

Zahra's GOLDEN GLOVES

A StoryBook About Eczema for Children

Written and Illustrated by Yusra Rahman

Edited by Dr. Raafia Siddiqui



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**Zahra's golden gloves
shimmer in the sun....**



...and glow in the dark.

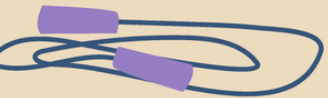




She wears them to school...



She wears them when she's dancing...









She even wears them to the zoo!

Zahra wears her **GOLDEN GLOVES**

EVERYWHERE she goes!



**Sometimes Zahra's hands get too itchy
and she takes her gloves off to scratch.**

ITCH!

ITCH!

ITCH!

ITCH!

ITCH!





One day, Zahra went outside to play and noticed that one of her gloves went missing!

**She became upset and did not
know how she would play without
her glittery gloves!**





**Later that day she said, “Mom, I don't want
anyone to see my hands without my
gloves.”**



**“What if they laugh at my itchy hands?”
cried Zahra.**



Zahra has a condition known as

ECZEMA

People who have eczema can get

RED, Itchy,

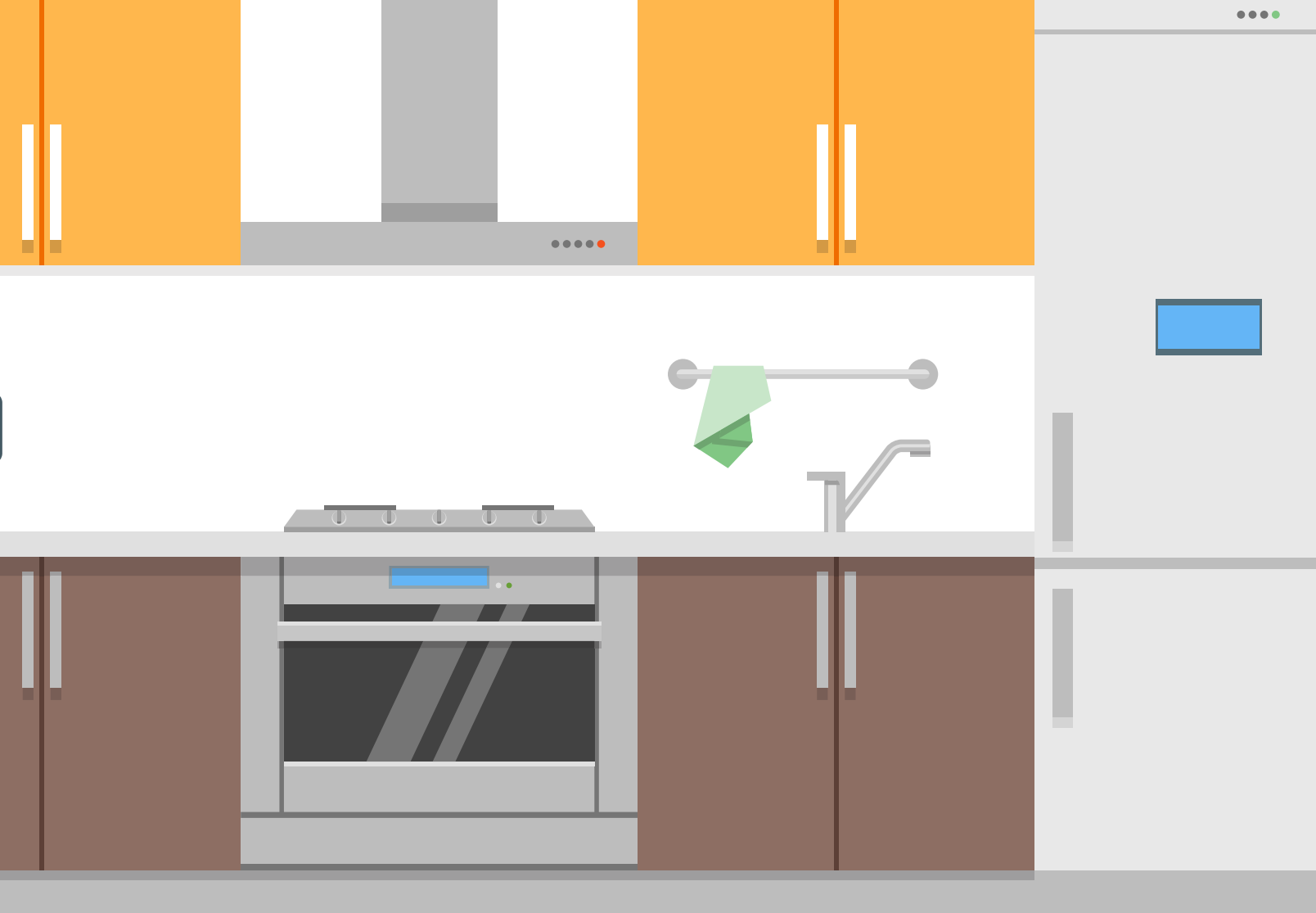
and **FLAKEY** skin.

