

Eczema (Atopic Dermatitis)

an interactive guide for varying
skin tones

Eczema Facts
& Symptoms

Eczema
Severity

Tips to Help
Prevent a Flare

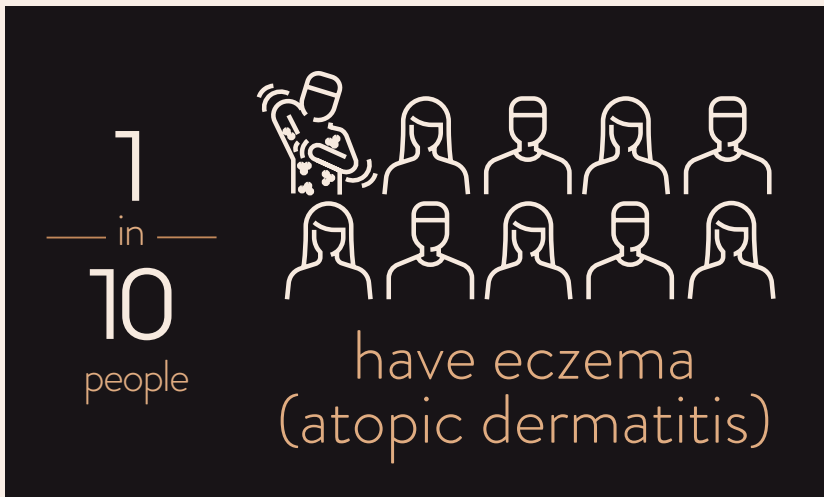
Eczema
and You

Eczema
Photos

Resources and
References

Fast Facts About Eczema (Atopic Dermatitis)^{1,2}

- It causes dry, itchy, and inflamed skin. Most people with eczema (atopic dermatitis) say it is very itchy
- It is not contagious—you cannot spread it to other people



- There is no cure, but there are many ways to treat and manage eczema (atopic dermatitis)
 - You can have periods of time with no symptoms or periods with bad symptoms
- People can get eczema (atopic dermatitis) at any age and symptoms can get better or worse
- People with eczema (atopic dermatitis) are more likely to have asthma, hay fever, or allergies

? At what age did your eczema (atopic dermatitis) begin?

Eczema Facts & Symptoms

| Fast Facts About Eczema

Symptoms

Common Areas For Eczema

Eczema Severity

Tips to Help Prevent a Flare

Eczema and You

Eczema Photos

Resources and References





Symptoms

Eczema (atopic dermatitis) can appear anywhere on your body and looks different from person to person^{1,2}

Some common signs and symptoms are:



- Dry, cracked, or raw skin
- Oozing and crusting
- Itchiness



- Thick or rough skin
- Rash
- Swollen skin
- Darkening of the skin around the eyes, increased lines



- Small, raised bumps
- Sensitive skin

Eczema Facts & Symptoms

Fast Facts About Eczema

I Symptoms

Common Areas For Eczema

Eczema Severity

Tips to Help Prevent a Flare

Eczema and You

Eczema Photos

Resources and References

? | What are my eczema (atopic dermatitis) symptoms?



Common Areas for Eczema (Atopic Dermatitis)^{2,3}

- It can appear on any part of the body and look different depending on your skin tone
 - In people with lighter skin it can look like a bright red rash
 - In people with darker skin it can look pale, grey, ashen, or purple



Eczema Facts & Symptoms

Fast Facts About Eczema

Symptoms

Common Areas for Eczema

Eczema Severity

Tips to Help Prevent a Flare

Eczema and You

Eczema Photos

Resources and References

? Should I worry if I have eczema (atopic dermatitis) on different parts of my body at different times?



Eczema (Atopic Dermatitis) Severity^{4,5}

MILD (≈0-15.9% of body surface area with eczema)

- Areas with dry skin
- Itching (sometimes)
- Unable to sleep or do normal activities (sometimes)

MODERATE (≈16%-39.9% of body surface area with eczema)

- Areas with dry skin
- Itching (often)
- Unable to sleep or do normal activities (often)

SEVERE (≈40%-83% of body surface area with eczema)

- Large areas with dry skin
- Bad itching
- Thick or rough skin
- Bleeding, oozing, cracked skin
- Unable to sleep (every day/most days)
- Unable to do normal activities (every day/most days)

Eczema Facts
& Symptoms

Eczema
Severity

Tips to Help
Prevent a Flare

Eczema
and You

Eczema
Photos

Resources and
References

? | What can I do to help stop my eczema
(atopic dermatitis) from becoming severe?



