LA ROCHE-POSAY
LABORATOIRE DERMATOLOGIQUE

Adults suffering from moderate to severe Atopic Dermatitis (AD) would experience a negative impact on quality of life

ATOPY   HOT TOPIC

Atopic dermatitis is a chronic, lifelong condition for many patients, but its adult form is poorly characterized.
Gaining advantage of a multinational, clinical trial of a new human monoclonal antibody used to reduce signs and symptoms of AD, the investigators set a goal of comprehensively evaluating the profile and overall health burden of adults patients with moderate to severe AD, emphasizing patient-reported outcomes.

380 patients

Mean age: 37 years

Suffering of AD from childhood: 40%

Treated with at least one topical treatment (alone or in combination): ≃ 100%

62.9% reporting itch 12 hours a day or more

Itch was almost a constant presence, not only of duration, but also of severity, and with a substantial impact on sleep (delay in falling asleep and occasionally or frequently wake-up).

50.8% reported some problems with anxiety/depression.

These sleep disturbances may contribute to daytime sleepiness and fatigue, further reducing functional activities and adversely affecting mood

91.1% reported drying, dry or rough skin

Nearly all patients reported the frequent occurrence of bleeding, oozing, cracking, flacking or drying. But drying, dry or rough skin was the most frequently reported symptom by the highest proportion of patients. A frequent embarrassment or self-consciousness regarding appearance, which interfere with participation in relationships and daily life, including work/school, was reported.

The investigators concluded that, AD having a profound negative impact on patients' mental and physical functioning, there is a need for therapeutics and management strategies including more effective therapies directed to the underlying pathophysiology, the range of symptoms and comorbid conditions and incorporating mental health support.

Bibliography

Simpson E.L., Bieber T., Eckert L., *et al.* Patient burden of moderate to severe atopic dermatitis (AD): Insights from a phase 2b clinical trial of dupilumab in adults. J Am Acad Dermatol 2016;74:491-8.

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