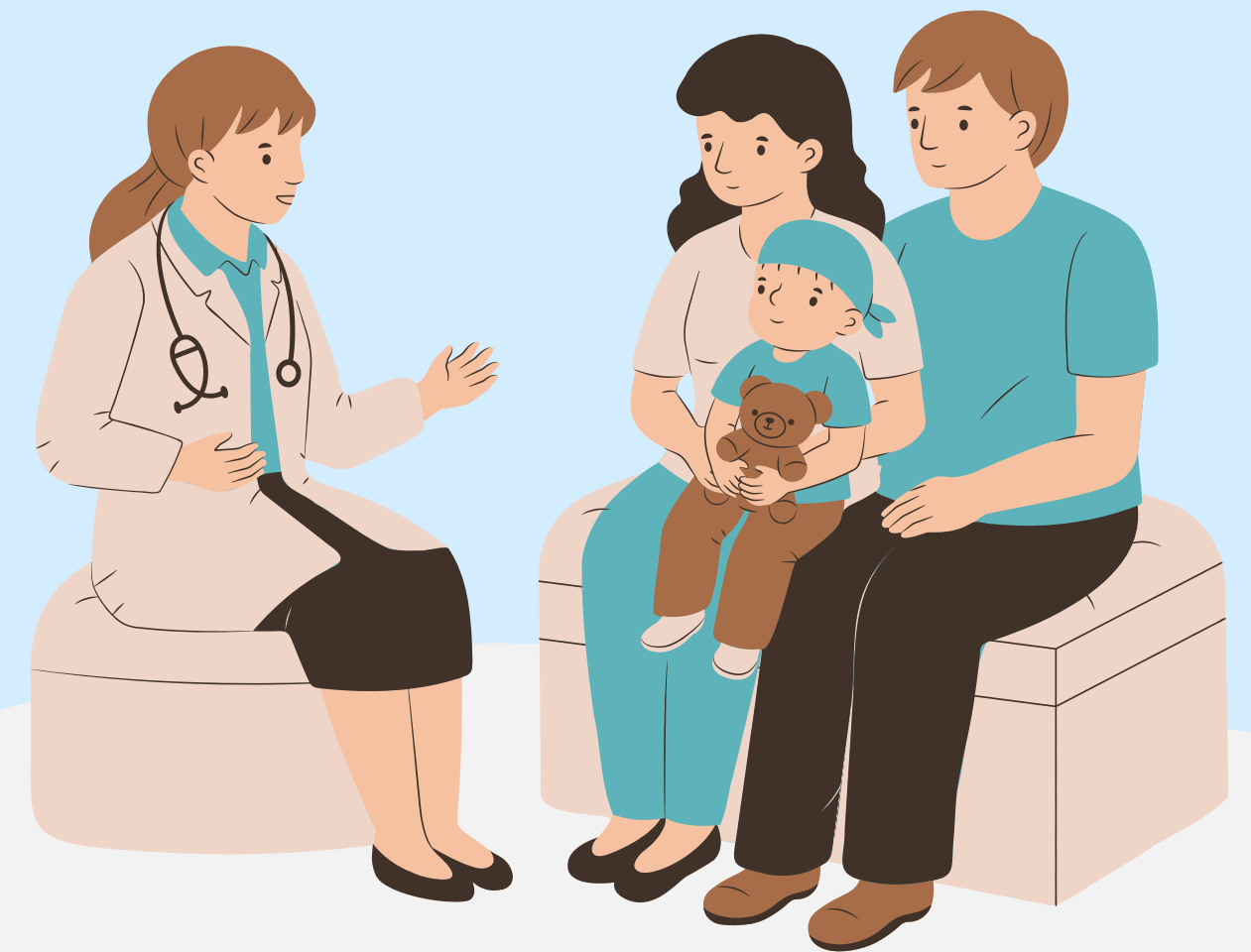


The Case of the Recalcitrant Teenager

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recalcitrant adjective

re·cal·ci·trant

(ri-'kal-sə-trənt )

Synonyms of *recalcitrant* >

- 1 : obstinately defiant of authority or restraint
- 2 **a** : difficult to manage or operate
b : not responsive to treatment

