufferers will have eczema throughout their adult lives and will need various forms of treatment to assist in the management of their skin up until their 'golden years'; is it reasonable to expect that the same treatment for a 2 year old child would be suitable for a teenager, a person in their twenties, thirties, fifties and so on ...? The skin is only one consideration; there is a person and a life to equally consider and the psychoschematic importance of fitting in amongst ones circle of friends, working environment and peer group becomes increasingly important to the treatment programme.

Complete emollient therapy was introduced to ensure that a minimum of emollient products were utilised in eczema – the suggested being a bath additive, cream and or ointment. Such a regime is fantastic for children or for circumstances when additional regimes are not required.

Total Emollient Therapy takes it one step further. It introduces a gentle wash (with glycerol) to protect your hands when washing (something you do probably 10 to 20 times a day), it also includes a light lotion for when you want to use/wear make-up but still need to use a medical moisturiser/emollient (it is important to remember that although you have eczema and compliance is important you still want to enjoy being yourself and doing all of things that your friends do and that you want to do and be part of), a lotion is also great for large body areas and under light weight garments such as silk clothing. Total Emollient Therapy is the next step on from complete emollient therapy, whereby additional products are introduced into a range of SLS free products to provide patients with increased choice of emollients to make every day life choices easier and more available to them. By applying a



lotion more frequently patients can achieve a similar level of moisturisation of that achieved with a heavier cream and then 'top-up' at night-time with an intensive ointment, or on days when necessary they can choose to apply a humectant cream to the rest of their body or the key affected areas and just utilise the lighter lotion for areas such as the face.

Example of TET

	Shower	Bathing	Morning	Day	Night time	Moisturisation Level
QV Bath Oil	✓	✓	✓		✓	1
QV Gentle Wash	✓	✓	✓	✓	✓	1
QV Lotion			✓	✓	✓	2
QV Cream (Humectant)			✓	✓	✓	3
QV Intensive Ointment			✓	✓	✓	4

Patients choose from emollient range to meet skin requirements.

Patients can work their way up and down an easy grading system of emollient preparations to help them to choose what product they need that day based upon the condition of their skin and the commitments of their day.

Total Emollient Therapy provides patients with more choice and puts them in greater control of their day. Total emollient therapy is the next step forward in emollient treatment for anybody suffering with clinically dry skin and will provide them with the freedom to choose a more effective way forward.

To find out more about QV follow this link -

http://www.crawfordpharma.com/content/QV_Skin_Lotion_Emollient_Range.aspx

To buy QV follow this link - <http://shop.crawfordpharma.com/acatalog/QV.html>

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