

TALK TO YOUR DOCTOR ABOUT YOUR ATOPIC DERMATITIS (AD) TREATMENT PLAN^{1,2,3}

AD symptoms can hold you back.⁴ Use this guide to help drive a conversation with your doctor about your treatment plan, and ask if new innovative options are right for you.^{1,2,3}



Before

When talking with your doctor, it's important to track and share any AD-related changes to your physical or psychological states between visits.^{4,5} Take a minute to think about each of the categories below for discussion topics with your doctor.

Things to consider



Symptoms and triggers

Take note of any new or intensified symptoms or triggers.^{6,7}

- How would you describe the state of your AD since starting your current treatment? Since your last visit? How are you impacted physically⁸, psychologically⁴, and socially⁴?



Flares

Consider how often your AD is flaring and how long the flares last.⁹

- Are there specific episodes or symptoms that stand out? How do they impact your sleep or other aspects of your life?



Lifestyle

Ask yourself how AD has impacted your life in the past few months.⁴ AD can take a noticeable toll on everything from sleep schedule and energy levels to emotional state and social interactions.^{7,10}

- Are you noticing changes in your sleep⁹ or physical activity levels⁸? How has your work or home life been affected?



Current satisfaction

Reflect on your current symptoms. If you're feeling held back⁴, consider talking to your doctor about new treatment options that could be right for you.^{1,2,3}

- Would you feel comfortable exploring new approaches if offered? Are there any treatments you've heard about that you want to discuss?

During

Your experience with AD is unique to you - from symptoms and triggers to impacts on lifestyle and personal goals.^{2,11} During your appointment, share your full experience with your doctor. By being open with your doctor about all the ways AD impacts you, you can work together to find treatment options that could be right for you.

Things to discuss

- Talk about how any symptoms, triggers or flares have changed since your last visit.
- Share how you're feeling overall. From the manageable days to your worst symptoms or biggest frustrations.
- Discuss your current lifestyle and your personal goals—health related and otherwise.
- Ask your doctor to review your treatment plan, including new advanced options.

Be sure to share your personal experience. AD's physical, emotional and social impacts are different for everyone.² Doctors rely heavily on open patient communication to find the right treatment plan for you.¹²

After

Evaluate how you feel about your current symptoms and your plan moving forward

Consider jotting down a few notes about your routine and overall satisfaction. Make sure to track any flares or developments between visits. Think honestly about how many days AD impacts you - in any way. It could be the difference between feeling stuck and feeling more like yourself.⁴
