



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, July 19, 2019

Breakout Sessions	Description	Session 1	Session 2	Session 3
 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.	X	X	X
 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.	X	X	X
 The mind-body connection: Mental health and eczema	Everyone talks about taking care of your skin, but does anyone talk about taking care of your mental health? Learn how to identify and combat the emotional challenges of eczema.	X	X	X
 Eczhausted: The impact of eczema on sleep	What happens when itch keeps you up all night? Get a better understanding of the impact eczema has on sleep cycles and how to get better rest.	X	X	X
 Can I be allergic to my “natural” skin care products?	20% of eczema may be caused by allergy to everyday products including shampoos, soaps, moisturizers, even the “natural” ones. We will focus on common allergens in adults and children, and how to detect and avoid them.	X	X	X
 Beyond AD: Other eczemas	Atopic dermatitis is the most common type of eczema, but what about all the others, like dyshidrotic, seborrheic, stasis, prurigo nodularis? Review the “other” eczemas and how to treat them.	X		
 Best practices for personal care	Shaving, shampooing, styling, and suncreening can be hazardous territory when you have eczema. Learn what you can do to ensure your grooming routine gives minimum irritation and maximum results.	X	X	
 Pediatric Eczema	Parenting a child with a chronic condition is no cakewalk. Fortunately, there are things you can do to help your child be more comfortable and happy in their skin. Learn the latest treatments available and standards of care for children with eczema.		X	X
 Career, education, and eczema	How do you choose a career path or sustain it when you're living with eczema? What about getting a college degree? Discuss eczema friendly careers and how to modify your current			X



Presentation



Discussion



Support Group

	profession to better accommodate your eczema with peers and professional advisors.			
 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		
 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	
 You're not alone: Caretakers 0-5	Being an eczema parent can be a serious challenge. Meet and share with other parents of young children with eczema. This support group will be peer- and expert-led.	X		
 You're not alone: Caretakers 6-12	Being an eczema parent can be a serious challenge. Meet and share with other parents of school-age children with eczema. This support group will be peer- and expert-led.		X	
 You're not alone: Caretakers 13-20	Being an eczema parent can be a serious challenge. Meet and share with other parents of teen and young adult children with eczema. This support group will be peer- and expert-led.			X
 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. This support group will be peer- and expert-led.			X



Presentation



Discussion



Support Group

Breakout Sessions – Saturday, July 20, 2019

Breakout Sessions	Description	Session 1	Session 2	Session 3
 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?	X	X	X
 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.	X	X	X
 Crack the code: Understanding insurance	The ever-changing insurance landscape impacts access to eczema care and treatments. We'll help you sort things out.	X	X	X
 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.	X	X	X
 Eczema in skin of color: What you need to know	Atopic dermatitis can look different on a range of skin tones, and research shows certain ethnic groups are more at risk. Learn about the diagnostic and treatment challenges in skin of color, and the best ways to get the care you need.	X	X	
 What on earth am I touching?	Hand eczema is one of the most common presentations of eczema in adults. It causes significant disruption in life quality as well as days of work lost. We will discuss the different causes of hand eczema, potential allergenic triggers in adults and children, and tips on how to save your hands.	X		X
 About face	Facial eczema is particularly challenging to live with because it's so visible. Learn how to diagnose, treat, and manage the different types of facial eczema.		X	
 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.	X		X
 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.		X	



Presentation



Discussion



Support Group

	You're not alone: Eczema in your 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 and consult with an expert for stories, support, and advice.	X		
	You're not alone: Eczema in midlife and beyond	Living with eczema in midlife presents its own set of challenges. Connect with others and consult with an expert for stories, support, and advice.			X
	#awkward	Everything you wanted to know about eczema... but were afraid to ask. We'll have peers and experts on hand to answer all of your most pressing eczema questions - the more awkward, the better.	X		
	#awkward men	<i>Men only.</i> Everything you wanted to know about eczema... but were afraid to ask. We'll have peers and experts on hand to answer all of your most pressing eczema questions - the more awkward, the better.		X	
	#awkward women	<i>Women only.</i> Everything you wanted to know about eczema... but were afraid to ask. We'll have peers and experts on hand to answer all of your most pressing eczema questions - the more awkward, the better.			X
	Eczema and self- image	There's more to us than our eczema, but when all you can think about is your flare, it's hard to see past your own skin. This support session will explore eczema and self-image.		X	X



Presentation



Discussion



Support Group

Breakout Sessions – Sunday, July 21

Breakout Sessions		Description	Session 1	Session 2
	The Buzz: In depth	Get up close and personal with the experts to take a deeper dive into the most buzzed-about topics – gut health, microbiome, cannabis, and more – and what they have to do with your eczema.	X	X
	Eczemawise: Getting the care you need	Learn how to get the best care for your eczema by adopting a holistic approach: create a partnership with your medical providers, know and track your triggers, become familiar with the healthcare system and how it operates, and understand the “eczema ecosystem and how you fit into it.	X	X
	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.	X	X
	Work it: Navigating employment when you have eczema	What happens when your eczema affects your employment, or prevents you from working at all? Find out your rights under the Americans with Disabilities Act.	X	X
	Living my best life	When you have eczema, navigating everyday life can be hard. Homekeeping, travel, sports, and even clothes shopping can cause a flare. This expert- and peer-led discussion will help you identify and avoid hidden triggers, and how to live your best life even when you’re flaring.	X	X
	People Engaged in Eczema Research (PEER)	The new era of eczema is upon us and following the science can be challenging. Learn more about what’s being studied, and how you can get involved.	X	X
	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
	Raise your voice!	Learn about how grassroots eczema advocates have helped shape policies that change lives and find out how you can get involved.	X	X
	You’re not alone: We go together	This is one big, giant support session. No grouping according to your age, gender, or involvement in eczema. The Expo community will gather and connect with each other to offer support and advice.	X	X



Presentation



Discussion



Support Group