

Understanding

Atopic Dermatitis



Featuring:

Lisa and her mom

The stars of this book







Flashback to Dr. Greg's childhood...

I was 12 years old, standing by my locker getting my books for my next class when a friend raised his hand to give me a high five.



Woah! What's up with your wrist, dude?



Hi, Greg! Hi, Jamal. And ummm, Jamal? It's atopic dermatitis. I have it too. And you can't catch it from a high five or from touching someone who has it.

You can't?

Nope.

Nope.

Then what is it?



The present day...

Yeah, what exactly is atopic dermatitis?

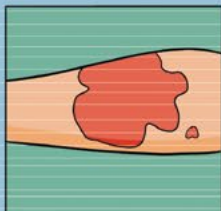
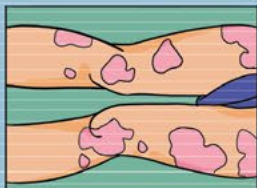
Here, let me explain better.



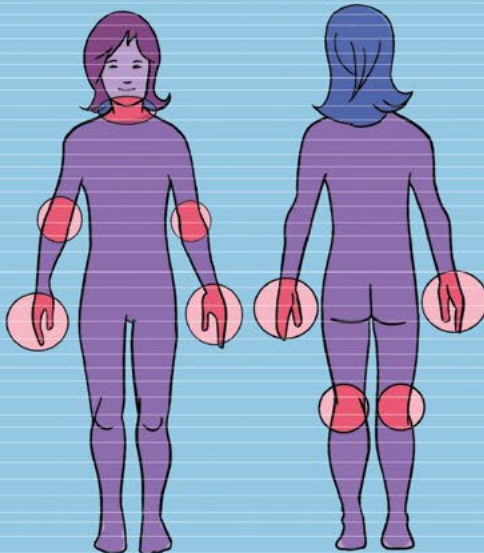
Atopic dermatitis, or eczema (EK-zeh-ma), is a condition that affects the skin. It can make your skin dry, red, itchy, and rough.

It's also more common in people of color, like me, than in people with lighter skin.

ATOPIC DERMATITIS



In older children, atopic dermatitis usually affects the skin on the neck, elbow creases, hands, and the back of the knees.

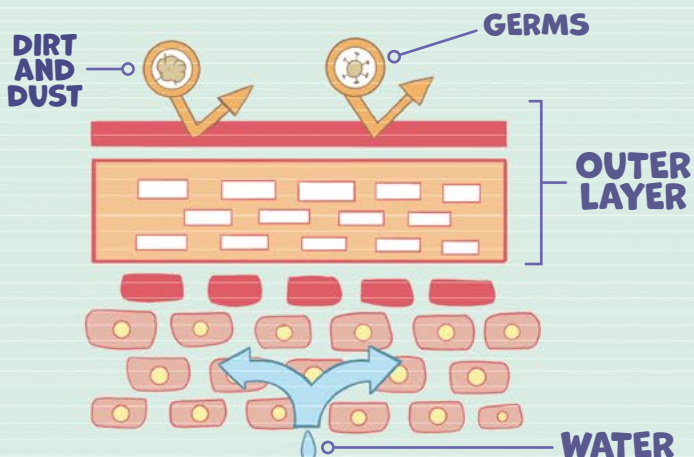




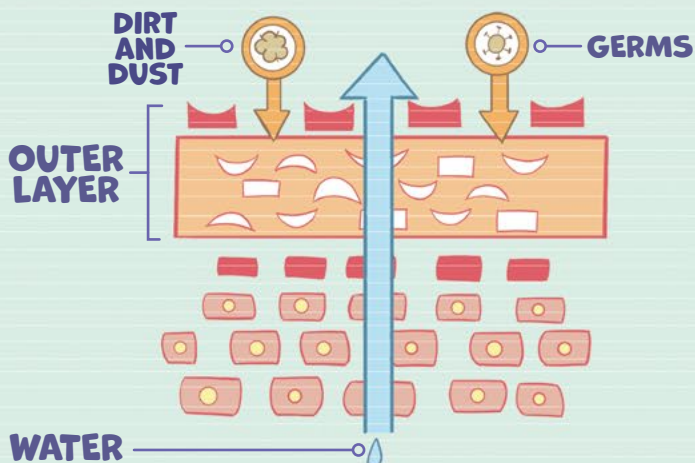
HEALTHY SKIN

Atopic dermatitis happens because the outer layer of the skin doesn't work the way it should.

