

Designed with patients, for patients. LEO Pharma partnered with patient organisations and dermatology nurse specialists in the development of this resource.



## Chronic skin conditions

Eczema, psoriasis, rosacea and acne are chronic skin conditions that have treatments to prevent or manage flare-ups. **Even when skin looks clear, the underlying condition is still present and can flare again in the future.** These conditions are caused by multiple factors, including genes, environment, immune system changes, hormones, microbes on the skin and gut, and skin barrier function. It is important to consult a healthcare provider for diagnosis and to determine the best treatment plan.

## Managing a skin condition

Triggers can worsen or cause skin conditions to flare, and they vary for different people and conditions. **Identifying and eliminating triggers can improve skin condition** and comorbidities/ complications. Strengthening the skin barrier is important between flares and can be done through a balanced diet, exercise, sleep, hydration, and recommended creams/ointments. **Overall health affects the skin barrier, which is essential for bodily function and needs protection.**

## Things I can do to improve my skin

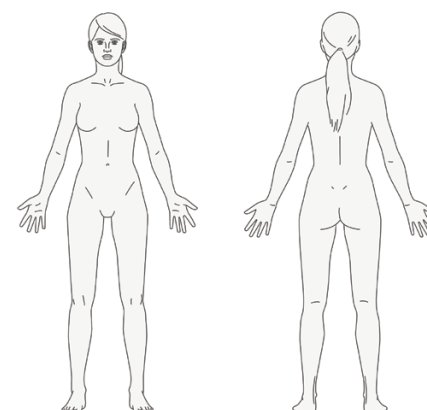
- Reduce or quit smoking/vaping.
- Drink more water throughout the day.
- Apply a moisturiser at least once a day or night or more often when the weather is dry.
- Have cooler showers/baths.
- Avoid soaps, detergents and antibacterials.
- Use gentle cleansing products that prevent skin dryness and flaking. Consider skin sensitive or hypoallergenic products.
- Eat a well-balanced diet and especially reduce sugar intake.
- Get enough sleep.
- Limit alcohol, caffeine and any food to which I am sensitive.
- Use cotton or bamboo products for wearing and sleeping.
- Keep cool.
- Limit stress where possible.
- Allergy testing.

## Management plan (between flares)

Treatment name	Benefits	Frequency	Did I notice a difference in my skin?

## When my skin flares – Score from 1–5

Score 1 for 'clear' and 5 for 'the worst it's ever been'			
Redness		Pigmentation	
Itch		Behaviour changes	
Dryness/scaling		Impact on your mood	
Pain		Impact on your sleep	
Appearance		Irritability (in children)	





## Treatment of flares

Treatment name	Benefits	Frequency	Duration of use	Any improvement seen?

## Finding triggers – checklist

This checklist includes the most common triggers for chronic skin conditions. There are many other individual factors that can contribute. For something that is not listed, add it in the 'Other' section.

Date of flare:	1.	2.	3.	Comments
<b>Lifestyle</b>				
Sleep				
Smoking				
Season/weather				
Stress				
Sun exposure				
Exercise				
Pets				
Overheating (heaters/clothing/blankets etc.)				
<b>Other:</b>				
<b>Diet</b>				
Drinking enough water				
Dairy/nuts/eggs/wheat/citrus				
Good variety of fruit and vegetables				
Alcohol intake				
Food that is high in sugar/fat/preservatives				
Caffeine				
Spicy foods				
<b>Other:</b>				
<b>Skin care</b>				
Prescribed treatments				
Cosmetics				
Sunscreen				
Regular washing				
New products				
<b>Other:</b>				

## Meeting with doctors

Use the information above to discuss your condition with your doctor. Scan the QR code at right to access a dermatology appointment notes template on the Australasian College of Dermatologists website, which you may use to prepare some questions beforehand.

