

Antonio Torrelo¹ Marketa Saint Aroman² Juliette Murriss³ Stéphanie Merhand⁵ Charles Taieb⁴

¹ Hospital Nino Jesus; Hospital Nino Jesus; Dept of Dermatology ² Pierre Fabre; Patient centricity Dpt; Medical Direction
³ Pierre Fabre, Biostatistician – RWE&Datas; ⁴ EMMA; Patients Priority, ⁵ France 3A, Association de patients, France

INTRODUCTION

Atopic dermatitis, also known as atopic eczema, is a chronic inflammatory skin disease. It develops preferentially in infants and children but can persist and sometimes appear in adolescents and adults. While the impact of eczema in young has been extensively studied, the assessment of the impact of eczema in adults has been less studied. It is clear that these adults need treatment adapted to their situation.

MATERIAL & METHODS

Population-based study using a representative sample of the general population aged ≥ 18 years from six countries (Canada, China, Italy, Spain, Germany, and France). All participants were asked to fill in a digital structured questionnaire. We inquired about the presence of skin disease their eventual localisation

RESULTS

A total of 13,138 adult participants responded to the questionnaire (2,011 Canadian, 3,050 Chinese, 2,000 French, 2,000 Italian, 2,040 Spanish and 2,037 German). Among these participants, 26.2% (n=3,450) suffering from skin diseases, including, eczema (9.74%; n=1280). We isolated 717 individuals who did report exclusive eczema over the last 12 months. Fifty-three percent were women; the average age was 43.9 ± 14.4 .

Fifty-two percent (n=376) claimed a localized of their eczema on visible area. Of these, 54.5% (n = 205° reported a visible location that involved only the hands, 38.6% (n=145) only the face and 6.9% a double involvement of the hands and face.

31.8 percent (n=118) considered their skin condition to be a nuisance in their personal life and 26;1% (n=71) considered it to be a nuisance in their professional life.

16.5 % declared having been in contact with a patient association (8% in the population without visible dermatosis)

16.2% considered their sex life to be affected, and 14.4% believed that the condition caused difficulties in their relations and 16.7% with their partner

32.7% percent admitted to having difficulties sleeping, and 37.7% reported being tired. In terms of stigma, 17% of people with eczema felt rejected, 19.4% felt looked upon with disgust, and 34.8% expressed a feeling of discouragement.

Fifty-seven percent reported consulting a health professional (65;8% a dermatologist, 35;2% a GP, 15;3% an allergologist and 5.6% a pharmacist).

Fifty-four per cent of those who did not consult a health professional considered their eczema to not be severe enough and 60% say they can manage on their own

Twenty-one percent admitted to using alternative and complementary medicine. In this case, 36.2% preferred essential oils ,21.2% herbal medicine, and 21% practice yoga.

DISCUSSION

Our study shows; moreover, in a sufficiently robust group [which allowed the identification of patients suffering only from eczema] that the impact in terms of quality of life and daily burden of eczema in adults is far from negligible. The impact on quality of life is strongly related to the experience of the individual patient but the stigma of patients and the feeling of rejection is very real.

