Atopic dermatitis (AD), also termed eczema, is a type of inflammatory skin disease that disrupts the skin barrier and its ability to hold moisture. It is the most common chronic skin disease and is genetically transmitted. AD affects individuals of all ages but most commonly begins in infancy and early childhood. It can last into adulthood and also can begin developing in adulthood.

**SKIN SYMPTOMS**
- Acute form: itchy, red, small, flat lesions or oozing
- Chronic form: dry, thickened, reddened skin
- Skin can show acute, subacute, and chronic forms
- Infants: affects face and neck, less commonly limbs and trunk
- Children and adults: affects face, skin folds, neck, back, and buttocks
- Skin can show acute, subacute, and chronic forms
- Chronic form: dry, darkened, thickened skin

**Socioeconomic Burden**
- Refers to the additional financial burden on the severity and extent of the disease.
- Inpatient financial burden: increased costs due to hospitalizations and medications.
- Out of pocket costs: increased costs due to over-the-counter medications and treatments.
- Impact on work and school productivity: decreased productivity due to missed work and school days.
- Impact on quality of life assessment: decreased quality of life due to symptoms and their management.

**Quality of Life Concerns**
- Co-pays for numerous specialists and medications:
  - Medications that insurance might not cover
  - Co-pays for numerous visits to specialists and medications

**References**
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- Marcella Aquino, MD
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**TRIGGERS**
- Allergens in the environment
- Weather changes
- Irritants
- Microbial infections
- Stress
- Harsh soaps and detergents
- Contact dermatitis
- Temperature and humidity
- Contact dermatitis
- Viral infections
- No protective clothing for dry and cold weather
- Stress
- Allergic triggers
- Allergic triggers
- Loss of sleep
- Allergic triggers
- Sometimes food allergens (more common in children)
- Lack of sleep
- Microbial infections
- Weather changes
- Allergic triggers
- Airborne and contact allergens
- Allergic triggers
- Temperature and humidity
- Contact dermatitis
- Viral infections
- No protective clothing for dry and cold weather
- Stress
- Allergic triggers
- Allergic triggers
- Loss of sleep
- Allergic triggers

**TREATMENT OPTIONS**
- Oral corticosteroids (though not preferred)
- Phototherapy
- Phosphodiesterase inhibitors such as crisaborole
- Immunosuppressants
- Topical corticosteroids
- Antihistamines

**Out of pocket costs**
- Increased costs due to medications.
- Co-pays for numerous visits to specialists and medications.
- Impact on work and school productivity: decreased productivity due to missed work and school days.
- Impact on quality of life assessment: decreased quality of life due to symptoms and their management.

**The “Atopic March”**
- Begins in infancy and early childhood. It can last into adulthood and also can begin developing in adulthood.
- Associated with a natural progression of allergic diseases that often begins early in life.
- Often characterized by dryness, scaling, oozing and crusting.
- Can be severe and persistent.
- Can lead to infections and viruses.

**Skin Disease**
- Atopic dermatitis (AD), also termed eczema, is a type of inflammatory skin disease that disrupts the skin barrier and its ability to hold moisture. It is the most common chronic skin disease and is genetically transmitted. AD affects individuals of all ages but most commonly begins in infancy and early childhood. It can last into adulthood and also can begin developing in adulthood.

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