

# 5 Questions to Ask When Your Eczema is Hard to Manage

Treating eczema can feel challenging. It can take time to work out a treatment plan. Consider writing down the following information for the next time you talk with any of your health professionals to help support eczema management that works best for you:

- **Your eczema treatment history, and**
- **What really matters to you about your quality of life.**

Here are 5 questions to ask next time you are seeing a health professional about your eczema.

## 1 Why isn't my eczema treatment working?

- Finding out what works best for your eczema can take time and feel frustrating.
- Discuss your current eczema treatments and management plan with your health professional. Regular communication is essential. They can help identify obstacles to treatment success and ensure your Eczema Care Plan meets your needs.

## 2 What eczema treatment options are available?

- Sometimes a change to dose, strength or frequency of treatments can make a difference. Or it might be time to try another treatment. Talk with your health professional about what could make a difference for you.

## 3 What are the benefits and risks of these treatments?

- Eczema treatments can have both benefits and risks.
- When your health professional recommends a treatment or medicine, ask questions about side effects and what they might mean for you.
- If you experience side effects that are hard for you to manage, tell your health professional. There may be other options you can try.

## 4 When is it time to be referred and who to?

- Depending on what aspects of your eczema treatment you are finding frustrating, a referral can be helpful.
- Your health professional may suggest referral to a specialist such as a dermatologist or mental health professional. It's okay to ask about these options if you feel you need more support.

## 5 What other support is available?

Talk with your doctor or health professional about support that suits your needs, like:

- ✓ **Online resources** ✓ **Support groups** ✓ **Community organisations** ✓ **Financial support** ✓ **Mental health support**

## OTHER HELPFUL INFORMATION

Discover tools, insights, and support for your eczema care journey. Access Eczema Support Australia's resources, the Eczema Care Plan, tips for finding reliable health information, and guidance on healthcare financial decisions. **Scan the QR code or visit the web address to get started.**



*I was so disgruntled in my 40s after struggling with eczema most of my life, but having the opportunity to ask these questions has given me hope. Life is now so much brighter now that I can better navigate management of my eczema.*

*Jamie*



Medcast

