



American
College
of Allergy, Asthma
& Immunology

allergist

Allergy
& Asthma
NETWORK



Your eczema symptoms have flared, and you need relief.

You've just discussed treatment options with your allergist.

Do you know which kind of treatment option might work best for you? Will a topical treatment work, or should you consider a systemic treatment – one that's different than a cream or ointment?

There's a tool available to help continue your discussion with your allergist. Go to **eczemarelief.acaai.org** to use our shared decision-making tool to guide you on your path to relief.

The web-based tool will:

- Provide information, including advantages and disadvantages about available treatments

- Help you identify which type of treatment best fits your lifestyle and beliefs
- Lead you through answering a few questions
- Guide you in continuing the discussion with your allergist about the best possible treatment

Once you've answered the questions, print your responses and bring them to your next appointment. You and your allergist can use the results to determine your best options.

Allergists are specially trained to help you take control of your eczema, so you can live the life you want.

Get started on your path to relief at eczemarelief.acaai.org

Board-certified allergists are specialists in diagnosing and treating allergies and asthma.

