

# MY TREATMENT FOR SEVERE ATOPIC DERMATITIS (SEVERE ECZEMA)

This booklet is for people aged 6-11 years with severe atopic dermatitis who have been prescribed Dupixent, and their caregivers

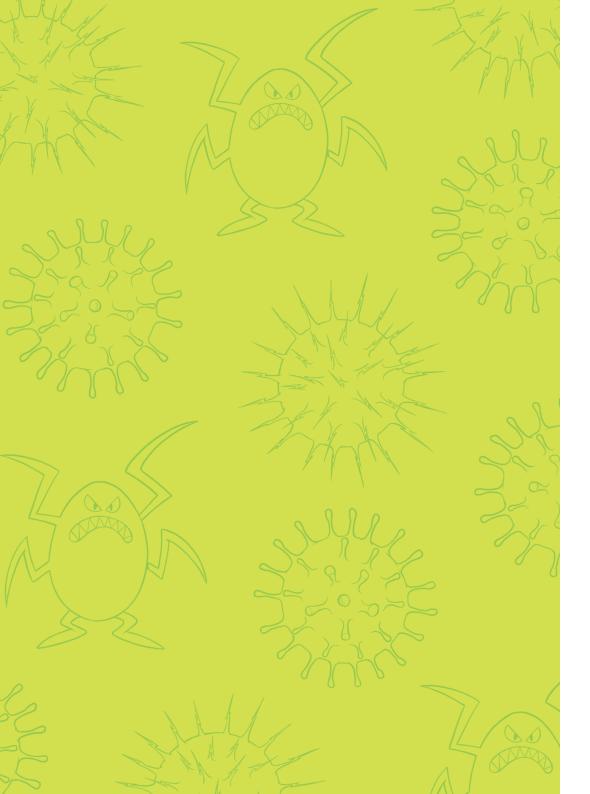


September 2023 MAT-XU-2303373 (v1.0)

This booklet is not intended to be a substitute for medical advice. Please refer to the Patient Information Leaflet in the pack for full safety information and instructions for injection.

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# LET'S GET TO KNOW DUPIXENT BETTER

Welcome to a new step in your treatment for severe atopic dermatitis – which is also known as **severe eczema**. We've made this booklet to help answer any questions you have about starting Dupixent, to help you feel confident and prepared about what to expect.

This booklet, along with the Patient Information Leaflet, should provide you with some more information about your treatment. There's also a fun game you can play as you learn more about your treatment too!



Warmly, **Dupixent MyWay Support Team** 

### **PSSST! A NOTE FOR YOUR PARENT OR CAREGIVER**

### Visit **Dupixent MyWay**

We've created some engaging content that can be accessed on the **Dupixent MyWay digital hub**. Here, you can...



## ...watch a relaxing mindfulness video

This video has been created to help your child relax while their medicine is being given using mindfulness techniques



### ...download the free-to-play game

GAME MISSION 1: For your child to use while they're given their medicine – carefully guide the MicroShips and stay as still as possible!

GAME MISSION 2: After the injection, as a reward for being brave – defeat waves of Itchy Invaders and win medals!



### ...bring the characters to life

To help your child become more engaged and eager to learn about their condition and treatment, we have also created an augmented reality (AR) feature within the game that brings the comic characters to life



Just look for the **SCAN ME** symbol throughout the comic, open the Immune MicroPilots game, and select **AR mode** to view the pictures in 3D. Download the game and try it here!



Scan the QR code or visit dupixentmyway.co.uk to access this support and more



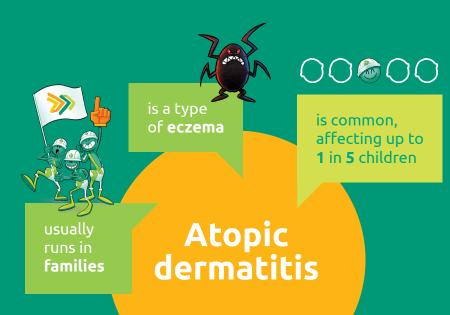


Your child can also use the wallchart and stickers included in this booklet to help track their progress

