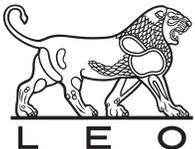


# ATOPIC DERMATITIS (ECZEMA) — AND — PROTOPIC®.

Important information to help you learn  
more about atopic dermatitis (eczema)  
and Protopic®.



Pr **Protopic®**  
(tacrolimus 0.03%, 0.1% ointment)

# WHAT IS ATOPIC DERMATITIS (ECZEMA)?

Atopic dermatitis (AD), also known as “eczema”, is a chronic inflammatory skin condition with no exact cause. Eczema is a common problem, but it is not contagious.<sup>1-3</sup>

## SOME OF THE SIGNS AND SYMPTOMS OF ECZEMA INCLUDE:<sup>1-3</sup>

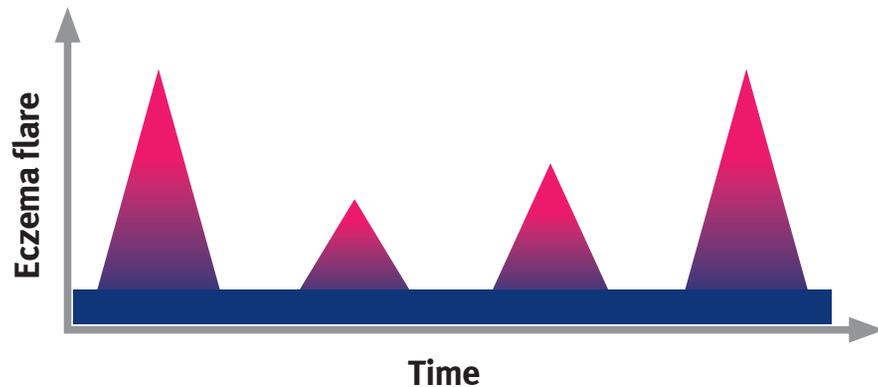
- Itch
- Redness
- Swelling
- Red to brownish-grey patches on the skin
- Damaged, cracked, dry or scaly skin
- Small, raised bumps, which may leak fluid and crust over when scratched



Eczema can occur in both children and adults. It can present all over the body but tends to be on the neck, wrists and ankles, and in areas that bend, like the inner elbow and knee.<sup>1-3</sup>

There is no cure for eczema and it can be persistent. For some people, it flares periodically and then clears up for a time.<sup>1,3</sup>

Photographs courtesy of Dr. B. Barankin. May not be representative of all patients.



For illustrative purposes only. May not be reflective of your eczema presentation.

# WHAT ARE SOME LIFESTYLE TIPS TO HELP MANAGE ECZEMA?

Eczema can often “come and go” and requires ongoing management involving daily skin care that should be included in your daily routine (just like brushing your teeth each day for good oral health).<sup>1,2</sup>

## HERE ARE SOME TIPS THAT YOU CAN USE TO HELP MANAGE THE SYMPTOMS OF ECZEMA:



**Take baths daily, in lukewarm water for about 5 minutes.**<sup>2,4</sup>

- Baths may be better than showers for managing eczema; however, if you prefer showers, use mild liquid cleansers.<sup>1,2,4</sup>



**Find ways to help with itching:**

- Moisturize, cover the affected areas, use cool or wet compresses, wear soft gloves at night and follow the directions from your physician.<sup>1,2,4</sup>



**Keep skin hydrated with a suitable moisturizer.**<sup>1,2</sup>

- After bathing or showering, and when the skin is still wet, a moisturizer should be applied immediately to the skin (within 3 minutes after bathing) and applied at other times as needed throughout the day.<sup>1,2</sup>



**Learn more about eczema, and see your doctor or pharmacist when you have questions or would like additional resources to learn more about eczema.**



**Identify your “triggers” and reduce your exposure to them.**<sup>1</sup>

- These triggers could include allergens, irritants like soaps and detergents, stress, some foods and certain fabrics.<sup>1,2,4</sup>

# WHAT IS PROTOPIC®?

## Acute (Flare) Treatment

Protopic® is used to treat eczema flares in adults and children age 2 years and older. These patients must not have a weakened immune system.<sup>5</sup>

