

# **Beyond Topical Steroids: A Practical Solution for Pediatric Eczema (Atopic Dermatitis)!**

**September 17 & 18, 2005**

with **Robert Helmer D.TCM**

International College of Traditional Chinese Medicine of Vancouver  
Suite 201, 1508 W. Broadway

## **Introduction**

Since 1970, the prevalence of eczema has nearly tripled. The latest research from England of 14,000 children born in the 90's showed that 1/3 of these children developed this disease by the age of 3 ½ years old. According to another recent study, more than 50 per cent of eczema sufferers are not satisfied with their current treatment<sup>1</sup>. There is no cure for this disease in modern medicine and management of this disease is the only treatment available. This, coupled with the chronic and recurring nature of the disease, has made it difficult for Western physicians to treat and frustrating for children and their parents.

## **TCM and Eczema**

Traditional Chinese Medicine is very effective in the treatment of this disease and can reduce the discomfort and severity of eczema. TCM offers a long-term solution to this chronic disease and because it treats the root-cause of the disease that can often cure paediatric eczema. Clinical practice and research has shown that TCM is very effective in treating eczema. One of these research projects (placebo-controlled double-blind trial) was a one-year study<sup>2</sup> of 37 children suffering from eczema conducted at The Hospital for Sick Children, London, England. This study revealed that Chinese herbal medicine offered an effective treatment particularly for those children who failed to respond to modern medical treatments.

## **Course Overview**

The information available during this two day seminar has not been available to English practitioners of Chinese medicine until now. In addition, to textbook (English and Chinese) information available on the subject this course also includes translated articles, the presenter's clinical experience (including his paediatric and dermatology teachers in China) as well as information gained through various courses including Bob Flaws paediatric course, Giovanni Maciocia's eczema course and Mazin Al-khafaji's dermatology course. The translated articles included focus on *Old Doctors* experience in the treatment of this disease. The course will discuss in detail the treatment approach of each doctor. The course discusses the 100 most commonly used herbs to treat eczema and includes over 80 formulas (internal and external) that have been proven to be effective for treating eczema. The course is designed so participants may learn to analyze and understand any paediatric eczema formula (internal and external) they discover. But more importantly this course gives the TCM herbalist the building blocks to create their own formulas. Hundreds of slides will be utilized during this two day course to illustrate in great detail all the steps required not only to accurately diagnose paediatric eczema, but also to clearly understand and apply the principles of differentiation of pattern types according to Chinese medicine.

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- 6) Treatment of Eczema Based on TCM Patterns
- 7) Common Triggers and Tips to Prevent Flare-ups of Paediatric Eczema
- 8) Beyond the Doctor - Tips for Treating Eczema in Infants/Children
- 9) The Treatment of Paediatric Eczema with TCM
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### ROBERT HELMER, D.TCM

Robert Helmer was born and raised in Canada in a predominantly rural area of Southern Ontario. Robert graduated from the Institute of Traditional Chinese Medicine in Toronto, Ontario, Canada. Since graduating, he has been working in private practice in Hamilton, Ontario. In clinical practice, he uses all aspects of TCM including Chinese herbal medicine, acupuncture, dietary therapy and Chinese massage (*tui na*). His extensive post-graduate studies have included courses in the areas of children's health, gynaecology, dermatology and digestive diseases. Since graduating, his clinical experience has also included multiple trips to China to study with famous doctors of Chinese medicine as well as working in the United States and Germany. Some of Robert's teachers have included Dr. David Lam, Bob Flaws, Mazin Al-Khafaji and Professor Yu Jin Mao. Due to his study of the Chinese language at the University of Toronto, Robert has the ability to translate Chinese medical journal articles into English. His first translated article appeared in the January 2003 issue of Blue Poppy Journal of Chinese Medicine. Since that time, he has become a regular contributor to this journal and has translated over 200 Chinese medical journal articles. The majority of these articles are in the area of children's health, which is Robert's main specialty. Before studying Chinese medicine, Robert studied modern medicine at Humber College in Toronto. Due to this training prior to opening his own TCM practice, Robert worked as a Physiotherapist and Occupational Therapist Assistant in various modern medical settings including private clinics and hospitals.

**Location:** International College of Traditional Chinese Medicine of Vancouver  
Suite 201, 1508 W. Broadway (Corner of Granville Street)

**Cost:** \$321 cdn for 2 days

**Registration Information:** Contact Melissa at 604-678-8600 or [admin@acubalance.ca](mailto:admin@acubalance.ca)

**Note:** This course is approved for 14 hours CE credits (CTCMA)