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# **QUICK FACTS**



affects **boys and girls**almost equally



is common in people who have food allergies, hayfever or asthma

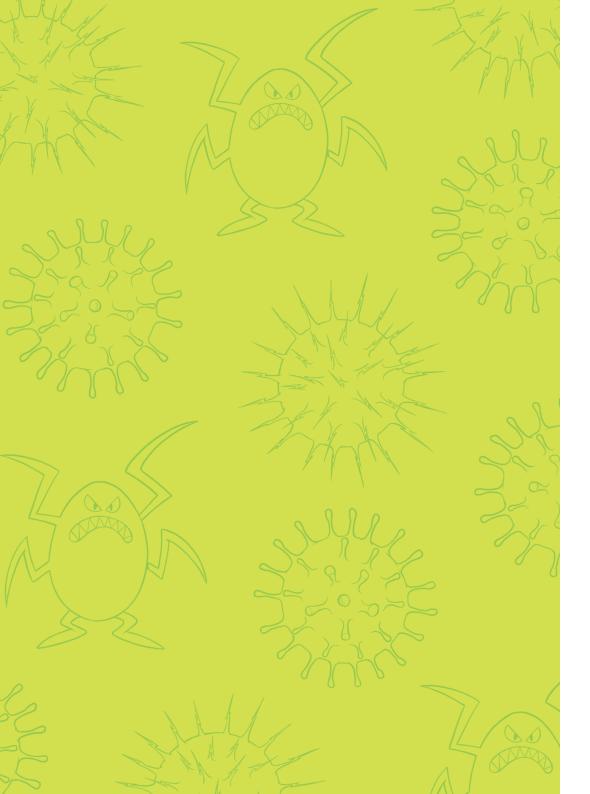
ALLERGEN DETECTED!



# WHAT IS SEVERE ECZEMA?

Helpful information for you and those around you





# **SEVERE ECZEMA**

Severe eczema (also known as 'atopic dermatitis') is a skin condition that can last a **long time**. It can make your skin feel itchy, dry, cracked, red, or sore.

It is a type of allergy (AL-ur-jee), which means that your body is having a bad reaction to something. This may include pollen, dust, soap, pet fur, and more. We call these triggers. Different people have different triggers.

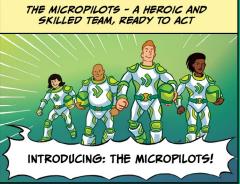
### Find out more!

Learn about severe eczema by joining the MicroPilots on their top secret mission!







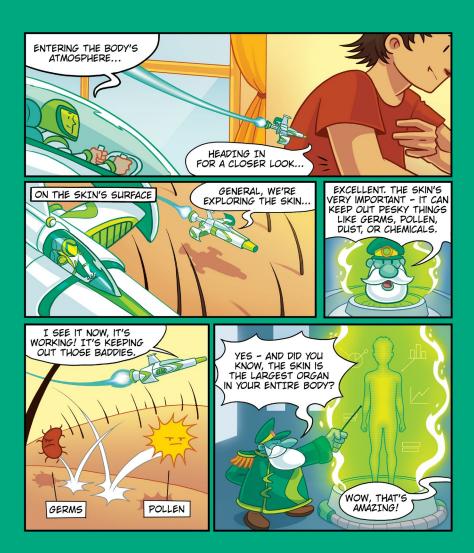
















HEALTHY SKIN

SEVERE ECZEMA



IT'S COMPLETELY
NORMAL HOWEVER, AND
ANYONE FEELING LIKE
THIS SHOULD ALWAYS
TRY TO TALK ABOUT IT,
AND LET OTHERS KNOW
HOW THEY FEEL.













2

# THE IMMUNE ARMY OH NO! WHAT ARE THESE THINGS? THEY'RE EVERYWHERE! \*GASP\* THEY MUST BE THE CAUSE OF ALL THIS TROUBLE! SCRITCHLE PIGGL! SCRITCHLE, MAGGLE SPITCHLE!