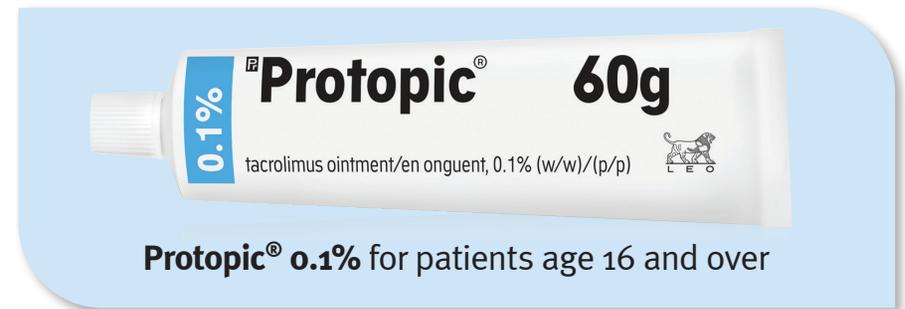
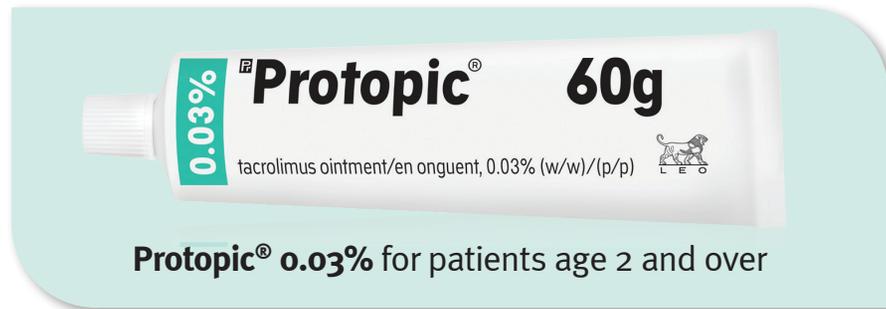
## Prevention (Maintenance Therapy)

If you have a high frequency of eczema flares (5 or more times per year), Protopic® can be used to prevent these flares coming back. It may also be used to increase the length of time between flares.

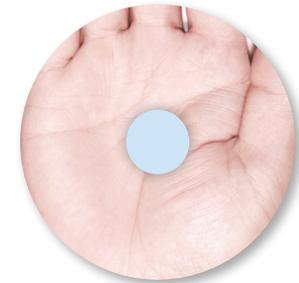
## How does Protopic® work?

The exact way that Protopic® works is not known. When the active ingredient in Protopic®, tacrolimus, is applied on the skin, it has been shown to control inflammation, itch, or redness associated with eczema.<sup>5</sup>

## Protopic® is available in two dosage strengths:<sup>5</sup>



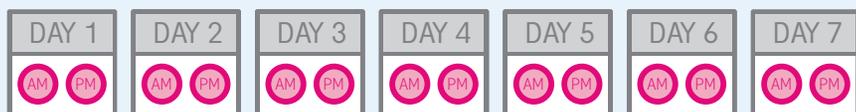
Your doctor will tell you how to use Protopic® based on your medical condition and response to the drug. Do not use any more or any less of the drug than your doctor says. Most people find that a pea-sized amount squeezed from the tube covers an area about the size of a 5-centimeter circle.



Contact your insurance company to inquire about possible coverage for Protopic®.

# HOW DO I USE PROTOPIC®?

## Acute (Flare) Treatment 2X DAILY



**Treating eczema:** Protopic® should be applied **twice daily** to the affected areas of the skin, about 12 hours apart.<sup>5</sup>

- Protopic® usually begins providing relief from symptoms within a few weeks
- If you do not see improvement in your eczema within the first 6 weeks or if your eczema gets worse, tell your doctor

## Prevention (Maintenance Therapy) 2X WEEKLY



### Preventing eczema flares from coming back:

For patients who experience eczema flares 5 or more times per year, apply Protopic® to the affected areas once a day, **twice** a week. Between applications, there should be 2 to 3 days without treatment (e.g., apply Monday and Thursday).<sup>5</sup>

- If your eczema comes back, you should talk to your doctor
- After 12 months of treatment see your doctor so that they can assess your eczema and determine if you should continue using Protopic®

- ✓ Wash your hands before applying Protopic®<sup>5</sup>
- ✓ Apply a thin layer of Protopic® to all areas on the skin that your doctor has diagnosed as eczema. The layer should completely cover the affected areas<sup>5</sup>
  - You can wear clothing over treated areas, but avoid using other coverings, like bandages

