

NOW YOU'RE TALKING



A doctor discussion guide
For adults living with atopic dermatitis (AD)

RECOGNIZING THE TRUE BURDEN OF **AD**

After living with AD for such a long time, you can grow used to the burden that comes with it. Your doctor may not realize how your condition is affecting your life, from the small everyday activities to the larger, deeper implications.

If you aren't talking about the full burden of your AD, your doctor may not see a need to refer you to a dermatologist, who can help you manage your AD.



Do you know how well you are managing your AD?

Find out your score! Use this [AD tool](#) to measure the impact of AD across many areas of your life.

WHAT ARE YOU **MISSING** OUT ON?

Though some of the signs and symptoms of AD may be hard to ignore, like dry, red rashes and itchy skin, some of the other impacts may be passing you, and your doctor, by.

Some things you may miss out on if your AD is not managed:



A good night's sleep



Taking time to exercise



They're simple things, but you deserve to experience them



Meeting with friends on the spur of the moment



Wearing whatever you want



Feeling confident and content in your own skin



Living freely, without planning your life around AD

You deserve a life with less constraints from AD. Your doctor might not understand the full impact that AD has on your life, but when you discuss the burden in depth, they can help you reach your goals.

WHAT TO **ASK** YOUR DOCTOR

No question is silly to ask during your appointment. Your doctor is there to help you, so make the most out of your time together by being completely open.

Here are the kinds of questions that you might want to ask them, so that they can help you reach your goals:



Never be afraid to ask a question. It could help you reach the long-term management you deserve.

Can you tell me more about the cause of my AD?

How do I manage my AD better?

What are the treatment options to help manage flares?

Don't be afraid to ask your doctor about different treatment plans. It helps to know what options are out there.

Do I need to be referred to a dermatologist?

If you have only seen a general practitioner (GP) about your AD, or haven't seen a dermatologist in some time, asking for a referral may help with managing your AD.

MAKING THE **MOST** OF YOUR APPOINTMENT

You've learned more about your condition, you've reflected on the burden of your AD, and you've started to track your AD in a way that suits you. Now what? Even though you're armed with the right tools, your dermatologist is best placed to help you manage your AD.

To help make the most of your time with them, we've added a check list of important points to remember for your appointment:

Bring your completed [AD tool](#) and discuss your score with your doctor

Your answers to the AD tool will be a useful prompt for questions and it'll give your dermatologist a clear picture of how your AD is affecting your quality of life.

Take pictures on your phone and share them with your doctor at your next appointment

Show evidence of how your AD has changed since your last appointment. You might not be having a flare when you see your dermatologist, so it's useful to show them the full picture of how your skin has been doing over time.

Know your treatment options

Have a read through these [Treatment Options](#) to learn more about what your treatment does. It'll help spark better conversations with your dermatologist.



Be open, be curious

Allow yourself to honestly discuss your AD, to look closer at the ways it affects you, to reflect on how you live with your condition. With the approach that is right for you, you can **Change AD**.