# LET'S RECAP WHAT WE LEARNED HERE!

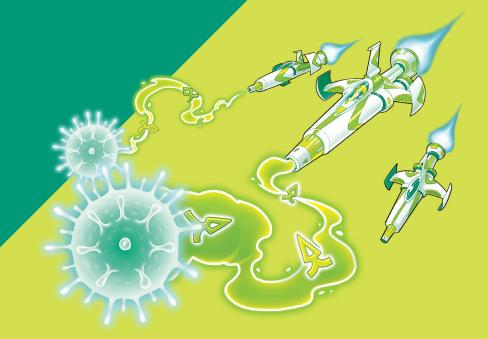


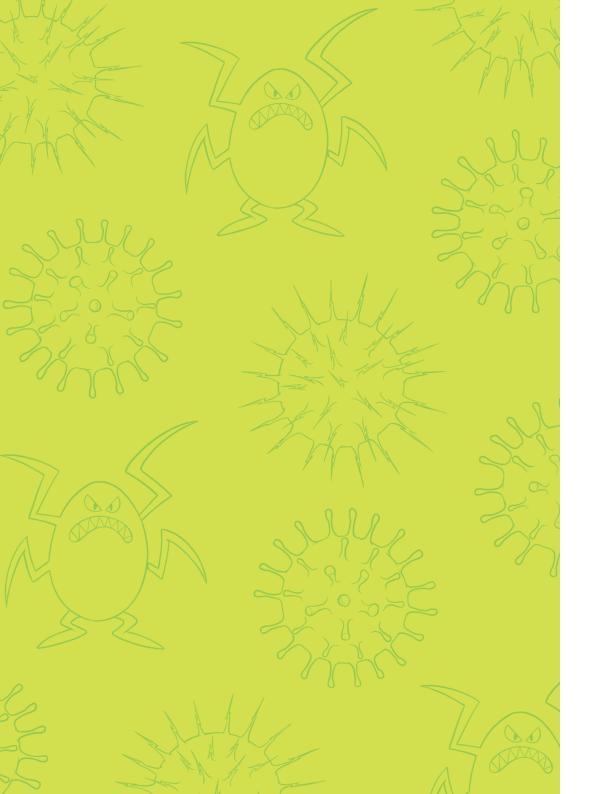
# CAN YOU SPOT THE 6 DIFFERENCES



# WHAT IS DUPIXENT?

This section will help you understand your treatment

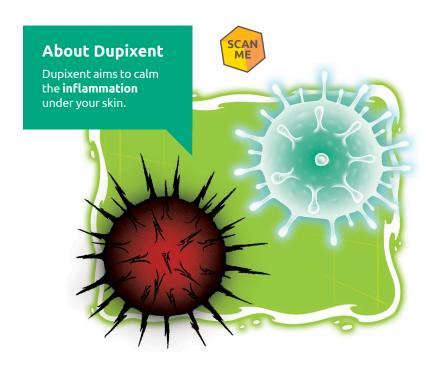




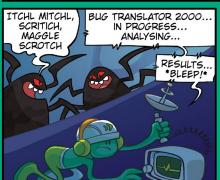
# WHAT DO 'IMMUNE CELLS' HAVE TO DO WITH SEVERE ECZEMA?

We'll learn more about immune cells (IM-yoon sells) in this chapter. Some immune cells live under the skin and usually protect you from harmful things like germs.

If you have severe eczema, however, your immune cells can get confused and react badly to **triggers** like pet fur or pollen (that aren't harmful) and become overactive. We call this **inflammation** (IN-flam-ay-shun). This can make your skin red and itchy.

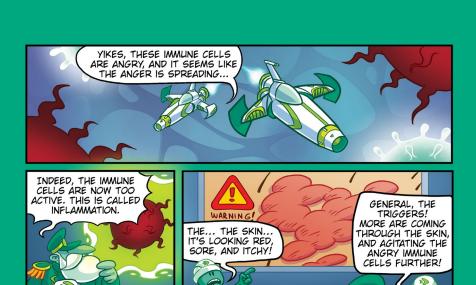














JUST AS I THOUGHT. BECAUSE THE IMMUNE CELLS ARE

ANGRY, THE SKIN IS GETTING

BY GUM, IT APPEARS TO BE A CYCLE! THE MORE TRIGGERS THAT ENTER, THE ANGRIER THE IMMUNE CELLS GET, AND THE MORE THEY FUEL THE ITCHINESS! SCRATCHING ONLY MAKES IT WORSE!