You see, the outer layer protects the inside layers of our skin. It keeps water in and germs and dirt out.



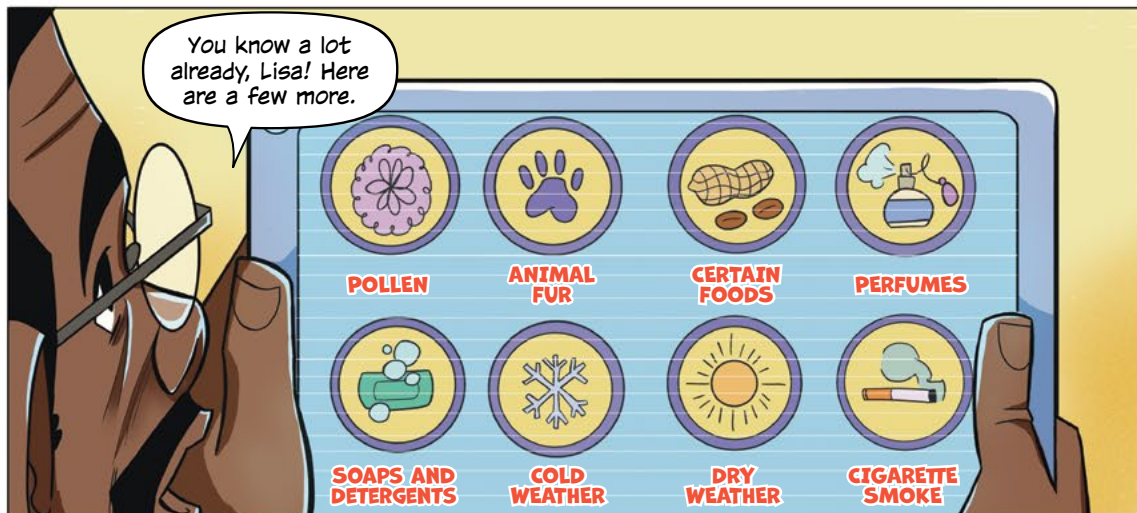
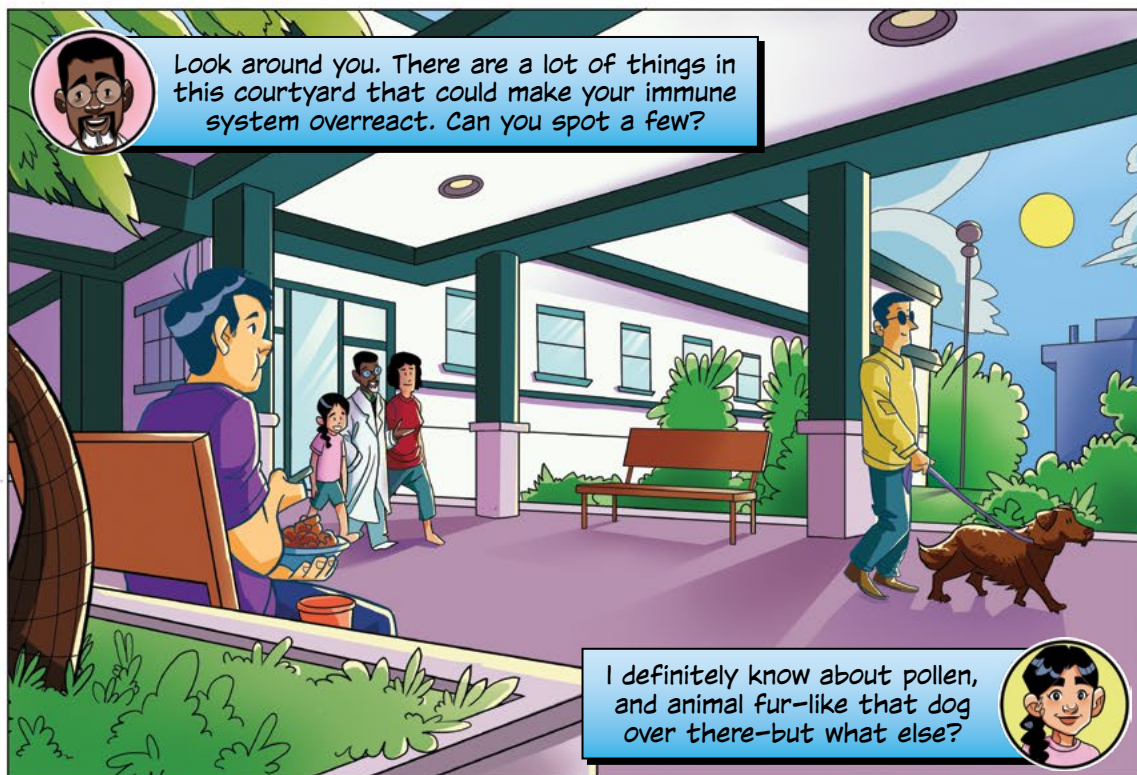
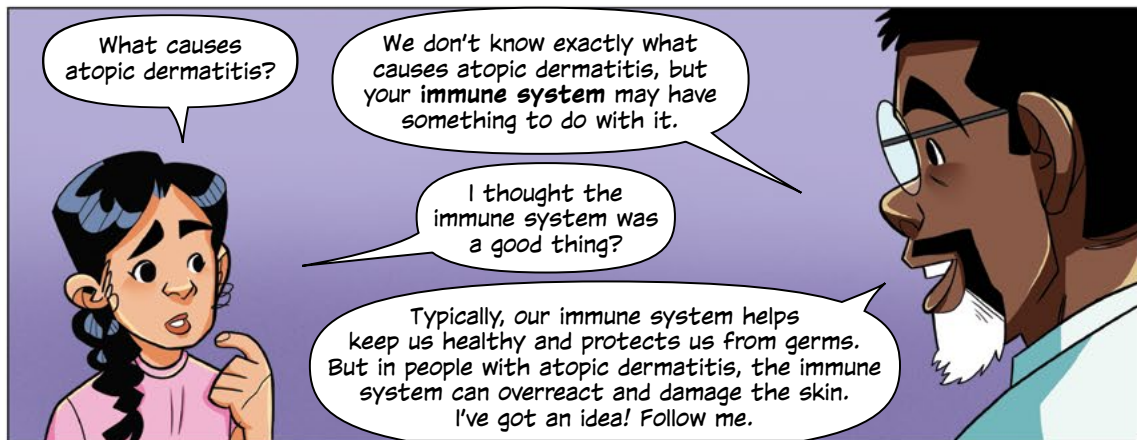
DAMAGED SKIN



