

Your atopic dermatitis (AD) goal-setting guide

Change 

# TIME TO CHANGE AD



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Your Atopic Dermatitis goal setting guide and [www.ChangeAD.co.uk](http://www.ChangeAD.co.uk) have been developed and funded by Sanofi.

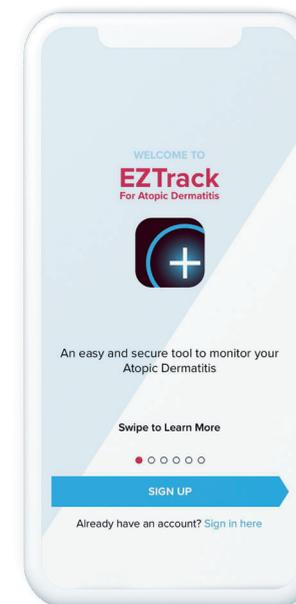
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# HOW TO USE THIS GUIDE

Atopic dermatitis (AD) shouldn't limit how you live today or your plans for tomorrow.

But if you are struggling to manage your atopic dermatitis, its chronic nature and unpredictability could be getting in the way of living life on your terms.

This guide has been created to help you talk to your dermatologist or healthcare professional about your quality of life now and your plans for the future. That way, you can work together to create a personalised, long-term management plan for your atopic dermatitis.



The EZ Track app can help you to keep track of your atopic dermatitis between appointments.

You can use it to take weekly pictures, log your symptoms and to create a report that you can take to your next appointment. You can also find useful advice and tips to help you manage your atopic dermatitis.

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# LIVING WITH ATOPIC DERMATITIS

If you live with uncontrolled atopic dermatitis, you may experience itching and lesions only during a flare-up or even permanently, on a daily basis.<sup>1,2</sup>

Either way, the impact of atopic dermatitis can go far beyond the skin. You may find that your atopic dermatitis disrupts your sleep, impacts what clothes you choose to wear or even makes it difficult to take part in physical activities, such as exercising or playing with your kids.<sup>3,4</sup>

If you feel your atopic dermatitis is making it difficult to do the things that are important to you, let your dermatologist know how you're feeling. Working together can help you identify possibilities for gaining better control and living life on your own terms.

**JUST TRYING TO FALL ASLEEP CAN TAKE UP TO 2 HOURS BECAUSE OF ITCHING AND GENERAL RESTLESSNESS.**

**SHE GETS ANXIOUS THINKING SOMEBODY'S LOOKING AT HER.**

**I'VE BEEN IN SOME REALLY BAD PLACES AND COULDN'T HOLD DOWN A JOB - MY SKIN IS SO UNPREDICTABLE.**

— Atopic dermatitis patient<sup>1</sup>



# MAKE A LONG-TERM PLAN

Goal setting with a healthcare professional can be beneficial for people living with long-term conditions.<sup>5</sup> It can help you to feel more in control to start thinking beyond your day-to-day, and reduce the impact of atopic dermatitis on your quality of life.

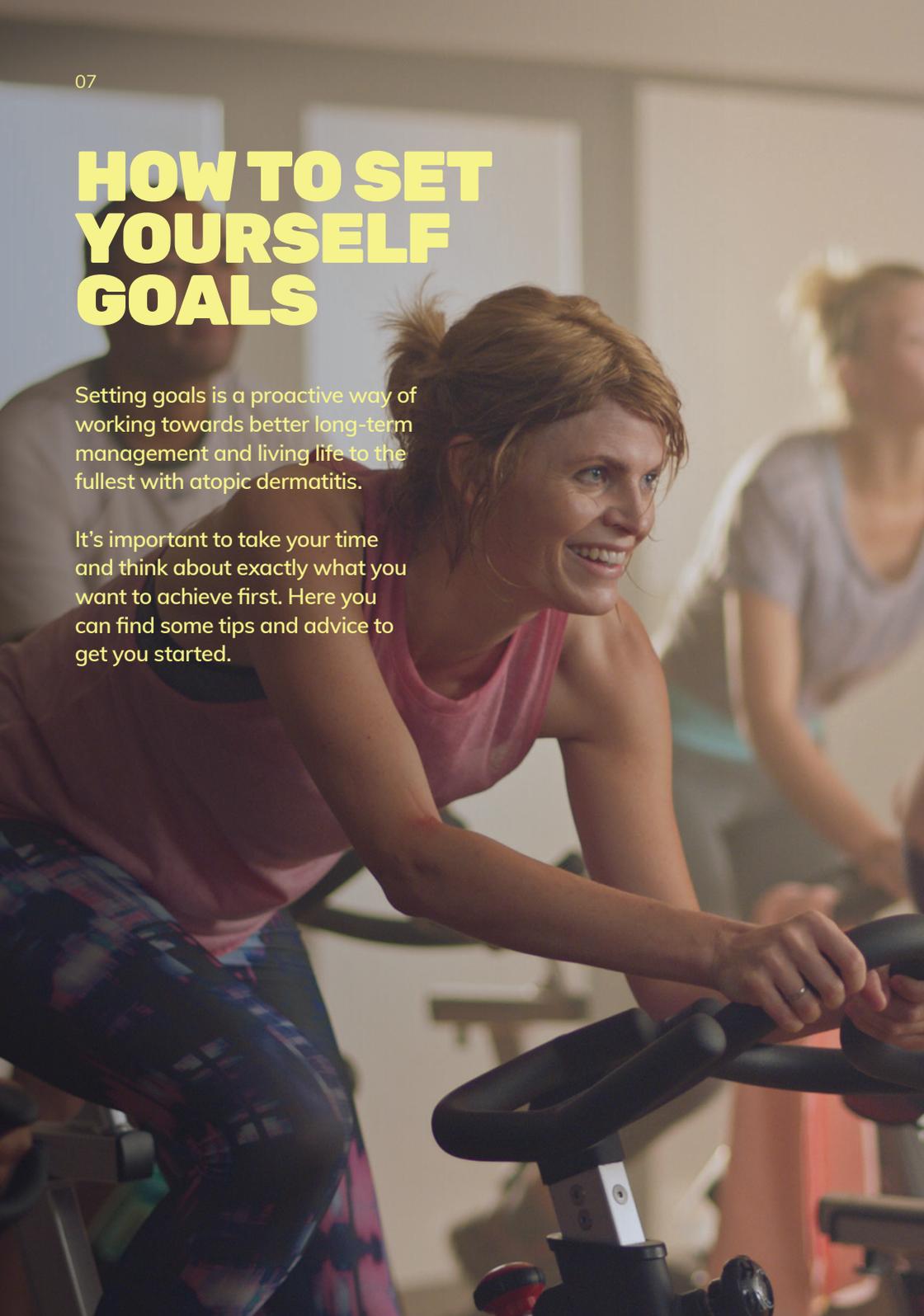
You may have a general sense of what you'd like to change, but setting yourself specific goals can help you take a well-organised, step-by-step approach towards better managing your atopic dermatitis in the long-term.