EEEEP, IT

SEEMS TO BE

FUELLING THE

ITCHY INVADERS

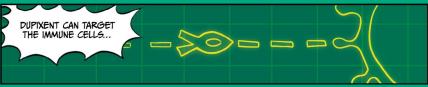


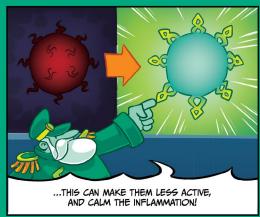
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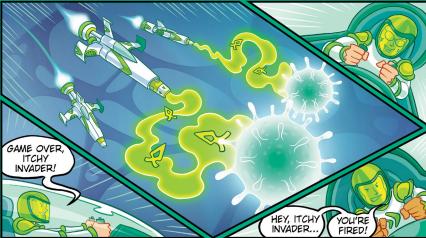














\*Remember, Dupixent can also have other effects that you aren't expecting (side effects) so it is important to tell a parent or caregiver if you feel unwell or not right after taking your new medicine so they can contact a doctor or nurse if needed.

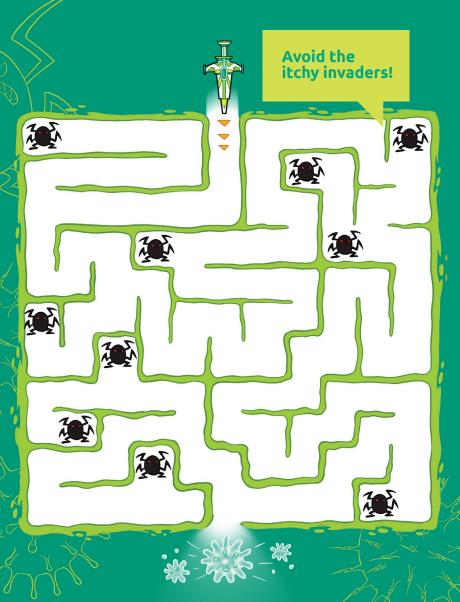
 $^{22}$ 

# AWESOME! THE BATTLE IS OVER! THANKS GENERAL! EXCELLENT WORK MICROPILOTS! THE IMMUNE CELLS ARE NOW CALM, AND THE ITCHY INVADERS YOU GUYS ARE THE BEST! SEEM TO HAVE SCUTTLED AWAY! NOW, LOOK AT THIS. THE SOME TIME TREATMENT HAS HAD AN LATER ... EFFECT - THE SKIN IS LOOKING A BIT CLEARER. IT MAY ALSO BE A BIT LESS ITCHY ... MEANWHILE... BUT YOU HAVEN'T WON THE WAAAAR! THE BATTLE IS OOOVERR ... WE'LL NEED TO USE DUPIXENT AS AND WHEN WE'VE BEEN TOLD TO, TO KEEP THE OH MY! THEY MAY BE BACK-WE BEST BE ON OUR GUARD. ITCHY INVADERS AT BAY! IT IS NORMALLY THE PROBLEM HAS NOT A LONG-TERM TREATMENT AFTER ALL. COMPLETELY GONE AWAY ...