When you have atopic dermatitis, the outer layer of the skin becomes damaged.

This lets water out, making your skin dry, and lets dirt and germs in.







Once you know your triggers, there are things you can do to help avoid or manage them.

WAYS TO MANAGE OUTDOOR TRIGGERS:

COLD, DRY AIR.



- Put cream on your skin many times a day.
- Wear layers of clothes made of cotton instead of wool.

HEAT AND HUMIDITY



- Stay in air-conditioning if you can and try not to sweat or get too hot.
- Wear loose-fitting cotton clothing.
- Stay in the shade.
- Use fragrance-free sunscreen.

POLLEN AND MOLD



- Stay inside if you can, with the doors and windows closed.
- Don't go near grass that's just been cut.



WAY TO MANAGE INDOOR TRIGGERS:

HEAT



- Stay in air conditioning in the summer.
- Don't use too many covers at night.

DUST



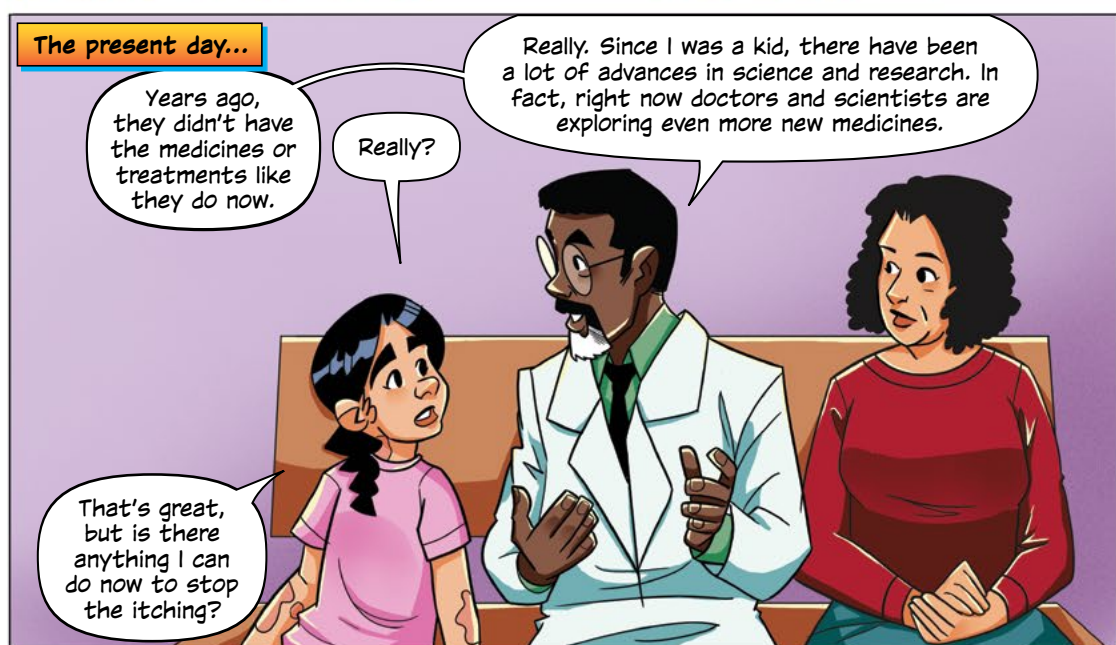
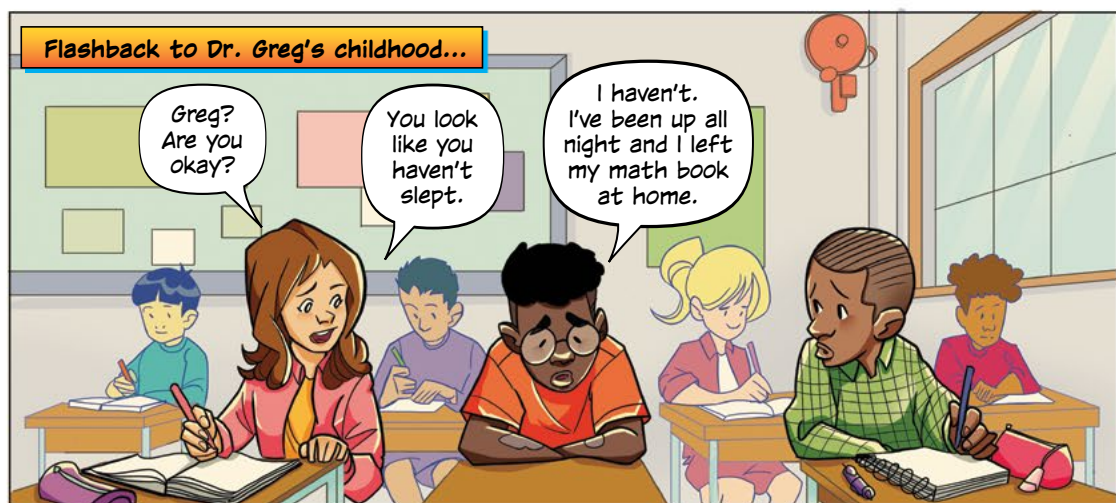
- Dust your room every week.
- Help your parents wash your bedding and stuffed animals.

PETS



- If you have a pet, try to keep it out of your bedroom.
- Help your parents vacuum carpets and furniture.







Dr. Greg then explained how putting on a thick cream or ointment every day helped his atopic dermatitis feel less itchy and dry. He also told Lisa what type of material to look for when picking out clothes so they don't irritate her skin as much.



Put thick cream or ointment on your skin every day to help with the dryness and itching.



Use gentle, fragrance-free soaps and creams.



