



# The Confident Patient:

## A Doctor Discussion Guide About Atopic Dermatitis Treatment

### Tracking symptoms and severity:

- What symptoms should I be tracking, and what's the best way to record them?
- How do I know if I am experiencing a flare? What should I do if I am?
- How would you describe my severity? How will that inform your treatment approach?
- How will I know when it's time to seek treatment beyond over-the-counter products?

### Meeting your skin's unique needs:

- How will you evaluate whether my treatment is working or not? How will we measure and track this?
- How do we decide if it's time to make a treatment change, and what does that process look like?
- How can I get back to looking and feeling like myself while managing treatment?

### Exploring treatment options:

- What treatment options are currently available, and how do they work?
- Based on my profile, which treatments am I a good candidate for?
- Are there any treatment options that offer more than just temporary relief from my symptoms?

### Symptom check-in

- Intense itchiness
- Dry or cracked skin
- Changes in skin color (including brown, gray, or purple patches)
- Swelling or inflammation
- Rough or leathery patches of skin
- Blisters or sores that ooze, crust, or weep

### Notes: