

# ATOPIC DERMATITIS INSIDER



## Make Your Voice Heard

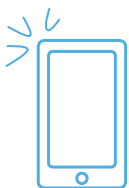
During your appointments with your doctor, feel free to speak up about how you feel. Unsure what to say? Talk about how much the itch of atopic dermatitis, a chronic form of eczema, impacts your daily life—include how your skin's appearance affects your emotional and physical well-being. Fill in below with your ideas about what to bring up.

Because of my eczema,  
**I am limited or miss out on...**

The **hardest thing** about dealing with  
eczema **every day** is...

**I get nervous** talking to **others** about  
my eczema because...

If I **didn't have to worry** about flare-ups, I could...



**When you have a flare-up**, consider taking a picture to show your doctor. You may find it easier to share a picture than to describe your flare-up in words.

Brought to you by Sanofi US and Regeneron Pharmaceuticals, Inc., creators of [EczemaExposed.com](http://EczemaExposed.com)

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