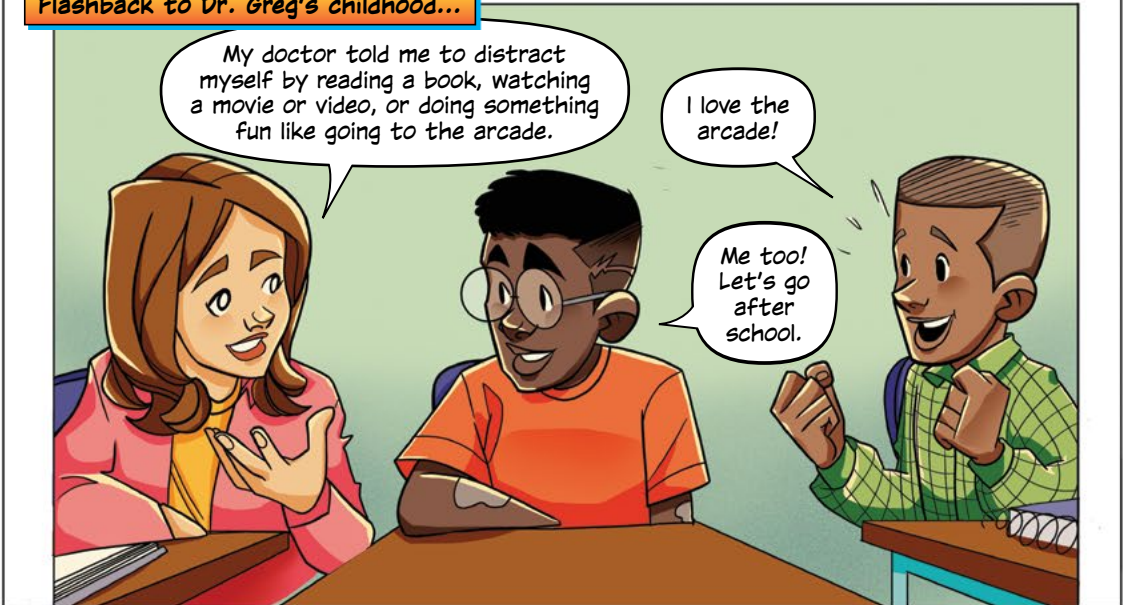
Take a bath or shower every day with warm (not hot) water.

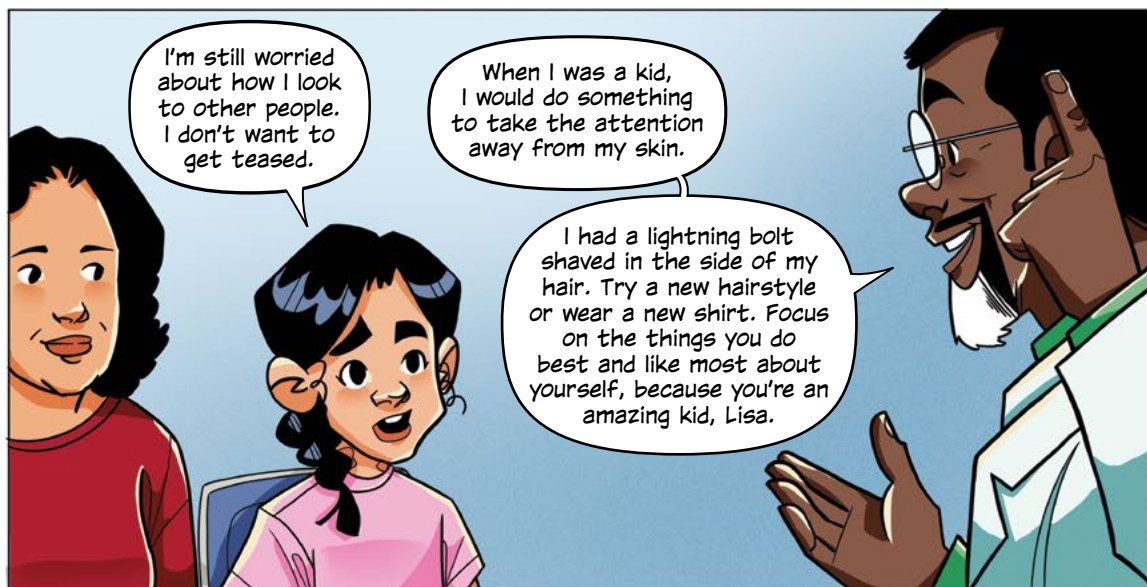


Wear clothes made of soft, light material such as cotton.



Flashback to Dr. Greg's childhood...







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Atopic Dermatitis

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Sanofi - Understanding Atopic Dermatitis Comic Book - 11-Sep-2024 - English (Principal) - V1.0