

## DOCTOR DISCUSSION GUIDE

### What to Share With Your Doctor:

If you think you might be suffering from a chronic skin condition like **atopic dermatitis**, there's still hope. This guide is designed to help you and your doctor identify the roots of the problem and discover a treatment that works best for you.

At your next doctor appointment, make sure you come prepared. Fill out this guide and share it with your doctor.

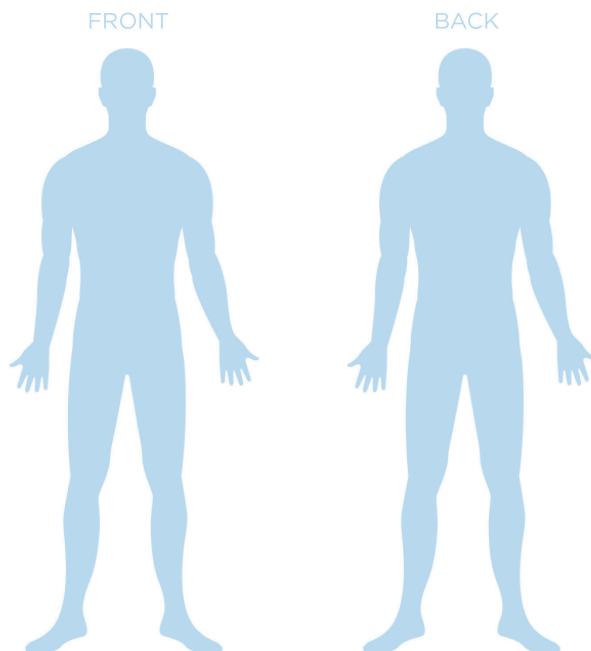
# 1

### What skin symptoms are you experiencing?

- Itching
- Discoloration (eg, red, dark brown, purple, or ashen gray, depending on skin tone)
- Dryness and cracking
- Thick, leathery, or scaly patches
- Crusting or oozing

# 2

### Circle the affected areas.



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**How frequent are your symptoms?**

- ▶ Nearly constant
- ▶ Weekly
- ▶ Monthly
- ▶ Once every 6 months
- ▶ Other: \_\_\_\_\_

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**How frequent are your flare-ups?**

- ▶ Weekly
- ▶ Monthly
- ▶ Once every 6 months
- ▶ Other: \_\_\_\_\_

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**Rate the severity of your symptoms.**

Mild (1) — (2) — (3) — (4) — (5) — (6) — (7) — (8) — (9) — (10) Severe

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**How long have you been experiencing symptoms?**

- ▶ 0 - 6 months
- ▶ 6 months - 1 year
- ▶ 1 - 5 years
- ▶ 5 - 10 years
- ▶ 10+ years

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**What types of treatments have you used to treat your skin condition? Please list:**

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**Which treatments or prescription medications are you currently using? Please list:**

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**Which best describes your outlook on treatment?**

- ▶ I'm willing to do whatever it takes to feel better.
- ▶ I often wonder if there are any other treatments that could help me.
- ▶ I'm interested in hearing more about my treatment options, especially what they involve.
- ▶ I don't know how to feel about treatment.

### **Questions for Your Doctor:**

This list of questions may help you decide which treatment is best for you. Time may be limited with your doctor, so decide which questions are most relevant to you before your appointment.

- ▶ **What causes atopic dermatitis?**
- ▶ **Is atopic dermatitis common? About how many individuals with atopic dermatitis do you treat every year?**
- ▶ **What are my treatment options? What are the risks and benefits?**
- ▶ **How soon can I expect to see results when using my treatment?**
- ▶ **How do I know if I am responding well to my treatment?**
- ▶ **How do I know if I can't tolerate my treatment?**
- ▶ **How can I improve my current skin care routine?**
- ▶ **Write down any other questions you might have:**

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