

A new dressing for EB

SPYCRA Protect is a new dressing designed to protect EB skin, reduce friction and aid healing. Thanks to its silicone adhesive SPYCRA Protect remains in place but can be removed without damaging fragile skin. The unique bi-elastic top layer minimizes friction – it can be used to cover minor wounds and blisters and protect vulnerable skin sites, reducing the likelihood of blistering.

Evaluations at Great Ormond Street Hospital and Guy's and St. Thomas' Hospital have shown that SPYCRA Protect can help minimise blistering

in EB, prevent clothing from rubbing, and reduce the blistering arising from everyday tasks such as holding pencils. You can even operate a touchscreen with it on your fingers!

SPYCRA Protect is available in four sizes (5 x 7.5cm, 7.5 x 10cm, 10 x 18cm, and 18 x 30cm). The dressing can be cut to the required size and shape. All sizes are available on prescription from your GP.

Jackie Denyer – Lead EB Clinical Nurse Specialist, Great Ormond Street Hospital



Spycra can help protect against webbing between the fingers.

Photo credit: Jackie Denyer.

New names for some types of EB

The latest consensus on the classification of EB was published earlier this year. Several of the names of subtypes of EB have been changed.

The titles of the 4 main types of EB remain unchanged. These are: EB Simplex, Junctional EB, Dystrophic EB and Kindler Syndrome.

Some subtypes of EB were named after the people who discovered the type of EB. In the reclassification most of these eponyms have been removed.

What does this mean for me or my child?

Nothing has changed apart from the name of the type of EB – all the symptoms will be the same.

I am not sure what type of EB I have?

Ask your EB nurse or doctor. If you are not currently in touch with a specialist EB nurse or doctor, ask your GP for a referral to the specialist EB nursing service at one of the following centres of excellence: Great Ormond Street Hospital or Birmingham Children's Hospital for children, Solihull Hospital or Guy's and St. Thomas' Hospital for adults.

Old name	New name	Previous eponym
EBS localised	EBS localised	Weber Cockayne
EBS Dowling Meara	EBS generalised severe	
JEB Herlitz	JEB generalised severe	
JEB non-Herlitz	JEB generalised intermediate	
RDEB generalised severe	RDEB generalised severe	RDEB Hallopeau-Siemens
RDEB generalised other	RDEB generalised intermediate	RDEB non-Hallopeau-Siemens

Skechers Memory Foam Trainers

All my life it's been hard for me to shop for shoes that are comfortable and don't rub too much, especially trainers. Even though the trainers I buy seem comfortable in the first instance, they would still blister my feet whenever I needed to walk long distances.

I no longer have that problem thanks to Skechers Memory Foam trainers. They are heaven for your feet. It is literally like walking on air. The worst place on my feet for blistering were the soles, but since I have been wearing the trainers they haven't blistered so badly.

If you have trouble finding suitable trainers or shoes I strongly recommend these – they are the best and most comfortable trainers I have ever worn. They are available as lace-ups or slip-ons in various funky colours.

Rhian Edwards