

What You Need to Know as an Adult With AD

What Is AD?

Atopic dermatitis (AD) (also known as eczema) is a skin problem caused by inflammation in the body. Your skin protects your body from the environment and from losing too much water. But when you have AD, environmental factors, allergens, infections, and your own immune system can weaken that skin protection, causing intense itching and dry, scaly, red skin.

What Can I Do to Help My AD Symptoms?

AD is a lifelong (chronic) condition in which a rash may appear, clear up, but then come back again (flare up). This can have an impact on your quality of life. While there is no cure, basic care and medicines can help relieve your symptoms.

Basic care for AD includes 2 main steps: skin care and avoiding triggers.



Skin care:

- Take warm baths or showers at least once a day using a non-soap cleanser
- Moisturize liberally and frequently (even on clear areas)

Avoid triggers:

- Allergens and common irritants (eg, certain soaps, wool, extreme hot or cold temperatures)
- Manage other health conditions that you may have

What Medicines Are Used for AD?

After basic care, there are medicines that can be prescribed by your doctor.

- For mild and moderate AD, there are several treatments that are applied to the skin (topical):
 - Topical corticosteroids, calcineurin inhibitors, phosphodiesterase-4 (PDE4) inhibitors (eg, crisaborole)
 - Diluted bleach bath and/or antibiotic (to treat a skin infection)



- For severe AD, there are stronger treatment options available such as:
 - Phototherapy
 - Biologic therapy (eg, dupilumab)
 - Immunosuppressants (eg, cyclosporine A, methotrexate, mycophenolate mofetil, azathioprine, corticosteroids)
 - Others: wet wrap therapy, short-term hospitalization



Questions to Ask Your Doctor

Talk to your doctor honestly about your symptoms so you can manage them together.

I have been having trouble with _____. What should I do?

What type of AD do I have?

What else can I do to relieve symptoms?

What else can I do to have clearer skin?

What kind of side effects should I expect?