**You can get eczema on your arms, back,
belly...**



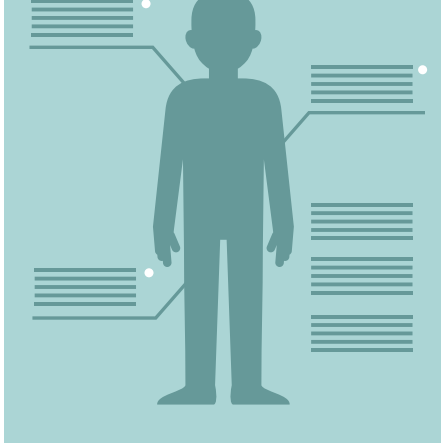
...or just about anywhere on your body!

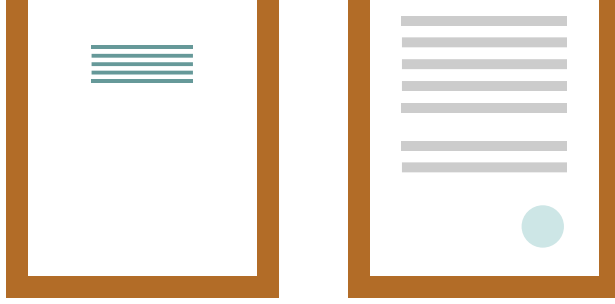




“Honey, you’re not alone in this. Many other kids like yourself and even adults like me have eczema!” said Zahra’s mom.







Zahra and her mom took a trip to the doctor. She told her not to itch and gave her a special cream to help the itching go away!

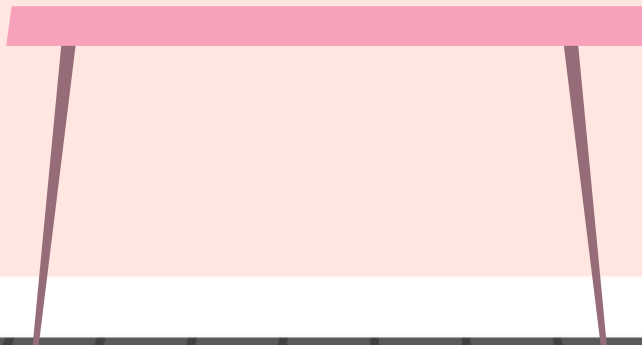
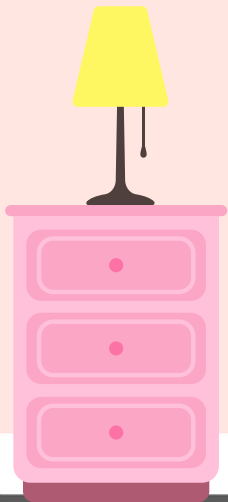




“Children live with all sorts of illnesses and we shouldn't let this stop us from doing what we love! said Zahra's mom.




**Zahra's mom was right. Zahra still loved her
glittery gloves, but she did not let them get
in the way of doing all the things that she
loved!**



Zahra's Golden Gloves



A white, fluffy cloud with a soft drop shadow is centered on a solid light blue background. The cloud has several rounded, irregular shapes, giving it a soft, puffy appearance. The text is centered within the cloud.

**I can do anything I like living with
my eczema!**



Even without my glittery gloves!



DISCLAIMER:

This book is not meant to replace medical advice. Contents of this book are for educational purposes only. Always seek the advice of a qualified healthcare provider with any questions you may have regarding your medical condition. If you are experiencing a medical emergency, call your local emergency services immediately.

Resources

Children's Hospital of
Eastern Ontario (CHEO)
Eczema Poster



National Eczema
Foundation Toolkit for
Parents and Educators



Eczema Society of Canada
General Guidelines



American College of Allergy
Asthma & Immunology



ABOUT THE AUTHOR

Yusra Rahman is a third year undergraduate student studying Health Sciences at McMaster University. Having eczema as a child, she knew how challenging it could be for young children to deal with health issues. Channelling her interest in graphic design, she started a children's books series on various health issues. Her goal was to empower children by normalizing and educating them on common medical conditions. In her free time, Yusra enjoys playing and coaching soccer.

ABOUT THE EDITOR

Dr. Raafia Siddiqui is a family physician working in Markham Ontario. She completed her Medical Doctorate at McMaster University and her residency in family medicine at the University of Toronto. Dr. Raafia has clinical interests in newcomer health, functional medicine, and psychotherapy. Outside of work, she enjoys spending time with her 6 month old daughter.