Tips to Help Prevent a Flare^{1,2}

- A flare means that your signs and symptoms have returned
- Things that can cause a flare are called triggers

Some triggers to avoid are:



Rough/wool fabrics



Dust mites



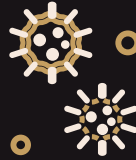
Heat and sweat



Cleaning products



Pet dander



Mold



Pollen



Perfume

Eczema Facts & Symptoms

Eczema Severity

Tips to Help Prevent a Flare

I Triggers

Routine

Eczema and You

Eczema Photos

Resources and References



How can I identify triggers?



Tips to Help Prevent a Flare^{1,2} (cont'd)

Talk to your doctor about what might best help you prevent flares. Some strategies people may find helpful are:¹



Moisturize your skin twice a day



Avoid long or hot showers



Use a gentle cleanser free from dyes, alcohols, and perfumes



Pat your skin dry with a soft towel and apply moisturizer (cream or thick lotion) within 3 minutes of showering

Eczema Facts & Symptoms

Eczema Severity

Tips to Help Prevent a Flare

Triggers

I Routine

Eczema and You

Eczema Photos

Resources and References



How can I keep my symptoms from getting worse?



Recognizing the Signs and Symptoms of Eczema (Atopic Dermatitis)⁶

Which signs or symptoms are you experiencing today?



Dry or bumpy rash



Thick, hard, "leathery" patches



Itching



Red/pink, grey/purple, or discolored skin



Crusted or "weepy-looking" blisters or sores

Eczema Facts & Symptoms

Eczema Severity

Tips to Help Prevent a Flare

Consider these questions when talking to your provider:

During my last flare, my symptoms persisted for:

- 1-5 days
- 5-10 days
- 10-15 days
- 15-20 days
- 20 days or more
- Other

On a scale of 1-10, 1 being mild and 10 being unbearable, I would rank the intensity of my typical itch and discomfort from the flare as:



On a scale of 1-10, 1 being mild and 10 being unbearable, I would rank the skin pain associated with my eczema (atopic dermatitis) as:



Eczema and You

I Your Signs and Symptoms
Your Daily Life

Eczema Photos

Resources and References



How Eczema (Atopic Dermatitis) May Affect You⁶

Consider all that apply:



Miss a day or more from work or school

Cancel social plans

Feel isolated in my home

Struggle with day-to-day activities, like cooking and cleaning

Experience itching so severe I couldn't sleep

Feel self-conscious of my appearance and my skin

Other

Eczema Facts & Symptoms

Eczema Severity

Tips to Help Prevent a Flare

Eczema and You

Your Signs and Symptoms

I Your Daily Life

Eczema Photos

Resources and References

Per week/month, I have to alter my daily life (ie, change my plans, my choice of clothes, my typical routine) due to my eczema (atopic dermatitis) flares:

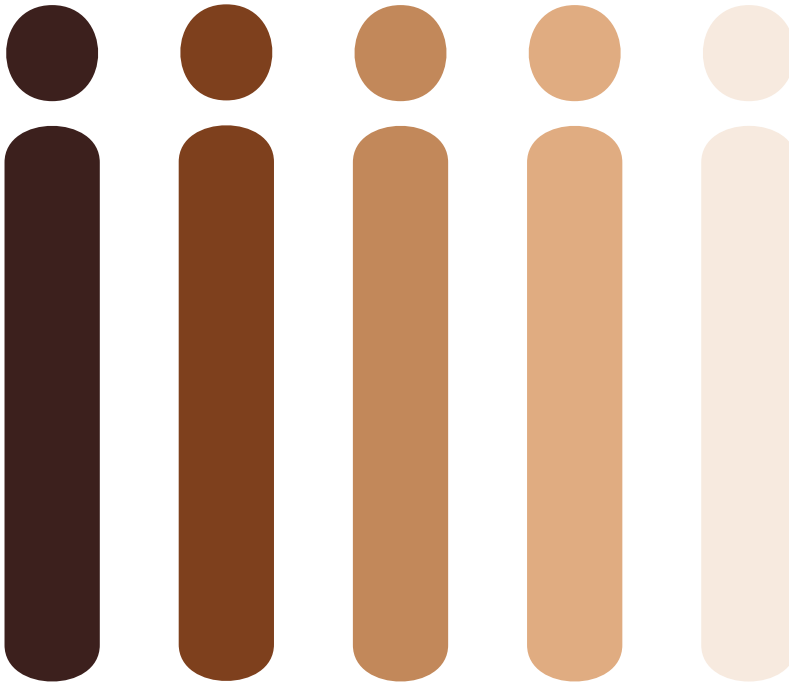
- 1-5 days
- 5-10 days
- 10-15 days
- 15-20 days
- 20 days or more
- Other



How does eczema (atopic dermatitis) affect you?



Eczema (Atopic Dermatitis) Across a Range of Skin Tones



Click to access photos of each skin tone. These do not reflect all skin tones.

