# AtopicEczema BREAK

The Invisible Burden

EFA
European Federation of Allergy and Airways Diseases Patients' Associations

## Atopic eczema isn't "just a skin condition."

It affects minds, families, and futures across Europe.

## The invisible burden

### Mental and social burden

Up to **20%** **increased risk of depression** for atopic eczema patients

**66%** of adolescents with atopic eczema report **self-isolation behaviours**

**57%** of patients says **itching drives them crazy**

**74%** of pediatric caregivers report feelings of **guilt and helplessness**

### Care and treatment burden

Up to **1 in 4** patients feel that they **cannot cope well** with their atopic eczema

**45%** of patients still suffer from **serious atopic eczema symptoms** despite receiving care

**66%** of patients are **concerned about side effects of treatments**

### The cost of neglect

**95%** of the patients have **out of pocket expenses** related to the condition

Almost all patients **pay on average** **€927** per year for their atopic eczema treatment

Patients may **miss on average** **12 working days** per year due to their atopic eczema

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## Break the invisible burden

**For too long, people with atopic eczema have been misunderstood, sidelined and discredited. The resolution 'Skin diseases as a global public health priority' adopted by the World Health Assembly in May 2025 marks a crucial moment for skin diseases such as atopic eczema. Concrete action is needed at EU and national level to turn the resolution into action and ensure better quality of life for atopic ezema patients.**

### We call Europe to take urgent action by:

1. Recognising and integrating atopic eczema into the next version of the **EU NCD Initiative – Healthier Together** (post-2027), addressing the challenges at the highest political level; and fostering the exchange of atopic eczema-specific best practices across Member States.

2. Establishing an **EU Joint Action focused on atopic eczema**, formalising collaboration among EU institutions, Member States and stakeholders; and enabling research funding; and the definition and achievement of joint disease-specific goals.

3. Helping **generate evidence in support of systemic policymaking**, including on the mental/social burden of atopic eczema; the existing awareness gaps and misinformation; and the reimbursement policies across all Member States.

Find out what atopic eczema really feels like: **AtopicalLives**

**www.efanet.org**
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Data: "The burden of atopic eczema", EFA 2022 / Wan, J. et al. J. Eur. Acad. Dermatol. Venereol. 38, 543–548 (2023) / Courtney, A. & Su, J. C. J. Clin. Med. 13, 1602 (2024)