

Title: A Survey of Adults with Atopic Dermatitis Reveals a Need For Better Symptom Control

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Introduction: Atopic dermatitis (AD) is a chronic inflammatory skin disease that affects children and adults. Although the majority of patients affected are children, AD persists into adulthood for approximately 2% to 3% of adults in the United States.[1] Among adults there is a high disease burden and impact on quality of life associated with AD.[2] This study examined patient-reported concerns, satisfaction with treatment, and therapeutic goals among patients with AD.

Methods: WebMD conducted a consumer survey from October 2, 2019 to April 2, 2020.[3] Data were collected anonymously via pop-up from the WebMD page. The study was exempt from institutional review board approval. Respondents included in this study were from the United States, were age 18 years or older, and were diagnosed with atopic dermatitis (AD) or eczema (or were the caregiver for someone with AD).

Results: Of the N=382 patients who self-reported having AD, 25% were male and 75% were female. The majority of patients (41%) reported being diagnosed with AD for 10 years or more, and 35% and 19% reported having moderate or severe AD, respectively. The 3 most problematic symptoms were very bad itching (70%), dry sensitive skin (49%), and peeling or flaking skin (42%). Inadequate symptom control was noted as a concern among 43% of respondents. Sleep (45%), self-confidence (45%), and mood/irritability/happiness (42%) were areas that most impact life according to respondents. Among those who responded, AD always or often impacts patients' lives (45%), causes frustration (51%), and causes embarrassment about appearance (40%). 59% of patients reported currently being treated for AD; however only 37% report being satisfied or very satisfied with their current treatment. Moreover, 70% reported that their symptoms are moderately controlled at best with current therapy. Lastly, 42% of patients reported that the most important goal for AD treatment is the immediate and sustained reduction in pain and itch.

Discussion: Our study confirms the substantial burden of AD on patients and emphasizes the need for better use of available effective therapies in the right patients to improve control of AD symptoms.

References:

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