



ATOPIC DERMATITIS SYMPTOM TRACKER



Keeping track of your atopic dermatitis is important

This symptom tracker gives you a clear way to record your moderate-to-severe atopic dermatitis (a type of eczema) symptoms and help keep track of them. It can help you:

- Share important information with your doctor to help manage your atopic dermatitis
- Keep close tabs on your condition

Tips for the next 12 weeks

- Keep this tracker handy so you can **rate your symptoms** and **make note of any changes**
- Use this tracker every day after taking your pill to help **establish a routine**
- Use the calendar to help **keep track of doctor and blood monitoring** appointments



Grab a pen and let's get started



Atopic dermatitis is a chronic condition with varying severities

That's why it's important to establish where you are on your first day of treatment and help keep track of your symptoms while on treatment.



Reminder

Take pictures before you start and during your treatment to share with your doctor. Photos are a great way to document your treatment.

Your first day of treatment

TODAY'S DATE:

DD

MM

YYYY

How often do you experience atopic dermatitis symptoms over a typical week?

1-2 days

3-4 days

5-6 days

Every day

How would you rate your overall atopic dermatitis symptoms at their worst?

1

2

3

4

5

6

7

8

9

10

Manageable symptoms

Severe symptoms

How was your itch, on average, over the past 24 hours?

1

2

3

4

5

6

7

8

9

10

No itch

Worst imaginable itch

How would you describe your symptoms and itch today?

WEEK 1: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

S

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 1: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Tip

Take your medication at the same time every day to help establish a routine.

WEEK 2: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 2: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Reminder

Taking pictures of yourself throughout your treatment is a great way to help keep track of your symptoms.

WEEK 3: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 3: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Reminder

Now's a good time to make an appointment to have your blood work done.

WEEK 4: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 4: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Reminder

It's important to keep up with blood tests while you're treating your atopic dermatitis.

WEEK 5: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 5: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Reminder

Remember to bring this Symptom Tracker to your appointments to share with your doctor.

WEEK 6: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 6: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Tip

Take your medication at the same time every day. It may be helpful to keep it on your nightstand or kitchen counter.

WEEK 7: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 7: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Reminder

Don't forget to bring this Symptom Tracker to doctor appointments.

WEEK 8: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

S 2 3 4 5 6 7 8 9 10

M 2 3 4 5 6 7 8 9 10

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 8: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Tip

Keep up with the pictures! Taking photos of yourself is an important way to track your symptoms.

WEEK 9: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 9: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Reminder

Don't forget to use the calendar provided to schedule your next doctor's appointment.

WEEK 10: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 10: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Reminder

Have you taken your medication today?
Remember to follow your doctor's instructions.

WEEK 11: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 11: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Reminder

Don't forget to bring your Symptom Tracker when you have a doctor's appointment.

WEEK 12: WEEKLY SYMPTOM TRACKER

Fill in the appropriate circle to rate your daily atopic dermatitis symptoms, and use the space provided to answer the questions.

How would you rate your overall atopic dermatitis symptoms at their worst?

Manageable symptoms

Severe symptoms

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If you are using additional atopic dermatitis medications or topicals, keep track of them here.

WEEK 12: WEEKLY SYMPTOM TRACKER

How would you describe your symptoms and itch this week?

What do you think triggered your symptoms this week?

Compared to last week, did you notice any changes in your atopic dermatitis symptoms?



Reminder

Remember to take a photo of yourself to help keep track of your atopic dermatitis.

NOTES

Having a conversation with your doctor? Here's a great place to take some notes.



You play a big role in your treatment. These calendar pages can help you stay organized and help you keep track of important dates throughout your atopic dermatitis treatment.

Welcome to your personalized calendar

Use the following calendar pages to help keep track of appointments and how your treatment is going.

MONTH 1: CALENDAR

Remember to take your pill once a day, every day

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MONTH 1: CALENDAR

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MONTH 2: CALENDAR

Remember to take your pill once a day, every day

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MONTH 2: CALENDAR

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MONTH 3: CALENDAR

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MONTH 3: CALENDAR

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MONTH 4: CALENDAR

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MONTH 4: CALENDAR

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Patient Support Program

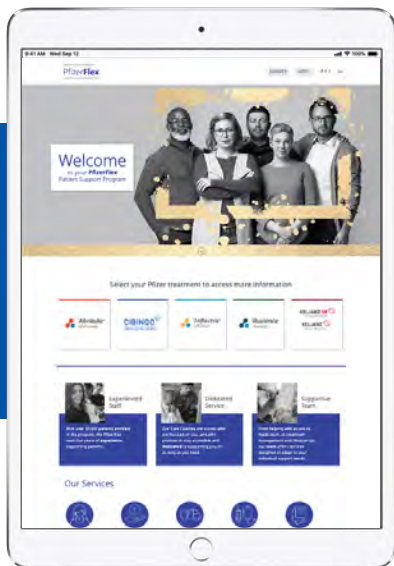
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FOR MORE SUPPORT AND INFORMATION, VISIT:

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www.eczemahelp.ca

Canadian Dermatology Association

www.dermatology.ca

Canadian Skin Patient Alliance

www.canadianskin.ca



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