

The Ebglyss®▼ Emotional Wellbeing Programme is delivered by Bionical Solutions and funded by Almirall Ltd in collaboration with Evergreen Life.
▼ This medicine is subject to additional monitoring

If you get any side effects talk to your doctor, pharmacist, or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects via The Yellow Card Scheme Website: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

Welcome to the Ebglyss®▼ Emotional Wellbeing Programme

At this stage you have probably tried various treatments for atopic dermatitis but are still hoping for relief from this troublesome condition. You are to be commended for seeking treatment and, along with your doctor, taking an active part in it. We hope that you will soon find relief and the information presented here will be useful to you.

Stick with it, you and your doctor are doing great work together.



**Welcome to Ebglyss® (lebrikizumab)
Emotional Wellbeing Programme**
Information to help you understand more about
this programme and what to expect.



Please read through the articles below which can help you to live well with atopic dermatitis.

The contents of this website are not intended to be medical advice. Please see your healthcare professional with any specific questions about your condition and / or treatment.

Understanding your condition and treatment



What is atopic dermatitis?

This article explains the different types of atopic dermatitis, causes, triggers, and more.



Taking care of your skin with atopic dermatitis

In this article, we offer some tips that may help you take general care of your skin.



Understanding your treatment with Ebglyss®

Information to help you with your treatment with Ebglyss®, including a video on how to inject.



Why your emotional wellbeing is important

Stress is associated with inflammation that can trigger psoriasis. This article explains more about stress and the importance of emotional wellbeing.



Supporting you day to day



Working with atopic dermatitis

People with psoriasis sometimes find that their condition has an effect on other parts of their lives – notably, their work.



Keeping active

Exercise has been found to improve psoriasis in some people who are overweight.



Sleep and atopic dermatitis

Sleep is crucial for the maintenance of good health. This article offers some tips to help you get a better night's sleep.



Nutrition and atopic dermatitis

Eating well is one of the best things we can do to keep ourselves healthy. But what does a healthy diet look like?



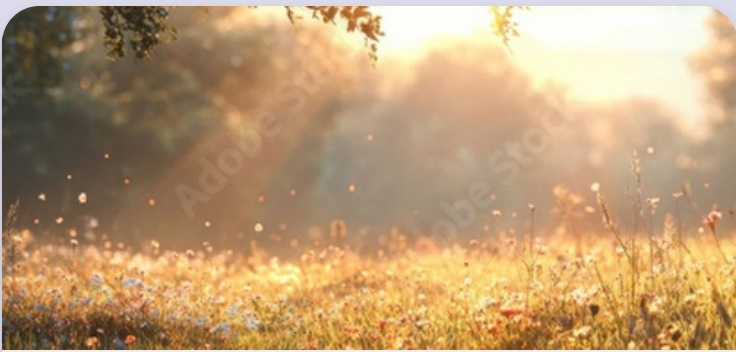
Alcohol and atopic dermatitis

Alcohol affects psoriasis flares by increasing inflammation in the body. Read our article on the guidelines and how to manage your alcohol intake.



Going smokeless

Smoking can aggravate symptoms associated with psoriasis. Find out more on the benefits of quitting and find links to support you.



Allergies and atopic dermatitis

Text to be confirmed



Travel and atopic dermatitis

Text to be confirmed



School and atopic dermatitis

Text to be confirmed



Advice for parents

Text to be confirmed



Peer to peer support for atopic dermatitis

Sharing experiences with other people affected by psoriasis is seen as very valuable by many people. Here are some links to online forums.



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Service helplines

For general support relating to the Ilumetri® Emotional Wellbeing Programme please phone the dedicated Bionical helpline on: **01283 249691**
If you require technical help with the website, you can email welcome@gracecomms.co.uk