

ABSTRACT

This bachelor's thesis deals with issues relating to nutrition in patients with atopic dermatitis. Atopic dermatitis is a non-infectious chronic inflammatory skin disease. Its prevalence is still increasing and it can significantly affect the quality of life of patients as well as their families. The thesis is divided into two parts – theoretical and practical part.

The theoretical part deals with etiology and pathogenesis of atopic dermatitis, its prevention, risk factors for its development and dietary recommendations for patients with atopic dermatitis. Other chapters of the theoretical part deal with methods of diagnosis of atopic dermatitis, epidemiology and prevalence of the disease, potential complications that can arise from atopic dermatitis, treatment principles of atopic dermatitis and principles of skin care.

The main aim of the practical part is to check whether the diet of adult respondents, who are suffering from atopic dermatitis, affects clinical manifestation of atopic dermatitis and find out the proof of it. Another aim is to find out whether the extent of affected skin area is related to perception of limitations in activities of daily living caused by atopic dermatitis. The data was obtained through the questionnaire survey among patients attending the Department of Clinical Immunology and Allergology and among social media users.

Dietary factors are worsening the clinical manifestation of atopic dermatitis in 87,5 % of patients attending the Department of Clinical Immunology and Allergology and in 78,1 % of social media users. In most cases social media users' answer was based on their own observation on the other hand 100 % of patients attending the Department of Clinical Immunology and Allergology underwent allergy testing. Relation between the extent of affected skin area and perception of limitations in activities of daily living caused by atopic dermatitis was not confirmed. In conclusion of the thesis, dietary recommendations for patients with atopic dermatitis are included.

Keywords: adult patient, atopic dermatitis, diet, nutrition