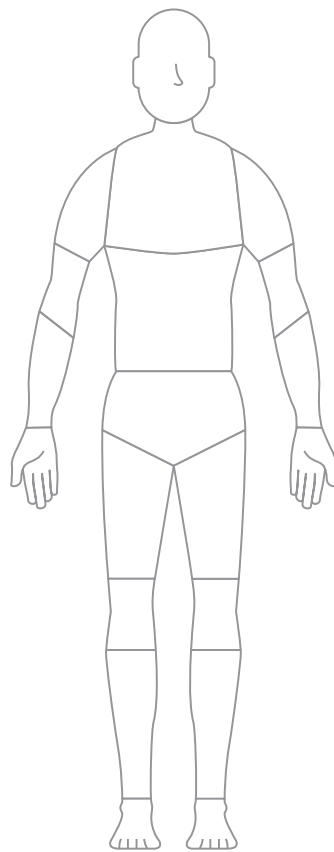
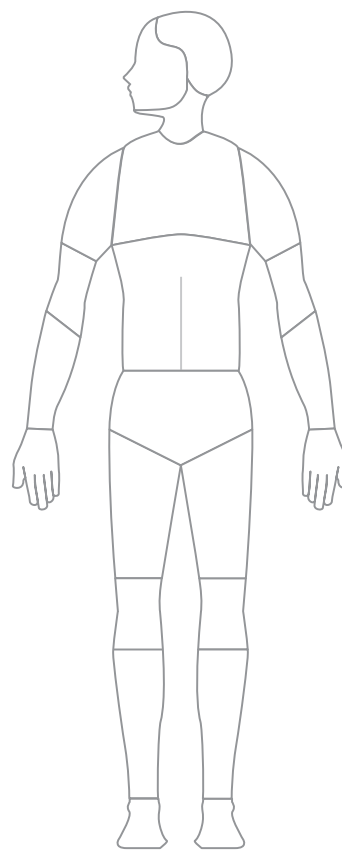


Get a 360-degree look at your own personal eczema experience, and then share the whole story with your doctor. Once you fill this out, the information in this guide will help your doctor evaluate your eczema.

01 On the body map below, shade in the parts of your body where you've been experiencing an eczema rash. Use darker shading for areas that have a more intense rash, and lighter shading for areas where it's less intense.



Front view



Back view

02 On the itch scale below, fill in the box that best represents the typical itch intensity you experience during flare-ups.



Write down the parts of your body where you usually experience the most intense itch:

03 In what way(s) does eczema affect you? (Select all that apply)

- It impacts my sleep
- It impacts my social life
- It impacts my productivity
- It impacts my ability to travel
- Other: _____

04 What types of treatment have you used for your eczema (atopic dermatitis)? (Select all that apply)

- Prescription topicals
Includes: triamcinolone, hydrocortisone
- Phototherapy
The use of ultraviolet light to treat symptoms
- Traditional systemics
Includes: cyclosporin, methotrexate
- Biologics
Includes: interleukin inhibitors
- None, or I use over-the-counter products

4a If you've used prescription topicals, are you currently using topical steroids? (Select one)

- Yes
- No
- Not sure
- Not applicable

4b If you're currently using topical steroids, how often do you use them for your eczema? (Select one)

- Daily
- Weekly
- Monthly
- Every few months
- Yearly
- Not applicable

05 How many different prescription treatments have you tried? (Select one)

- 1-2
- 3-4
- 5 or more
- Not applicable

06 How would you describe the frequency of your eczema symptoms? (Select one)

- Seasonal – certain times of the year
- Occasional – every few months
- Often – monthly
- Constant – almost all the time



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