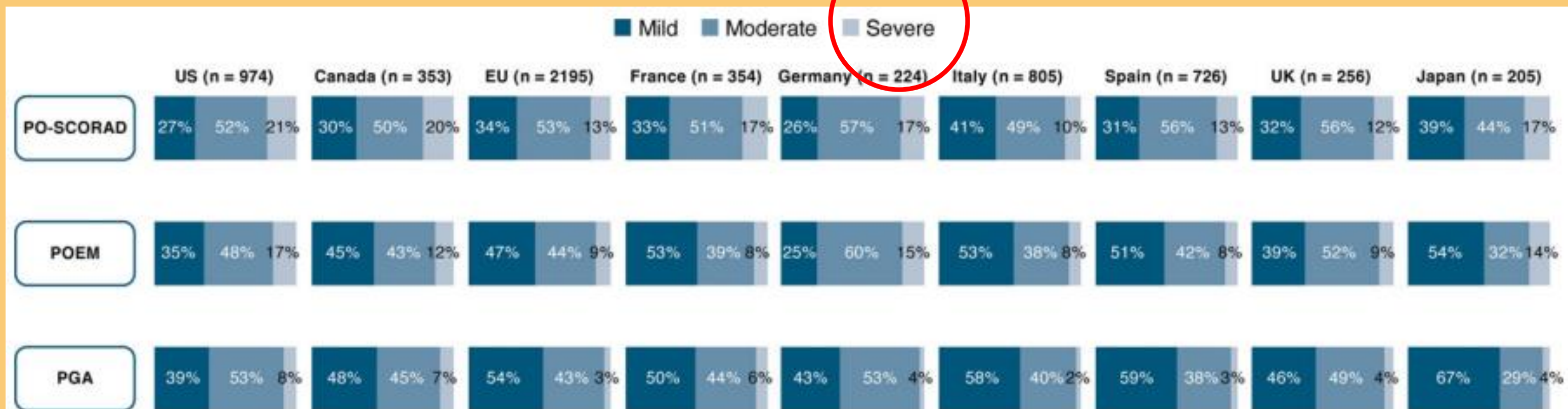


FIGURE 3 Atopic dermatitis severity by country based on different assessment scales among the prevalent population (ie, those who met UK Working Party criteria and reported a physician's diagnosis). PO-SCORAD, Patient-Oriented Scoring of Atopic Dermatitis; POEM, Patient-Oriented Eczema Measure; PGA, Patient Global Assessment [Colour figure can be viewed at wileyonlinelibrary.com]

Barbarot S, Auziere S, Gadkari A, Girolomoni G, Puig L, Simpson EL, Margolis DJ, de Bruin-Weller M, Eckert L. Epidemiology of atopic dermatitis in adults: Results from an international survey. *Allergy*. 2018 Jun;73(6):1284-1293. doi: 10.1111/all.13401. Epub 2018 Feb 13. PMID: 29319189.

hurdle. An estimated 30–40% of all medications used for chronic conditions are not taken as prescribed [15, 16]. Electronic monitoring of dermatologic patients reveals that patients are often poorly adherent to topical therapy and that patients may overstate their use of medication in treatment logs [16, 17].

Patel, N., & Feldman, S. R. (2017). Adherence in Atopic Dermatitis. *Management of Atopic Dermatitis*, 139-159. doi:10.1007/978-3-319-64804-0_12

DIVISION OF THE PRESENTATION:



1: "I'm allergic to life"



2: "Use it or lose it"



3: "History repeats itself"

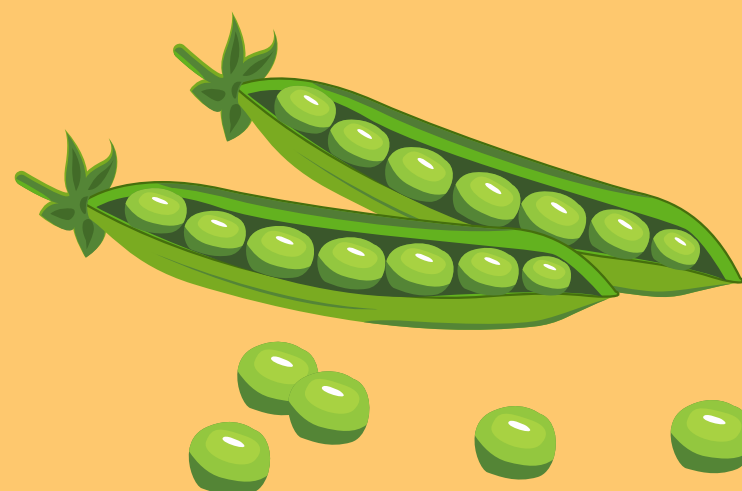
I: "I'm allergic to life"







CONTAINS
GLUTEN





“

What do you have?



