

SYMPTOM BASELINE

Tracking your eczema symptoms—like dryness, redness, flaking, cracking, and itching—can be helpful for your next conversation with your healthcare provider. This tool is meant as a guide for your discussion, to help support you on your journey to relief.

Let's establish a baseline

1. Which eczema symptom(s) do you experience? Check all that apply.

Itch Dry skin Inflamed skin that appears red, darker brown, purple, or ashen gray
Rough or scaly patches of skin Other

2. Which areas of your body are affected by eczema? Check all that apply.

Hands and wrists Neck Inner elbows Ankles Back of knees
Around the eyes Face Other

3. How often do you experience flare-ups? About how many times during a week/month/year? How long do they typically last?

4. Potential triggers (check all that apply):

Stress Weather Seasonal allergies Food Hormones

Other

5. What do you use to help your flares? Over-the-counter or prescription treatments? How effective would you say they are at helping with the flare-ups?

Now that you have a baseline,

start tracking symptoms to set yourself up for a more informed conversation with a healthcare provider about finding symptom relief.

SYMPTOM TRACKER

Start date/time Stop date/time Did you take a picture of the flare-up for your healthcare provider? Yes No

Symptoms (check all that apply):

Itch Dry skin Inflamed skin that appears red, darker brown, purple, or ashen gray
Rough or scaly patches of skin Other

Where did you experience symptoms (check all that apply):

Hands and wrists Neck Inner elbows Ankles Back of knees
Around the eyes Face Other

Severity of itch on a scale from 1-10. 1 being not bothersome at all, 10 being extremely bothersome:

1 2 3 4 5 6 7 8 9 10

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How did you feel during the flare-ups? Any other notes for your next conversation with your healthcare provider:

Save for later!

Eczema is a chronic condition, so be sure to print this out or bookmark it to save it for your next flare-up. Detailed notes can help facilitate your conversation with your healthcare provider at your next visit.

Scan the QR code to learn more about a treatment to help provide itch relief



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