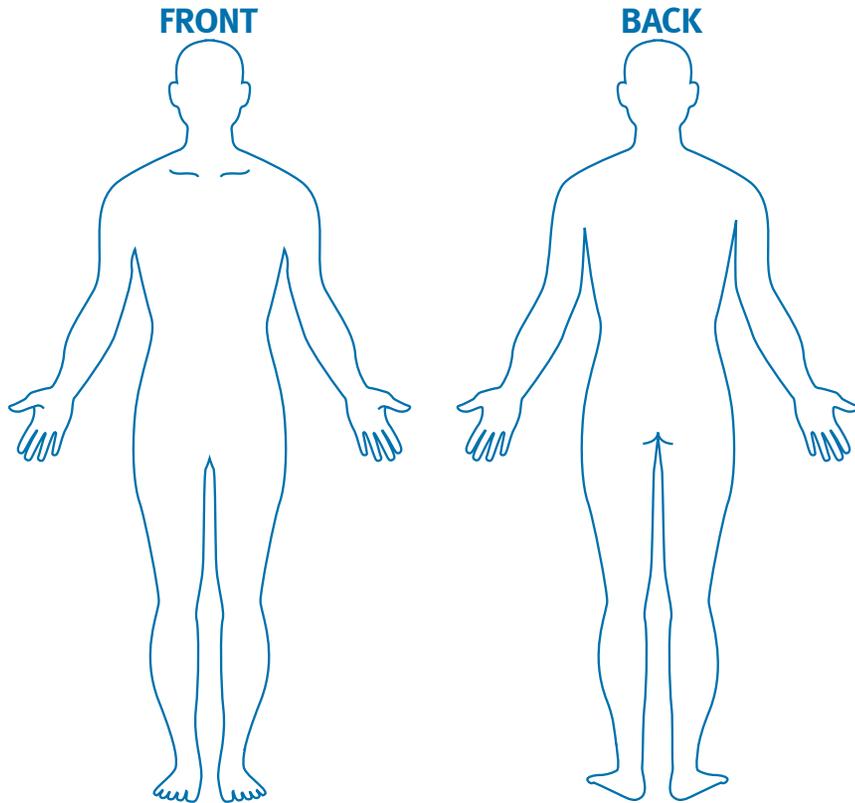
- Wash your hands with soap and water after application, unless your hands are being treated
- Do not bathe, shower or swim right after applying Protopic®
- ✓ Store your medication at a normal room temperature, between 15-30°C, away from children and pets<sup>5</sup>

Please refer to the Patient Medication Information section of the Protopic® Product Monograph for complete instructions on how to take Protopic®.

## Where do I apply Protopic®?

Protopic® can be applied to all affected areas of the skin including the face, neck and eyelids (avoid direct contact with your eyes).<sup>5</sup>

**Your doctor can show you the areas where you should apply Protopic®.**



## When should I apply Protopic®?

Use this calendar as a reminder of which days and how often you should apply your therapy.

SUN	MON	TUES	WED	THURS	FRI	SAT

## What do I do if I miss a dose?

If you forget to use Protopic® as directed, apply it as soon as possible, then go back to your regular schedule. Do not apply twice as much Protopic® the next time you use it.<sup>5</sup>

# IMPORTANT SAFETY INFORMATION

Only use Protopic® to treat eczema that has been diagnosed by a doctor. Do not use Protopic® to treat any other skin condition for which it was not prescribed.

Do not use Protopic® if you are allergic to tacrolimus or any of the other ingredients of Protopic®.

Avoid sunlight and sun lamps, tanning salons, and treatment with UVA or UVB light. If you need to be outdoors after applying Protopic®, wear clothing that protects the treated area from the sun. In addition, ask your doctor what other type of protection from the sun you should use.

**The safe use of Protopic® over a long period is not known. Rare cases of skin cancer and lymphomas (cancer of certain white blood cells) have been reported in patients treated with Protopic®. Therefore, avoid continuous long-term use of Protopic® ointment 0.1% and 0.03% and use only on areas that have eczema. Do not use Protopic® ointment in children less than 2 years of age. Only 0.03% Protopic® ointment can be used in children 2-15 years of age.**

Reactions at the application site (stinging, a burning feeling, or itching) are possible for the first few days of application, which typically resolve as the skin heals.<sup>5</sup>

These are not all the possible side effects you may feel when taking Protopic®. Please refer to the Patient Medication Information for more information.

If you have a troublesome symptoms or side effects that become bad enough to interfere with your daily activities, talk to your healthcare professional.<sup>5</sup>

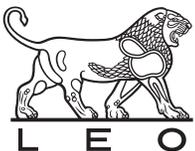
## Are there any drug interactions with Protopic®?

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

Be sure to check with your doctor or pharmacist before you:

- Take any new medicines
- Use any other ointments, lotions, or creams on your skin

This patient material was developed to provide succinct information about Protopic® for patient counselling purposes. For complete information on Protopic®, please consult the Consumer Information Leaflet that is packaged with the medication.



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(tacrolimus 0.03%, 0.1% ointment)

# NOTES:

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