# LET'S RECAP WHAT WE LEARNED HERE!



# HELP YOUR MICROPILOT FIND THE EXIT!

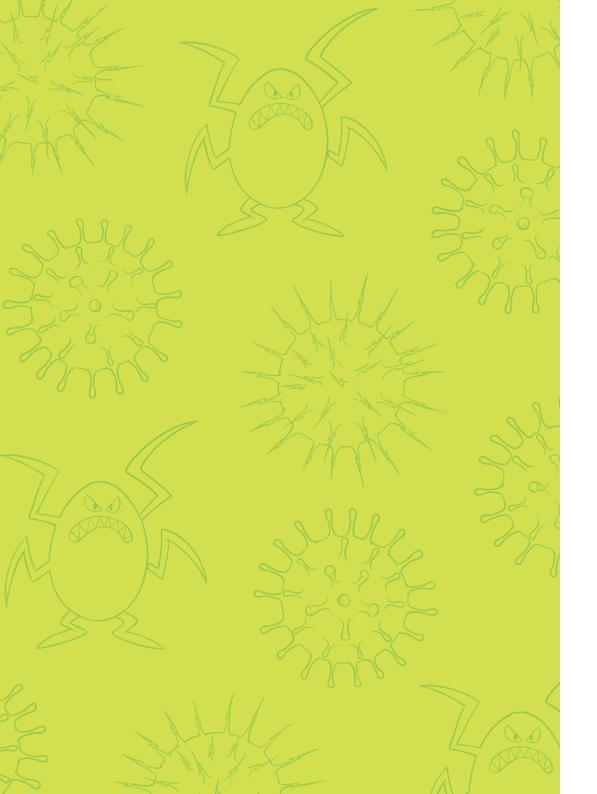


# HOW DO I RECEIVE DUPIXENT?

Learn more about how your treatment is given



Please note that your device may look different depending on which dose you have been prescribed



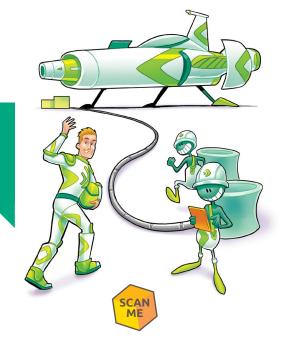
# HOW IS DUPIXENT DIFFERENT?

Unlike other medicines you may have had, Dupixent is given by an injection. This allows the medicine to get to the right part of the body to allow it to work properly.

It's natural to be a little worried, but it won't take long, and we're sure you'll be brave! Make sure you talk to your parent or caregiver beforehand if you have any questions.

You will still need to keep using your **skin cream** (or 'topical corticosteroids') as your doctor has told you.

Dupixent will try to calm the inflammation, which may make your skin less itchy, and more clear than before!





### MISSION 1 FOR YOUR PARENT OR CAREGIVER: FIND THE ITEMS

RIGHT, YOUR PARENT OR CAREGIVER NEEDS TO FIND THAT SPECIAL PLASTIC BIN, AN ALCOHOL WIPE, SOME COTTON WOOL (OR GAUZE,

WHICH IS THAT ... ERR MESHY COTTON MATERIAL)...

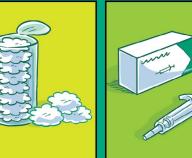


...AND OF COURSE, YOUR DUPIXENT - THE CARTON WILL BE LOCATED IN THE FRIDGE.





SPECIAL PLASTIC BIN (SHARPS BIN)

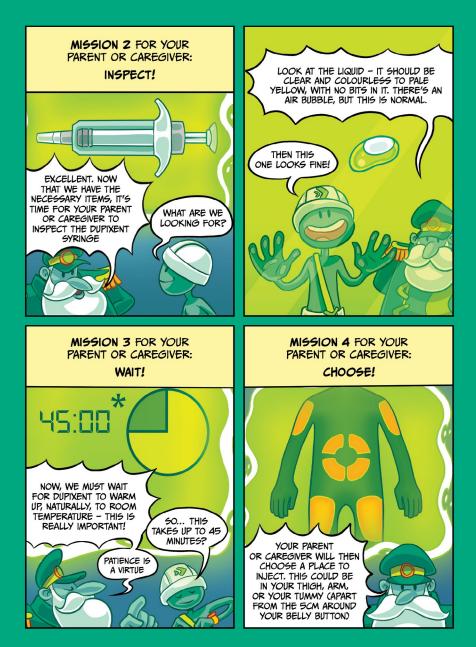


COTTON WOOL

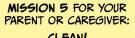


ALCOHOL WIPE

DUPIXENT

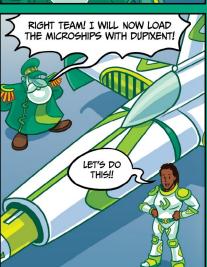


\*This time may be different depending on what dose you have been given. You will have to wait 30 minutes for your medicine to warm up to room temperature if you have been prescribed Dupixent 200 mg, or 45 minutes for Dupixent 300 mg.







