

Eczema Inside Out:

Revolutionizing the Way We Talk About This Chronic Skin Condition



Discussing your eczema experience at your next doctor's visit

Starting a conversation with your doctor about your eczema symptoms can oftentimes be difficult and overwhelming. For many, the impact of eczema or atopic dermatitis (AD) can go beyond the surface of the skin, disrupting daily life and impacting emotional well-being. By working together with your doctor, you can better manage both the physical and emotional impact of the disease. Here are some tools to help you.

Your Eczema Experience Evaluation

Ahead of your next appointment, reflect on how your skin has changed since your last discussion as well as the impact it may have had on your daily life or special events/experiences. You can utilize this guide to help prepare you for an open dialogue with your doctor. Remember visits with your doctor provide an opportunity to talk through your personal experiences and set goals for how to manage your eczema.

My Physical Symptoms

I experience the following physical signs and symptoms:

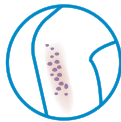
Check all that apply



dry or bumpy rash



itching



red/pink, gray/purple, or discolored skin patches



thick, hard, "leathery" patches



crusted or "weepy-looking" blisters or sores

During my last flare, my symptoms persisted for:

1-5 days

5-10 days

10-15 days

15-20 days

20 days or more

Other: _____

On a scale of 1-10, 1 being mild and 10 being unbearable, I would rank the intensity of my typical flare-up's itch and discomfort as:

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

On a scale of 1-10, 1 being mild and 10 being unbearable, I would rank the skin pain associated with my eczema as:

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

I notice my symptoms become worse and/or unmanageable when:

I notice my symptoms are primarily located on the following parts of my body:

I have spoken with another doctor about my eczema and the impact on my well-being previously. Please provide a summary of these conversations with your doctor focusing on what did and didn't work well in discussing your experience, treatments, and preferences. _____

My Well-Being

Eczema, in particular my flare-ups, have caused me to:

Check all that apply

miss a day or more from work or school

cancel social plans

feel isolated in my home

struggle with day-to-day activities, like cooking and cleaning

experience itching so severe I couldn't sleep

feel self-conscious of my appearance and my skin

Other: _____

Per year, I have to alter my daily life (ie, change my plans, my choice of clothes, my typical routine) due to my eczema flares:

1-5 days

5-10 days

10-15 days

15-20 days

20 days or more

Other: _____

Complete the following sentence:

"Doctor, I hope you understand that my eczema..."

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Partnering Together to Meet Your Healthcare Needs



“ Conversation Starters

If you want to discuss: ECZEMA FLARES AND CURRENT TREATMENT PLAN

Try saying: My eczema keeps recurring and my current medications aren't helping—are there reasons why this might be happening or other options we can try?

If you want to discuss: THE EMOTIONAL IMPACT OF ECZEMA

Try saying: My eczema can impact my overall mood and affect my daily activities. Can we discuss helpful tips or recommendations to address these concerns? Are there any support resources like counseling recommendations or educational materials that you can provide?

If you want to discuss: NEW SYMPTOMS

Try saying: Since my last appointment, I've been experiencing new symptoms or symptoms on different areas of my skin that I have not experienced before. This is taking a toll on my physical and/or emotional well-being. What can we do to help mitigate these symptoms? Is there something more we can be doing?

Setting Goals

It's important to set goals with your doctor to ensure you're working together. Below are some suggested goals to think about or create your own:

Understand how eczema impacts the body and why it occurs

Identify my triggers for flare-ups

Reduce the frequency and severity of my eczema flare-ups

Find supportive resources, such as peer support groups, forums/events, or advocacy groups available in my area

Reach out for help when I am feeling down about my eczema

Develop a plan to manage how my eczema affects my everyday life

Develop a treatment plan that helps manage my symptoms effectively

Establish consistent communication and check-ins with my doctor

