

UNCOVER ATOPIC DERMATITIS



Getting the Most Out of Your Appointments

1 Before Your Visit: Gather the Details

What are you experiencing?






Use this chart to record how atopic dermatitis is affecting your life one week at a time. Circle the answer that describes your experience. Consider repeating this over the weeks leading up to your appointment. It may help you feel more prepared during your discussions and give your healthcare provider a more complete picture of how atopic dermatitis is affecting your life.

Week of / /

					
How would you rate your eczema-related symptoms?	None	Mild	Moderate	Severe	Very severe
How many days did you have intense episodes of itching because of your eczema?	None at all	1-2 days	3-4 days	5-6 days	Every day
How bothered have you been by your eczema?	None at all	A little	Moderately	Very	Extremely
How many nights did you have trouble falling or staying asleep because of your eczema?	No nights	1-2 nights	3-4 nights	5-6 nights	Every night
How much did your eczema affect your daily activities?	None at all	A little	Moderately	Very	Extremely
How much did your eczema affect your mood or emotions?	None at all	A little	Moderately	Very	Extremely

Notes over the last week:

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When you are experiencing a flare, take pictures to share with your healthcare provider. Think about saving your images on your smart phone or computer for quick reference during your visit.

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See page 5 for additional charts.

Start the conversation

Think about what else you might want to share or ask during your visit. Use this space to list goals and concerns. Add any details that could help you and your healthcare provider as you establish your treatment plan.

Share

Before your appointment, write down any thoughts that you would like to share.

I am here today to discuss _____

I am worried about _____

I wish I could _____

I would like a treatment that _____

Ask

During your appointment, write down answers to the questions that you want to ask your healthcare provider.

What would a different approach mean for me and my daily life?

How do others with atopic dermatitis feel about their condition? Do they feel like me?

What local resources, like support groups, could I participate in?

2 During Your Visit: Create a Plan

Appointment date _____ / _____

Healthcare provider's contact info _____

How will you manage your atopic dermatitis on a daily basis?

Share what you tracked over the past few weeks with your healthcare provider and create a personalized plan that addresses any challenges. Using the space below, record what your provider recommends and how you can fit those steps into your routine.

	My provider's recommendation	My next step
Managing your eczema-related symptoms <i>Dryness, redness, thickened skin, etc.</i>		
Dealing with intense episodes of itching		
Falling or staying asleep		
Planning your daily activities		
Managing how eczema affects your mood or emotions		

Support strategies Fill in other ideas about how to best manage your atopic dermatitis. Check https://www.uncover-AD.com for tools that can help you learn how to practice mindful breathing, use distraction techniques, show yourself compassion, and more.	
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3 After Your Visit: Stay on Track

After your visit, it's time for you to take action. Sticking with your action plan and preparing to speak with your healthcare provider about what's working for you can help you meet your goals. Use these statements to help you stay on track with the decisions and goals made during your visit.

Something I would like to integrate into my daily routine is _____

Changes in my symptoms or how I feel include _____

The challenges that I've encountered in my current treatment plan are _____

My flares seem to be triggered by _____

The parts of my plan that are working well for me are _____






Additional thoughts?

Use this space to write down anything you might want to discuss at your next visit.








Revisit and complete these activities before your appointments. Note whether you have experienced any changes since your last appointment and continue to share your responses with your healthcare provider.

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Sanofi Genzyme and Regeneron are committed to providing resources to advance research in dermatology in areas of unmet medical needs among patients with poorly controlled moderate-to-severe atopic dermatitis.

Health information contained herein is provided for general educational purposes only. Your healthcare professional is the single best source of information regarding your health. Please consult your healthcare professional if you have any questions about your health or treatment.