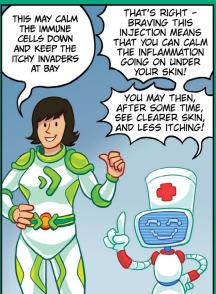






YOU MIGHT FEEL DIFFERENT WHERE YOU'VE HAD THE INJECTION. THIS MAY INCLUDE REDNESS, PAIN OR SWELLING. THIS COULD BE NORMAL BUT BEST TO CHECK IT WITH YOUR PARENT OR CAREGIVER









MISSION: COMPLETE!

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# WHAT WILL THIS DO?

Dupixent can be an effective treatment for severe eczema, but it is not a cure. This means it won't **get rid of your condition**, but it should **calm the symptoms** you get, like skin that is red, itchy, sore, or dry.

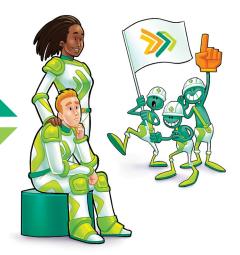
Because of this, you need to take Dupixent as and when your doctor has told you to. It is normally a long-term treatment.

# What if it's already working?

You need to take Dupixent as your doctor says, even if you've already seen results, because it will allow Dupixent to continue to work.

# What if it hasn't worked yet?

Dupixent can take a while to work, and results may be different from person to person. You should keep taking it as your doctor tells you.



Dupixent can be administered by a parent or caregiver if they have had proper training on the preparation and administration of Dupixent prior to use. Please refer to the patient information leaflet in the pack for full safety information and instructions for injection. Talk to your healthcare professional if you are unsure of how to administer Dupixent or if you have any questions.

# SPOT THE HIDDEN OBJECTS!

Before your Dupixent injection, your parent or caregiver needs to gather **four items**:

- Dupixent pre-filled syringe (which comes in a carton)
- Alcohol wipe

- Puncture-resistant container
- Cotton ball or gauze

# Can you help spot them here?



# **WORD SEARCH**



## How many words can you find?



# WHAT SHOULD I EXPECT?

Learn more about the goals of your treatment





Dupixent aims to calm inflammation going on under your skin

\*AHEM\* Note this, troops! Results may be different from person to person. Dupixent can be very effective, but it may not work for everybody







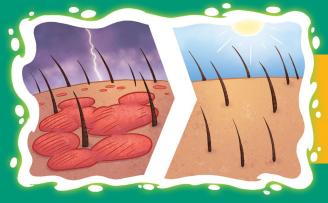
This in turn can make you feel better, and less sad or worried

And it could help you sleep better too



Your doctor should see how you're getting on after about 4 months

Sometimes, medicines like Dupixent can have other effects that you aren't expecting – if you notice this, or feel unwell when taking Dupixent, tell your parent or caregiver so they can contact a doctor if needed



This can make your skin less red or sore, and less itchy!



It works along with your skin creams to try and improve your skin



# **GLOSSARY**

# **GLOSSARY**

## Allergy If you have an allergy (say: AL-ur-jee), it means your body is having a bad reaction to something. This can be things like dust, soap or grass. Allergen Things that can cause allergic reactions are called 'allergens' (say: AL-ur-jens). Dust, soap and pollen can all be allergens. **Atopic** Atopic dermatitis is another dermatitis name for eczema. It is a skin condition that can last a long time. It can make your skin feel itchy, dry, cracked, red, or sore. Chronic Chronic (say: kron-ik) means 'for a long time'. Eczema is a chronic condition. Eczema is a skin condition that Eczema can last a long time. It can make your skin feel itchy, dry, cracked, red or sore.

# **GLOSSARY**

### Flare-up

If you have eczema, you may have flare-ups, which is when your skin suddenly gets worse. It may become red and itchy.

### Immune cells

Immune cells (say: IM-yoon sells) are part of your immune system. They act like guardians of the body, helping to find invaders like germs and trying to get rid of them.

# Immune system

Your immune system (say: IM-yoon sis-tem) helps you defend your body from invaders, like germs, to keep you healthy. If you have eczema, it may get confused and over-react to things like pollen or dust, for example. This can make your skin red and itchy.

## Inflammation

If you have eczema, your immune system can get confused and become overactive. We call this inflammation (say: IN-flam-ayshun). This can make your skin red and itchy.

