

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}

Eczema Facts & Symptoms

Fast Facts About Eczema

I Symptoms

Common Areas for Eczema

Eczema Severity

Some common signs and symptoms are:



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

Tips to Help Prevent a Flare



- Rash
- Swollen skin
- Darkening of the skin around the eyes, increased lines
- Small, raised bumps
- Sensitive skin

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

I 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

Eczema Facts & Symptoms

Eczema Severity

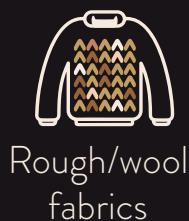
Tips to Help Prevent a Flare

I Triggers
Routine

Eczema and You

Eczema Photos

Resources and References



Rough/wool fabrics



Dust mites



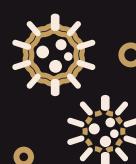
Heat and sweat



Cleaning products



Pet dander



Mold



Pollen



Perfume



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



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Avoid long or hot showers

Eczema Severity

Tips to Help Prevent a Flare

Triggers

I Routine

Eczema and You



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

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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



Red/pink, grey/purple, or discolored skin



Itching



Thick, hard, "leathery" patches



Crusted or "weepy-looking" blisters or sores

Eczema Facts & Symptoms

Eczema Severity

Tips to Help Prevent a Flare

Eczema and You

I Your Signs and Symptoms

Your Daily Life

Eczema Photos

Resources and References

Consider these questions when talking to your provider:

During my last flare, my symptoms persisted for:

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



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

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

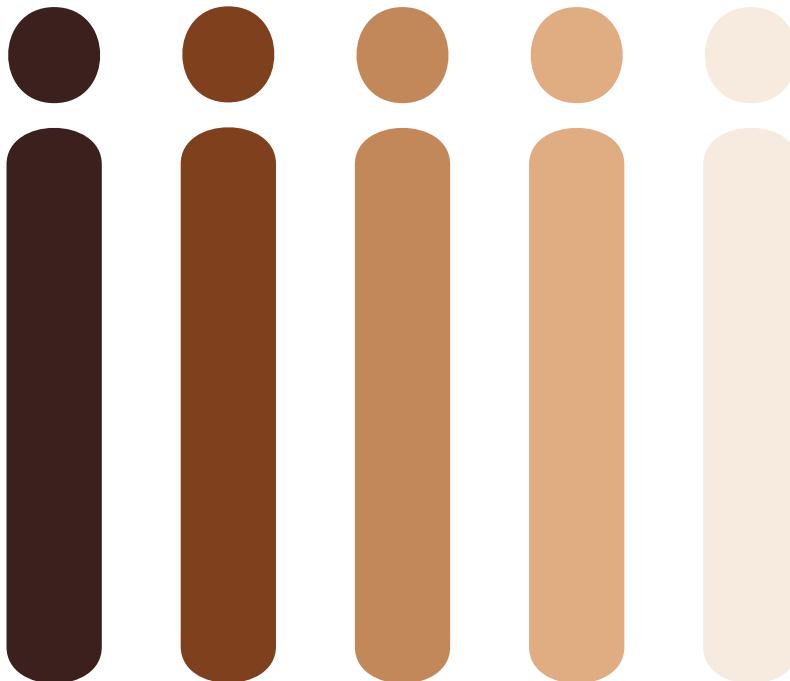


How does eczema (atopic dermatitis) affect you?



Eczema (Atopic Dermatitis) Across a Range of Skin Tones

Eczema Facts
& Symptoms



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

Eczema
Severity

Tips to Help
Prevent a Flare

Eczema
and You

||||| Eczema
Photos

1 2 3 4 5

Resources and
References





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.

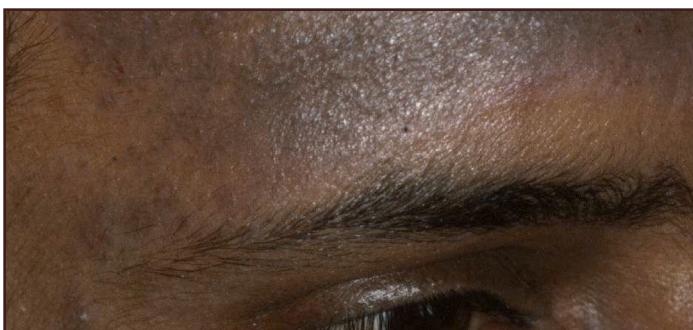
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Eczema Severity

Tips to Help Prevent a Flare

Eczema and You

MODERATE



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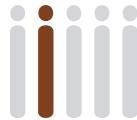
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& Symptoms

Eczema
Severity

MODERATE



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Prevent a Flare

Eczema
and You

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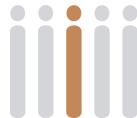
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Photos

1 2 3 4 5

Resources and
References

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COLOR
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PRIMARY



MILD



Eczema Facts & Symptoms

Eczema Severity

Tips to Help Prevent a Flare

MODERATE



Eczema and You

Eczema Photos

1 2 3 4 5

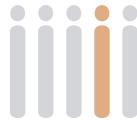
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Eczema Facts & Symptoms

Eczema Severity

MODERATE



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Tips to Help Prevent a Flare

Eczema and You

SEVERE



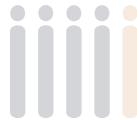
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Eczema Facts
& Symptoms

Eczema
Severity

MODERATE



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Tips to Help
Prevent a Flare

Eczema
and You

SEVERE



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Eczema
Photos

1 2 3 4 5

Resources and
References

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COLOR
IS
PRIMARY

Resources and References

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



Allergy & Asthma Network

Eczema Facts & Symptoms



American Academy of Dermatology

Eczema Severity



National Eczema Association

Tips to Help Prevent a Flare



National Institute of Allergy and Infectious Diseases

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Skin of Color Society*

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Every Color Is Primary

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

Resources and References

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

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

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