A Survey of Adults With Atopic Dermatitis Reveals a Need for Better Symptom Control

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BACKGROUND

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

Research Questions:

1. Assess the burden of AD on patients
2. Evaluate patients' satisfaction with AD therapy
3. Determine patients' AD treatment goals

Patients with atopic dermatitis and their caregivers (n=382)

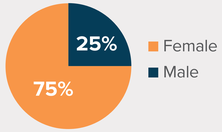
WebMD conducted a consumer survey from October 2, 2019 to April 2, 2020.[3] Data were collected anonymously via pop-up from the WebMD page. The study was exempt from institutional review board approval. Respondents included in this study were from the United States, were age 18 years or older, and were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

RESULTS

DEMOGRAPHICS

Of the 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.

GENDER

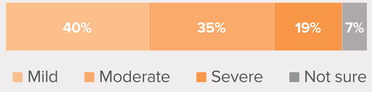


TIME WITH AD

How long have you/the person you care for been diagnosed with eczema/atopic dermatitis?

SEVERETY

How severe is your/your loved one's eczema/atopic dermatitis?

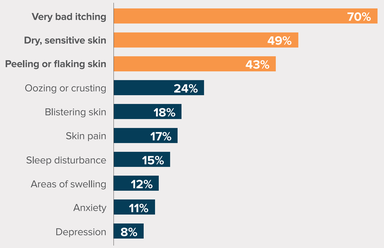


BURDEN OF AD

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 impacted life according to respondents. Among those who responded, AD always or often impacted patients' lives (45%), caused frustration (51%), and caused embarrassment about appearance (40%).

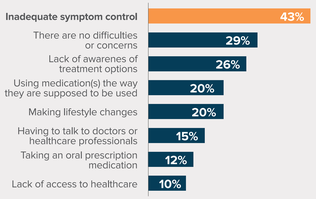
MOST PROBLEMATIC SYMPTOMS

What are the three most problematic eczema/atopic dermatitis symptoms that you have/ the person with you care for has experienced?



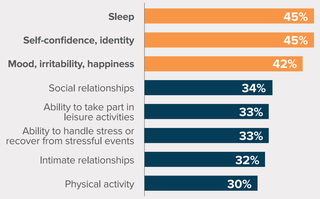
CONCERN

What difficulties/concerns do you have about living with/caring for someone with eczema/atopic dermatitis?



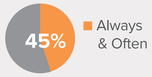
IMPACT ON LIFE

For each of the items below, please indicate how much eczema/atopic dermatitis has impacted that area of your life. If you are responding as a caregiver, please think about the effects on YOUR OWN life.



FREQUENCY OF IMPACT ON LIFE

How frequently does your, the person you care for's eczema/ atopic dermatitis impact your life.

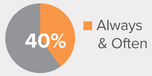


FRUSTRATION

How often are you/is the person you care for frustrated by this disease?

EMBARRASSMENT

How often do you feel embarrassed by your/the person you care for's eczema/ atopic dermatitis's appearance?

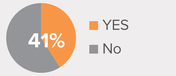


TREATMENT SATISFACTION

41% of patients reported currently being treated for AD; however only 37% reported being satisfied or very satisfied with their current treatment. Moreover, 70% reported that their symptoms were moderately controlled at best with current therapy.

CURRENT TREATMENT

Are you currently being treated for eczema/atopic dermatitis?



SATISFACTION WITH TREATMENT

How satisfied are you with your current treatment for eczema/atopic dermatitis?

LEVEL OF CONTROL

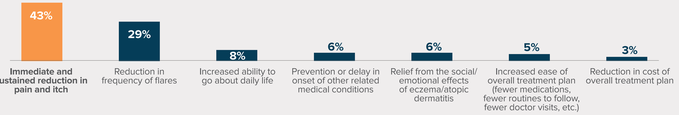
How controlled are your symptoms with current therapy?

TREATMENT GOALS

42% of patients reported that the most important goal for AD treatment is the immediate and sustained reduction in pain and itch.

MOST IMPORTANT GOALS

What is the MOST IMPORTANT goal that you have for your eczema/atopic dermatitis treatment?



CONCLUSION

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.

ACKNOWLEDGMENTS

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For more information, please contact Shari Dermer at *sdermer@medscape.net*.

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