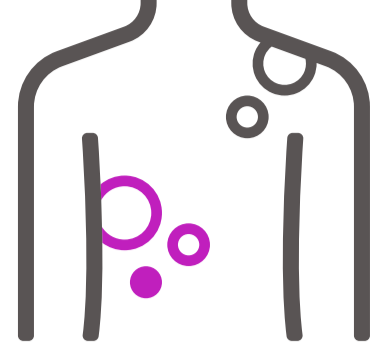


Atopic Dermatitis (AD)

What is Atopic Dermatitis?

Atopic dermatitis (AD), the most common type of eczema, is a chronic, relapsing, inflammatory skin condition.^{1,2}

AD is not contagious. It is caused by a complex interaction of immune dysregulation, gene mutations and environmental factors. This leads to inflammation and damage to the skin. The damaged skin is then more susceptible to the irritants and allergens encountered in every-day life, as well as infections.^{3,4}



Prevalence



A family history of the condition, genetic abnormalities, environmental factors, and allergies can put an individual at higher risk of developing the condition.⁴

As patients age, AD often becomes less severe, even clearing in ~60% as they enter puberty. However, ~50% of patients may experience symptoms again.⁶⁻⁸

Symptoms

The most common symptom of AD is **itch**.

AD is characterized by itchy skin that turns into an itchy, red rash. It can develop anywhere on the skin at any time, but the body area affected and type of rash often depend on the person's age²:



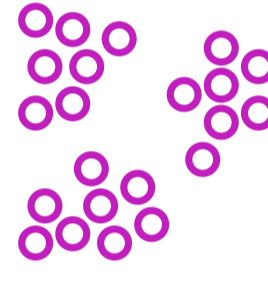
Infants often develop a rash on their cheeks that feels dry, raw, and scaly

Children often develop a rash on the inside of their elbows and back of the knees

Adults with AD can have patches of skin that are thick and leathery from years of inflammation and itching, appearing as dark or light skin patches

People with AD have a high risk of developing skin infections from bacteria, viruses, and fungi.¹

Infection by bacteria, such as *Staphylococcus aureus* is particularly common



Patients with AD are at an increased risk of developing other allergic diseases, including asthma, allergic rhinitis and food allergies.⁶

Disease Burden

AD can cycle through periods of dormancy and active disease. Each person has unique AD triggers that can cause their disease to become active. These may include things like²:



Foods



Stress



Skin care products



Types of clothing



Laundry detergents



Cleaning products



Other environmental factors

Active AD can negatively affect quality of life and the psychological stress of AD can further provoke disease activity.⁶ Adults with AD report that the condition⁹⁻¹²:

- Limits their lifestyle
- Makes them feel angry or embarrassed about their appearance
- Causes them to avoid social interactions

Patients, including infants, may have trouble sleeping and be generally uncomfortable, regardless of disease severity.^{2,6}

AD in children has been shown to lead to distress, anxiety, embarrassment, poor self-esteem, and a lack of self-confidence.⁶

In school-aged children, AD has been shown to impair⁶:

- Performance of daily activities
- Performance at school
- Participation in sports and outdoor activities

Treatment

A major part of AD management is hygiene and skincare routines¹³:



Avoiding itching/being gentle with the skin



Applying moisturizer, including emollients (medical moisturizers)



Short, warm baths with non-irritant soaps followed by immediate use of moisturizers



Wet-wrap therapy (wrapping parts of the body in fabric after application of skin products to increase absorption and lock in moisture)

Avoiding triggers is also an important part of preventing flares.²

Medicines might include¹³:

- Topical agents, such as corticosteroids or antimicrobials
- Phototherapy (light therapy)
- Systemic treatments (treatments that circulate through the whole body)

There is a significant unmet need for additional medications to help treat AD.

Bristol Myers Squibb is committed to researching and pursuing new treatment options to help free patients and their loved ones from the burden of atopic dermatitis and other immune-mediated diseases.

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