

- 7. Do you think you need to be referred to a dermatologist?**
 Yes Maybe No (if yes, please inform your GP)
- 6. How does eczema affect your day to day life? (e.g. work, socialising, sex, mood)**
 Yes Maybe No
- 5. Has your skin become more inflamed after applying any particular products?**
 Yes Maybe No
- 4. Is it helping your skin?**
 Yes Maybe No
- 3. Which emollient are you currently using?**
 Not itchy Unbearably itchy
- 2. If you have experienced itching, how severe has it been?**
 Sleep disruption Self consciousness
 Itchiness Flaking Inflamed patches
- 1. Have you been experiencing any of the following symptoms in the past 4 weeks?**
 Yes No
- 1. Have you been experiencing any of the following symptoms in the past 4 weeks?**
 Yes No

Symptom Tracker

- 4. Do you believe the oral steroids are working?**
 Yes Maybe No
- 3. How long were you taking the oral steroids?**
 Yes No
- 2. Have you used oral steroids in the past 4 weeks?**
 Yes No
- 1. Have you used oral steroids in the past year?**
 Yes No



Symptom Tracker (continued)

- 1. Have you considered any of the following triggers?**
 Stress Dust Mould Pollen levels
 Temperature changes (e.g. heating) Humidity
 Cold weather Hot weather Exercise
 Sweat Home fragrances Laundry products
 New skin care ingredients Clothing/materials
 Foods Hormones/menstrual cycle Sleep
 Pet hair/dander Alcohol

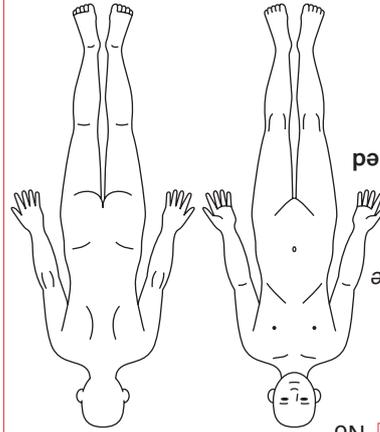
If eczema is affecting your **genital area**, it is important that you inform your GP

Topical Steroid Addiction

- 1. Have you been experiencing any of the following symptoms in the past 4 weeks?**
 Inflammation spreading to new areas (redness in lighter skin or hyper-pigmentation in darker skin)
 'Bone deep', uncontrollable itch
 Burning or stinging sensation
 Skin cycling between extreme inflammation, raw and oozing and then excessive shedding
- 2. Is your skin flaring in different areas to your usual eczema?** Yes Maybe No
- 3. In the past year has the amount of steroids you use increased?** Yes No
- 4. In the past year has the strength of steroids you use increased?** Yes No

If you have answered yes to more than one of the above, there is a chance you may be developing a resistance to steroids. Please inform your GP and go to: scratchthat.org.uk/support

If you are worried your skin isn't responding to topical steroids, please inform your GP



- 6. Do you believe the topical steroids are working?**
 Yes Maybe No
- 7. In the past 4 weeks, where has your skin been flaring? Lightly shade in the appropriate area(s) on the diagram.**
- 8. In the past 4 weeks, where have you applied the topical steroids? Circle the appropriate area(s) on the diagram.**
- 3. How many days in a row was it applied?**
 Yes No
- 4. How many times a day was it applied?**
 Yes No
- 5. In the past 4 weeks when the steroids have been applied, what has been the effect?**
- 1. Have you used topical steroids in the past 4 weeks?**
 Yes No



Corticosteroid Use

APPOINTMENT DISCUSSION GUIDE

If you use steroids to treat your skin condition, you could be at risk of developing a dependency.

This is when your skin stops responding to steroid treatment and starts flaring in different areas to your usual eczema (this is referred to as '**Topical Steroid Addiction**'). Being aware of the symptoms and being able to communicate them to your doctor effectively is crucial in managing your skin condition and reduces the chances that you will develop a resistance to steroids in the future. Taking photos of your skin prior to any appointments can be helpful.

Important questions to remember:



SCRATCH THAT.

Use this guide to keep track of your symptoms and how your skin is responding to treatment. Share this with your doctor in your next appointment for a more focused and productive discussion about your treatment options.

For more information, visit scratchthat.org.uk