Eczema Facts
& Symptoms

Eczema
Severity

Tips to Help
Prevent a Flare

Eczema
and You

 Eczema
Photos

1 2 3 4 5

Resources and
References

 EVERY
COLOR
IS
PRIMARY



MILD



Figure from Sangha AM. Dermatological Conditions in SKIN OF COLOR-: Managing Atopic Dermatitis. *J Clin Aesthet Dermatol.* 2021;14(3 Suppl 1):S20-S22. Copyright © 2021. Matrix Medical Communications.

MODERATE



Reproduced with permission from ©DermNet www.dermnetz.org 2023

SEVERE



Reproduced with permission from ©DermNet www.dermnetz.org 2023

Eczema Facts & Symptoms

Eczema Severity

Tips to Help Prevent a Flare

Eczema and You

 Eczema Photos

- 1 2 3 4 5

Resources and References





MILD



Image under license from Richard Usatine, M.D.

MODERATE



Reproduced with permission from ©DermNet www.dermnetnz.org 2023

SEVERE



Reproduced with permission from ©DermNet www.dermnetnz.org 2023

Eczema Facts & Symptoms

Eczema Severity

Tips to Help Prevent a Flare

Eczema and You

 Eczema Photos

1 2 3 4 5

Resources and References

 EVERY
COLOR
IS
PRIMARY



MILD



Figure from Weingarten M, Silverberg N. Follicular eczema and accentuation: A survey of published data. *J Am Acad Dermatol.* 2022;87(4):860-862. doi:10.1016/j.jaad.2021.11.008. © 2021 by the American Academy of Dermatology, Inc.

MODERATE



Reproduced with permission from ©DermNet www.dermnetnz.org 2023

SEVERE



Reproduced with permission from ©DermNet www.dermnetnz.org 2023

Eczema Facts & Symptoms

Eczema Severity

Tips to Help Prevent a Flare

Eczema and You



Eczema Photos

- 1 2 3 4 5

Resources and References





MILD



Reproduced with permission from ©DermNet www.dermnetnz.org 2023

MODERATE



Reproduced with permission from ©DermNet www.dermnetnz.org 2023

SEVERE



Reproduced with permission from ©DermNet www.dermnetnz.org 2023

Eczema Facts & Symptoms

Eczema Severity

Tips to Help Prevent a Flare

Eczema and You

 Eczema Photos

- 1
- 2
- 3
- 4
- 5

Resources and References





MILD



Reproduced with permission from ©DermNet www.dermnetnz.org 2023

MODERATE



Reproduced with permission from ©DermNet www.dermnetnz.org 2023

SEVERE



Image under license from Shutterstock.com.

Eczema Facts & Symptoms

Eczema Severity

Tips to Help Prevent a Flare

Eczema and You



Eczema Photos

- 1
- 2
- 3
- 4
- 5

Resources and References



Resources and References

Scan the QR codes or click for more information on eczema (atopic dermatitis)



Allergy & Asthma
Network



American Academy
of Dermatology



National Eczema
Association



National Institute of
Allergy and Infectious Diseases



Skin of Color Society*



Every Color Is Primary
At Pfizer, we are committed to helping accelerate health
equity in dermatology and all our therapeutic areas.

Disclaimer: These organizations are not affiliated with Pfizer unless explicitly stated.

*Pfizer is a corporate sponsor of the Skin of Color Society.

References: 1. Mayo Clinic. Atopic dermatitis (eczema). <https://www.mayoclinic.org/diseases-conditions/atopic-dermatitis-eczema/symptoms-causes/syc-20353273>. Accessed February 9, 2023. 2. Nelson S. Overview of the eczema basics. National Eczema Association. <https://nationaleczema.org/blog/basic-facts-eczema/>. Last updated: November 4, 2022. 3. Allergy & Asthma Network. Understanding atopic dermatitis. April 2021, V1. <https://store.allergyasthmanetwork.org/digital-downloads/understanding-atopic-dermatitis-digital-download>. 4. Medthority. Atopic dermatitis overview. July 27, 2021. <https://www.medthority.com/atopic-dermatitis/atopic-dermatitis-overview/>. 5. Chopra R, et al. Severity strata for Eczema Area and Severity Index (EASI), modified EASI, Scoring Atopic Dermatitis (SCORAD), objective SCORAD, Atopic Dermatitis Severity Index and body surface area in adolescents and adults with atopic dermatitis. *Br J Dermatol*. 2017;177:1316-1321. 6. Eczema inside out. Discussing your eczema experience at your next doctor's visit. Pfizer Inc. August 2021.

Eczema Facts
& Symptoms

Eczema
Severity

Tips to Help
Prevent a Flare

Eczema
and You

Eczema
Photos

Resources and
References

