

Weekly Data	Observations	Physical and Emotional Effects
Week One	<ul style="list-style-type: none"> ● The day I landed in Mangalore, my face became hot, itchy and red. I had a sudden flare-up within 20 minutes of landing in Mangalore. ● During the first week, I had mild sensations of itching and discomfort. I started experiencing red rashes spreading on my arms. However, I did my best not to scratch. 	<ul style="list-style-type: none"> - Mild Discomfort - Itching on the arms and hands - Small, itchy and shiny bumps formed on my hands
Week Two	<ul style="list-style-type: none"> ● My rashes intensified but they were relatively controlled. ● They were red and itchy but I didn't feel bothered. ● The weather was hot but I wasn't bothered. High humidity affected my skin more. 	<ul style="list-style-type: none"> - Discomfort, itching and redness - I have always felt uncomfortable due to the high humidity in Mangalore. The high humidity makes me "feel like I can't breathe." - High humidity made me feel hot and uncomfortable (not due to high temperatures)
Week Three	<ul style="list-style-type: none"> ● My eczema continued worsening and became more inflamed. My eczema spread to my neck as well. ● At times I felt short "heat flashes" on my face. ● I used aloe vera on my face to prevent redness and itching. 	<ul style="list-style-type: none"> - Itching, scratching and discomfort
Week Four	<ul style="list-style-type: none"> ● My eczema worsened and spread a lot. The first month of my trip was relatively controlled with moderate irritation. ● However, my rashes got inflamed and I scratched during my sleep. 	<ul style="list-style-type: none"> - Itching - Wounds - Trouble sleeping
Week Five	<ul style="list-style-type: none"> ● Eczema continued to become increasingly inflamed and irritated. ● Humid weather made my skin more susceptible to sensations of itching. ● The water I used made my skin burn and left my wounds raw. ● Creams and moisturizers didn't help my skin. In fact medicated creams like Hydrocortisone didn't help. 	<ul style="list-style-type: none"> - Trouble sleeping - Increasingly itchy skin - Burning skin after showering
Week Six	<ul style="list-style-type: none"> ● Eczema and wounds became increasingly raw ● Using the water got more unbearable due to burning sensations. ● Burning sensations during cream application 	<ul style="list-style-type: none"> - Trouble Sleeping - Heat Flashes - Burning sensations
Week Seven	<ul style="list-style-type: none"> ● Skin became flaky, dry and more inflamed ● Rashes spread all around my arms, necks and hands. ● Rashes burnt ● I also developed Seborrheic Dermatitis on my scalp. 	<ul style="list-style-type: none"> - Seborrheic Dermatitis - Oily, irritated, peeling and flaky scalp - Inflamed skin - Trouble sleeping - felt "sick" after waking up - Burning sensations

	<ul style="list-style-type: none"> I experienced burning sensations on my arms, hands and scalp during showering My face felt burning sensations during washing. 	
Week Eight	<ul style="list-style-type: none"> Seborrheic Dermatitis persisted Eczema was very inflamed Neck was very irritated The area around my lips were extremely flaky My under-eyes were dark red due to irritation Face experienced burning sensations. 	<ul style="list-style-type: none"> Burning sensations Irritation Discomfort and pain

Name and Age	Type of Delivery	Siblings	Pets	Food Allergies	Family History	Usual Eczema flare locations	Water Used	Potential Triggers	Other medical conditions
Siya Shetty 16 year old	Cesarean Section (C-Section)	N/A	N/A	N/A	A few of my family members have mild Atopic conditions.	Hands, arms and the neck.	Soft Water	Sugary foods, cheese, fragrance and clothing	I had asthma during childhood. I recently stopped using my inhaler at 12 years old.

Name and Age	Type of Delivery	Siblings	Pets	Food Allergies	Water Used	Family History	Other medical conditions
Zara 16 years old	Vaginal Delivery	One younger brother	N/A	Nuts Sesame seeds	Hard Water	No known family history of skin conditions	Asthma
Aaron 16 years old	Cesarean Section (C-Section)	N/A	N/A	Nuts Lentils Seafood Chickpeas	Hard water	His family members are prone to post-inflammatory and hyperpigmentation	Dry dandruff
Vanessa 16 years old	Cesarean Section (C-Section)	One younger sister	One Dog	N/A	Hard water	No known family history of skin conditions	Hyperthyroidism Dry dandruff