

DOCTOR DISCUSSION GUIDE

ECZEMA EXPOSED



WHAT TO SHARE WITH YOUR DOCTOR:

If you think you might be suffering from a chronic skin condition like **atopic dermatitis**, a discussion with your doctor is key. This guide is designed to help you and your doctor identify the roots of the problem and discover treatment options that may work for you.

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

1

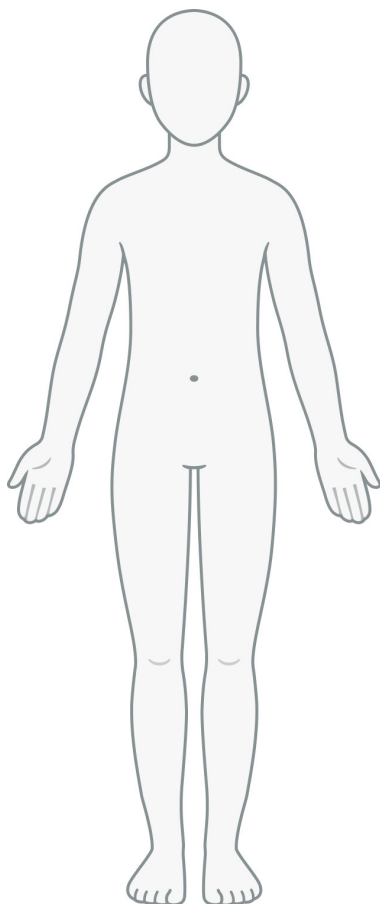
What skin symptoms are you experiencing?

- | | |
|---|--|
| <input type="checkbox"/> Itching | <input type="checkbox"/> Dryness and cracking |
| <input type="checkbox"/> Discoloration (eg, red, dark brown, purple, or ashen gray, depending on skin tone) | <input type="checkbox"/> Thick, leathery, or scaly patches |
| | <input type="checkbox"/> Crusting or oozing |

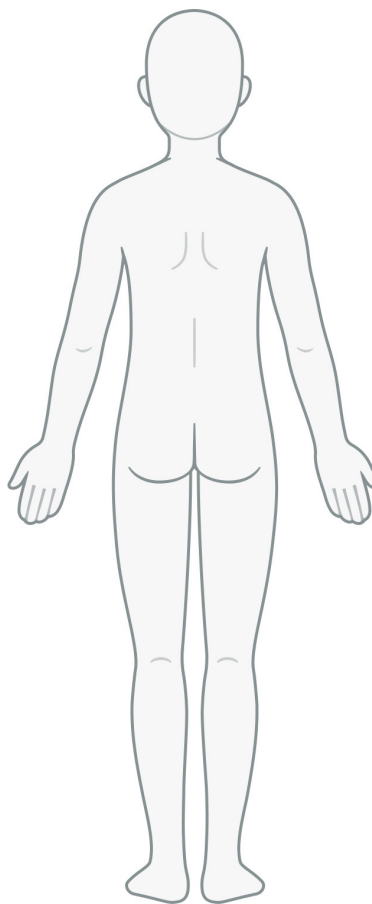
2

Circle the affected areas.

FRONT



BACK



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3

How frequent are your symptoms?

☐ Nearly Constant

☐ Monthly

☐ Weekly

☐ Once every 6 months

☐ Other: _____

4

How frequent are your flare-ups?

☐ Nearly Constant

☐ Monthly

☐ Weekly

☐ Once every 6 months

☐ Other: _____

5

Rate the severity of your symptoms.

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

6

How long have you been experiencing symptoms?

☐ 0-6 months

☐ 5 - 10 years

☐ 6 months - 1 year

☐ 10+ years

☐ 1 - 5 years

7

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

8

Which treatment methods, over-the-counter, and/or prescription medications are you currently using?

9

Which best describes your outlook on treatment?

- | | |
|---|---|
| <input type="checkbox"/> I'm willing to do whatever it takes to feel better. | <input type="checkbox"/> I don't know how to feel about treatment. |
| <input type="checkbox"/> I often wonder if there are any other treatments that could help me. | <input type="checkbox"/> I'm comfortable with my current treatment regimen. |
| <input type="checkbox"/> I'm interested in hearing more about my treatment options, especially what they involve. | |

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 of each option?*
- *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:*
