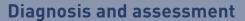
Atopic Dermatitis in Skin of Color

Assessing and treating atopic dermatitis in your patients with skin of color





Atopic dermatitis (AD) is the most common chronic inflammatory skin disease¹. It affects ~19% of Black Americans² and, in Asian countries, up to 10% of the adult population have the condition³. There is a growing appreciation that differences among various ethnic and racial groups present unique challenges when it comes to diagnosing this complex disease.

Clinical pearls

Typical presentations of AD in patients with skin of color

PATIENTS OF ASIAN ANCESTRY

• AD in patients of Asian descent may have features that are reminiscent of both AD and psoriasis; compared with White patients, there may be more well-demarcated, scaly plagues

PATIENTS OF AFRICAN ANCESTRY

- Patients of African ancestry with AD, including African Americans, papules or profound xerosis⁵⁻⁷
- Erythema in AD may be masked by pigmentation or appear
- Lesions may appear more papular/follicular-based (perifollicular accentuation) and with a more scattered
- There is a greater burden of post-inflammatory AD flares5-7

PATIENTS OF LATINX ETHNICITY

• Latinx patients are at higher risk of severe AD, which is

Consider the presence of edema, skin warmth or scale when assessing the severity of AD, as darker skin tones may mask the defining characteristics of AD6.





Considerations for managing AD in patients with skin of color

The treatment goals for any patient with AD remain the same: prevention and management of flares, addressing symptoms of pruritus, restoring the function of the skin barrier, and improving quality of life. Discussing proper skin care is a fundamental step in the treatment of AD; however, there may be unique challenges for managing AD in patients with skin of color^{6,11,12}.

It is important not to undertreat patients with darker skin types

- Target the underlying inflammation and protect the skin barrier
- Moisturizers and emollients play an important role in AD



The risk of pigmentary changes is an important consideration for patients with skin of color9

- Atopic dermatitis lesions, or associated excoriations from
- The contrast between the patient's normal skin tone in a greater disease burden^{6,15}
- cause peri-lesional hypopigmentation, as well as striae,
- Excoriations can lead to atrophic or hypertrophic





Useful resources

Skin of Color Society

Includes a wealth of information and educational materials for both clinicians and patients

Visit website



Find out more about AD in skin of color in our video with Dr. Valerie Callender

Click here to watch the video

or scan the code using the camera on your mobile device



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