



Breakout sessions

Breakout sessions are scheduled on Friday, Saturday, and Sunday, falling between morning and afternoon general sessions.

Breakouts provide an opportunity to learn more about the topics that interest and affect you most, to get hands-on experience with tools and techniques of eczema care, and to connect on a deeper level with your community.

Attendees should sign up for three breakouts Friday, three Saturday, and two Sunday.

Breakout sessions schedule subject to change.

Breakout Sessions – Friday, June 22

Breakout session	Description	Session 1	Session 2	Session 3	Who Should Attend?
 Systemic treatments: When and how should they be used?	Systemic therapies are used when topical treatments aren't enough. Learn the different types, their effects and side effects, and when it's time to use them. Presenter: Elaine Siegfried, MD	X	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 Starting from scratch: Best practices for topical treatments	How can topicals be used to manage eczema? We'll review new and existing treatments, how to safely start and taper off steroids, and which topicals are best for different areas of the body. Presenter: Susan Tofte, FNP	X	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 Triggered: Managing contact and environmental allergies	Eczema affects everyone differently, making diagnosis and treatment often challenging. Find out about common, and not so common, triggers for eczema and how to identify and treat them. Presenter: Kelly Newhall, MD	X	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 What about the food? Managing food allergies and eczema	Food allergies are more common among people with eczema and can cause flares. How do you find out if foods are triggers, and what do you do if they are? Presenter: Ruchi Gupta, MD	X	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 Biologics (kids)	The first biologic for AD is in trials for kids, and more are on their way. Share experiences and questions with professionals and patients on the front lines of these new treatments. Peter Lio, MD		X		Parents and caretakers Medical professionals
 Biologics (adults)	The first biologic for AD is approved for adults and more are on their way. Share experiences and questions with professionals and patients on the front lines of these new treatments. Peter Lio, MD			X	Adults with eczema Partners, parents, caretakers Medical professionals



**Presentation/
Discussion**



Support group



Hands on



Idea Exchange

Breakout Sessions – Friday, June 22

Breakout Session	Description	Session 1	Session 2	Session 3	Who Should Attend?
 Hands on! Skin care 101 + Wet wrap therapy	How to moisturize, when to moisturize, and what moisturizer to use are key elements of eczema management. This hands-on session will ensure you're treating your skin right. Presenter: Smita Aggarwal, MD	X	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 You're not alone: Adults with eczema	Adulting is even more difficult when you have eczema. Share stories and advice with others who know the struggle.	X		X	Adults with eczema Partners and caretakers Medical professionals
 You're not alone: Caretakers 0-8	Parenting a child with a chronic condition is no cakewalk. Meet and share with other parents of young children with eczema.	X		X	Parents and caretakers Medical professionals
 You're not alone: Caretakers 9-19	Parenting a child with a chronic condition is no cakewalk. Meet and share with other parents of (soon-to-be) tweens and teens.	X		X	Parents and caretakers Medical professionals
 You're not alone: Partners and supporters of people with eczema	Eczema presents challenges to even the most solid relationships. Explore problems and solutions with others who understand.	X			Partners, parents, caretakers Medical professionals
 You're not alone: Eczema and men	<i>Men only</i> are invited to discuss how eczema affects work, home, love, friendships, and self.		X		Men only! Adults with eczema Partners, parents, caretakers Medical professionals
 You're not alone: Eczema and women	<i>Women only</i> are invited to discuss how eczema affects work, home, love, friendships, and self.		X		Women only! Adults with eczema Partners, parents, caretakers Medical professionals
 You're not alone: Caretakers & supporters	How can you best help your loved one who has eczema? Meet others in the same boat to share successes and challenges.		X		Partners, parents, caretakers Medical professionals



Breakout Sessions – Saturday, June 23

Breakout Session	Description	Session 1	Session 2	Session 3	Who Should Attend?
 Participating in eczema research: How and why to get involved	The new era of eczema is upon us and following the science can be challenging. Learn more about what's being studied, and why and how you can get involved. Presenter: Amy Paller, MD	X	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 The Buzz	Dip into the most buzzed-about topics - gut health, microbiome, inflammation, cannabis, and more - and find out what they have to do with eczema. Presenters: Richard Aron, MB ChB, Peter Lio, MD	X	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 How to be well when you don't feel well: Coping strategies for eczema	Everyone talks about taking care of your skin, but what about taking care of your mental health? Learn how to identify and combat eczema's emotional challenges. Presenter: Jennifer Moyer Darr, LCSW	X	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 Your journey: Storytelling for healing	We all have a story and telling yours can be freeing and empowering. Learn how to own, tell, and share your eczema story.	X	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 Complementary and Alternative Therapies	You know that eczema is itchy, but did you know there's an acupuncture point to help with that? Learn first-hand alternative ways to relieve itch and other symptoms. Presenter: Vivian Shi, MD	X	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 Hands on! Eczercise	<i>Do you even lift, bro?</i> When you have eczema, you need a <i>no sweat</i> approach to exercise. Find out how to get maximum results with minimum flares. Presenters: Taylor Panfil and Jordan Prewitt	X	X		Adults with eczema Partners, parents, caretakers Medical professionals
 Idea exchange: Using diet to support your health	Has diet helped - or hurt- your eczema? Do you eat "clean" or incorporate anti-inflammatory foods into your meals? This is your chance to share your tips and challenges with others.		X	X	Adults with eczema Partners, parents, caretakers Medical professionals



