

Make your next visit your most productive

Use this Doctor Discussion Guide to help create an open, collaborative conversation with your doctor about your eczema.

01 Has your eczema rash or itch gotten worse since your last doctor's visit? (Select one)

Yes No

02 How many flare-ups have you had since your last visit? (Select one)

None Less than 1 per month About 1 per month Multiple per month

2a If you've had one or more flare-ups, how intense were they? (Select one)

Not that bad Somewhat intense Very intense Varied in intensity

TIPS FROM HQ: Your doctor will want to know all about your experience with eczema since your last appointment. Be sure to tell your doctor if your symptoms improved, got worse, or remained the same—and whether or not your experience met your expectations.

03 Which symptoms do you normally experience? (Select all that apply)

Itch Cracked, oozing, or bleeding skin Dry skin

Red, inflamed skin Thickened, leathery, or raised skin Skin pain

Other: _____

04 How do your eczema symptoms impact your life? (Select all that apply)

They impact my sleep They impact my social life

They impact my productivity They impact my ability to travel

They make me feel sad or anxious They make me feel stressed

In other ways: _____

05 Which answer best describes your feelings about your current treatment or management routine? (Circle one)



06 What are your eczema treatment goals? (Select all that apply)

- I want to learn about other treatments
- I want to reduce symptoms like itch and rash
- I want to feel like I'm doing something that's helpful long term
- I want to learn about treatments that fit into my life/lifestyle
- Other: _____

TIPS FROM HQ: Talking about your treatment goals and expectations is a great way to create an open and collaborative relationship with your doctor. This information can help your doctor prescribe the most appropriate treatment for you.

07 How would you describe your eczema? (Select one)

- Totally unpredictable
- Seems to be caused by triggers (soaps, dust, food, etc.)

TIPS FROM HQ: Eczema is a chronic disease of the immune system; so for some, symptoms may be totally unpredictable. And while symptoms can be triggered by things like soap, dust, or food, these triggers aren't the cause of eczema. Ask your doctor about the immune system's impact on eczema to get a better understanding of what's really going on under your skin.



OK! Now you're ready to talk to your doctor about your eczema and how it affects your life. You got this.