# **GLOSSARY**

# Itch-scratch cycle

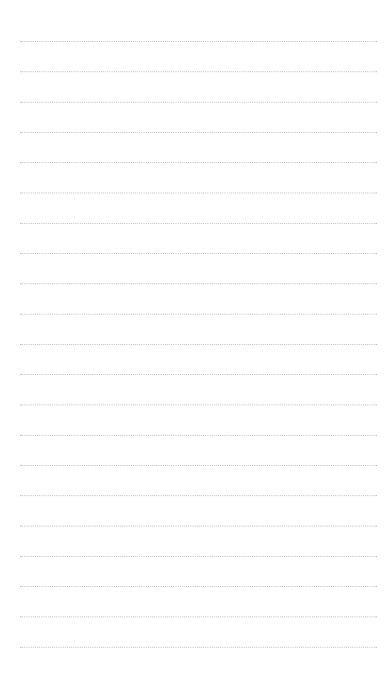
If you have eczema, scratching can make your skin worse – it can damage your skin and let in more triggers, which only makes it itch more! It may be very difficult sometimes but try not to scratch because the more you scratch, the more you itch.

# Triggers

Triggers are things that make your eczema worse. This may include pollen, dust, soap, pet fur, and more. Different people may have different triggers.

# **NOTES**

| Keep note of any useful information. |  |  |
|--------------------------------------|--|--|
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### This booklet is not intended to be a substitute for medical advice.

Please refer to the Patient Information Leaflet in the pack for full safety information and instructions for injection.

### Reporting of side effects

If you experience any side effects, talk to your healthcare professional. This includes any possible side effects not listed in the package leaflet.

You can also report side effects directly via the national reporting systems below:

### In the UK:

Through the national MHRA Yellow Card scheme reporting system: www.mhra.gov.uk/yellowcard

### In Ireland:

Website: www.hpra.ie Email: medsafety@hpra.ie Tel: +353 1 6764971

### Alternatively, contact Sanofi on:

Sanofi, 410 Thames Valley Park Drive, Reading, Berkshire, RG6 1PT +44 (0)800 0902314 (UK)

+353 1 403 5600 (Ireland)

By reporting side effects, you can help provide more information on the safety of this medicine.

Although every effort is made to ensure the accuracy of the information in this booklet, you should consult your healthcare professional for specific advice about your condition. Sanofi cannot accept any liability for any reliance you place on general advice in this handbook.

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Put this poster on your wall to help track your progress!

# **SEVERE ECEZEMA**

**MY PROGRESS** 

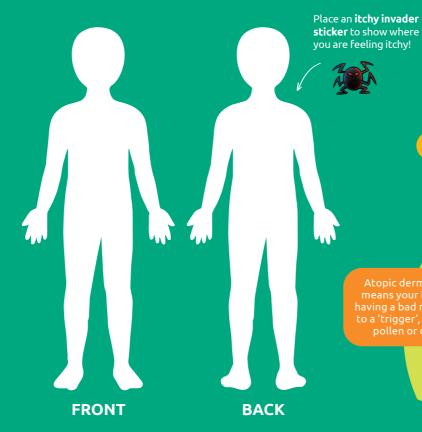
This content has been designed for adolescents aged 6-11 years with severe dermatitis (also be atopic dermatitis (also known as eczema) who have been prescribed Dupixent. My name:

Date I started treatment:

# REMEMBER



# WHERE DOES IT ITCH?



work for everybody. Your doctor will let you know if you should continue after about 16 weeks



Date:

Date:

Date:

# **HOW MANY INJECTIONS I'VE HAD**

Place your medal stickers here, and colour in the numbers after each injection. You can also write down the date, so you know when to have your next one!

YOUR JOURNEY BEGINS HERE

THE ITCH-SCRATCH CYCLE

You can do it, troops!

'inflammation', which can make your skin clearer and less itchy

Dupixent aims to calm

than before

4

6

Date:

Date:

Date:

8 Date:

Date:

**WELL DONE, HERO!** 

Your treatment may now continue

sanofi *REGENERON* 

# ~16 weeks

Your doctor will

# HOW I'M DOING























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Use your smiley stickers

How are you feeling about

your atopic dermatitis?

How well have you been sleeping?

How are you feeling?