So have a think about what you want to change and the difference it would make to you. If there is something you want to strive for, setting yourself a goal can help you have the conversation you need with a dermatologist.

# HOW TO SET YOURSELF GOALS

Setting goals is a proactive way of working towards better long-term management and living life to the fullest with atopic dermatitis.

It's important to take your time and think about exactly what you want to achieve first. Here you can find some tips and advice to get you started.



## 01 **Think about your current life with atopic dermatitis**

Consider how atopic dermatitis is affecting you now. How does it impact your life? Do you do anything differently because of it? This might be little day-to-day things, or bigger personal milestones. How does it make you feel? Has your atopic dermatitis been getting in the way of something that's important to you?

## 02 **Think about what you want from the future**

What would you like to be different from this point on? This could include improving certain symptoms, such as reducing your lesions and itch. You may want to gain better control of your atopic dermatitis enough to be able to do something you've always wanted to do, or something you used to enjoy, but have stopped doing. Whatever your goals are, they should be personal to you.

## 03 **Prioritise your goals**

The next step is getting your goals down on paper. Make a list of your goals, then review them to make sure the ones that are most important to you are at the top.

## 04 **Break each goal into smaller ones**

If you want to aim for something big or long term, break your goal down into achievable smaller chunks so you can work towards it step-by-step. This can also help you to think through the challenges you might face along the way, so you can prepare how you will deal with them.

## 05 **Review your progress**

Set yourself reasonable time limits for achieving individual tasks and check in on your progress at regular intervals.

## 06 **Share your goals with a dermatologist**

It's important to get the right support from the right people. Sharing your goals with a dermatologist means they can offer you expert help to achieve them. You can find more tips in the 'Talking to a dermatologist' section of this guide.

# KEEPING TRACK OF YOUR GOALS

Use this page to plan your goals and to keep track of progress.

## My goal is to

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## I want to achieve my goal by

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## Steps to achieving my goal

STEP 1

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STEP 2

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.....

STEP 3

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STEP 4

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## My progress

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DD / MM / YY

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# TALKING TO A DERMATOLOGIST

Keeping a specialist up-to-date about how you're doing can help you work together to better manage your atopic dermatitis. Here are some tips to help you make the most of your next appointment.

## 01 Be open, honest and as specific as possible

Without the full story about what is most important to you and how atopic dermatitis is affecting your life, dermatologists are working at a disadvantage.

That's why you may want to let them know:

- *What symptoms you are experiencing*
- *The areas of your body that are most commonly affected*
- *How your symptoms have been affecting you*
- *What changes you have made to your life and habits because of atopic dermatitis*
- *What impact atopic dermatitis has on everyday activities and your enjoyment or ability to participate fully in these*
- *How long you have been experiencing symptoms for*
- *How often you experience flares*
- *The types of treatments you have used to treat your symptoms, both in the past and currently*
- *The goals you want to work towards*

## 02 Keep track of your symptoms

To help you share important information in your appointments, it can help to keep track of your symptoms – you may want to use a diary or an app like “EZ Track for AD”.



## 03 Get it down on paper

To help you remember everything you want to cover in your appointment, it can be helpful to write it all down. You can use the notes section in this guide to help you do just that.

## 04 Use your appointment time wisely

At the start of the appointment, let the dermatologist know that you have a certain number of questions or concerns written down. Then discuss each one in more detail.

## 05 Don't be afraid to speak up

If you feel like you haven't covered everything you wanted to, or you have any questions, make sure you raise it, so you make the most of the time.



Taking proactive steps to understand your atopic dermatitis can help you feel more confident about controlling it. If you have any questions or concerns, it's important to talk to a dermatologist.

You can also use the EZ Track app to keep track of your symptoms and to find advice and tips about living with atopic dermatitis.



For more information and support to help you between your appointments, check out...

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*Sanofi and Regeneron are committed to providing resources to advance research in dermatology in areas of unmet medical needs among patients with poorly controlled moderate-to-severe atopic dermatitis.*

References: 1. Bieber T. *Ann Dermatol* 2010; 22: 125–137. 2. Weidinger S et al. *Lancet* 2016; 387: 1109–1122. 3. Zuberbier T et al. *J Allergy Clin Immunol* 2006; 118: 226–232. 4. Sanofi Data on File. February 2018 5. Coulter A et al. *Cochrane Database Syst Rev* 2015;(3):CD010523.

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