Breakout Sessions – Saturday, June 23

Breakout Session	Description	Session 1	Session 2	Session 3	Who Should Attend?
 Idea exchange: Hair, makeup, and other beauty challenges	When you have eczema, everyday grooming can cause a flare-up. Exchange ideas and hacks to help make beauty and grooming routines and products more manageable and – dare we say it – enjoyable.	X		X	Adults with eczema Partners, parents, caretakers Medical professionals
 You're not alone: Body image and intimacy	How does it feel to live in skin that itches and rashes? How do you socialize when you're flaring? How do you handle intimacy when you have eczema? This expert-guided discussion will help you sort things out.	X	X		Adults with eczema Partners, parents, caretakers Medical professionals
 You're not alone: Caring for young children	Parenting a child with a chronic condition is no cakewalk. Meet and share with other parents of young children with eczema.	X		X	Parents and caretakers Medical professionals
 You're not alone: Eczema in midlife and beyond	Living with eczema in midlife presents its own set of challenges. Talk with others who are in the same time of life to share challenges and successes.	X		X	Adults with eczema Partners, parents, caretakers Medical professionals
 You're not alone: Eczema in 20s and 30s	Young adulthood is an exciting time, but navigating college, the workplace, and relationships can be especially tricky when you have eczema. Connect with others who get it for stories, support, advice, and friendship.		X	X	Parents and caretakers Medical professionals
 You're not alone: Supporting teenage and adult children	Parenting a child who's ready for independence is tricky territory. Meet other parents of young adults to discuss how to find the balance between supporting your child and letting them spread their wings and care for themselves.		X	X	Parents and caretakers Medical professionals



Breakout Sessions – Sunday, June 24

Breakout Session	Description	Session 1	Session 2	Who Should Attend?
 How to get the care you need	Your eczema care is a shared responsibility between you and your medical provider. Get tools to create the best partnership for your care. Presenters: Lisa Butler, MBA, Catie Coman, MA	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 Work it: Navigating employment when you have eczema	What happens when your eczema affects your ability to work, or prevents you from working at all? Find out your rights under the American with Disabilities Act. Presenter: Karen Doran, Attorney at Law	X	X	Adults with eczema Partners, caretakers Medical professionals
 Tools for school	1 in 4 children with eczema are bullied at school. Learn the tools, techniques, and resources, that will help you give your child the best possible experience at school or daycare. Presenters: Karey Gauthier, MS, Joanna Dobos	X	X	Partners, parents, caretakers Medical professionals
 Crack the code: Understanding insurance	The ever-changing insurance landscape impacts access to eczema care and treatments. We'll help you sort things out. Presenter: Janet Ritter	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 You talk. We listen.	NEA exists to help people with eczema live better lives. This is your opportunity to tell us what matters to you.	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 Idea exchange: Participating in clinical trials	Wondering if participating in a clinical trial is right for you? Or have you participated in a trial and would like to share your experience? This session is for you.	X	X	Adults with eczema Partners, parents, caretakers Medical professionals
 Raise your voice!	Learn about how grassroots eczema advocates have helped shaped policies that change lives and find out how you can get involved.	X	X	Adults with eczema Partners, parents, caretakers Medical professionals



Breakout Sessions – Sunday, June 24

Breakout Session	Description	Session 1	Session 2	Who Should Attend?
 You're not alone: Face eczema	Facial eczema is particularly challenging to live with because it's so visible. Get support and advice from others living with this condition.	X	X	Adults with eczema Partners, parents, caretakers Medical/Industry professionals
 You're not alone: Hand eczema	This group will focus on how to get a handle on life when you have damaged hands. How do you protect the skin when you have to use your hands all day long? Open, supportive sharing of all hand-related eczema issues.	X	X	Adults with eczema Partners, parents, caretakers Medical/Industry professionals
 Caring for eczema: Health care provider meet-up	This is a networking session for healthcare professionals to share ideas, swap business cards, and fortify the eczema care network.	X	X	Medical/Industry professionals only