Do you have an allergie?



What are you allergic to?

”

! In the consultations my mother was the only person who spoke and the doctor just agreed with her answers.

! I felt like a terminal patient.

! I had to hide some things from her because I knew that would make her feel bad.

! “It will get better when you get old”: a mantra that became a bad karma



But... what was really happening in my brain during my adolescence?

"Based on my lack of life experience, I will always follow your advice." Said no teenager to their parent, ever.



som^{ee}cards
user card

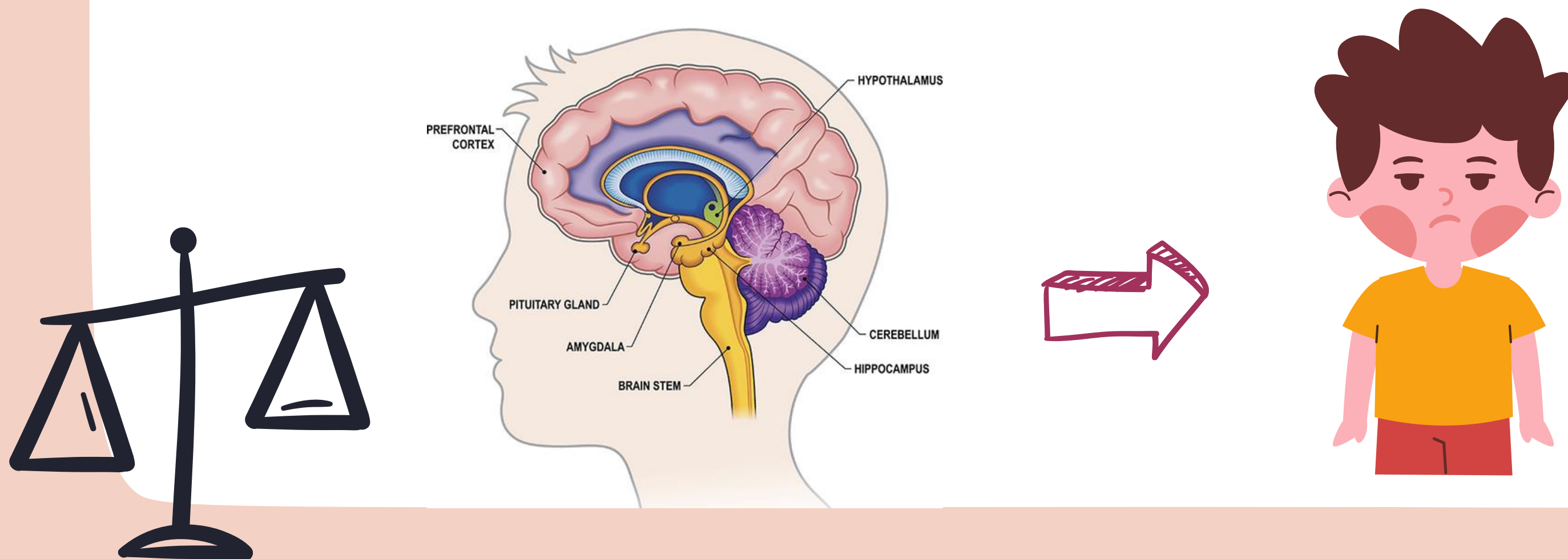
II: "Use it o lose it"



Brain changes during adolescence

I: Specific changes:

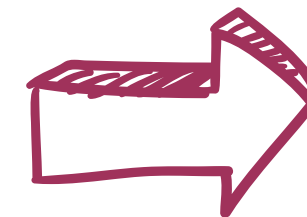
- Misbalancing between Limbic system and the Frontal Lobe.
- Teenagers can be moody or have emotional outbursts sometimes.



Brain changes during adolescence

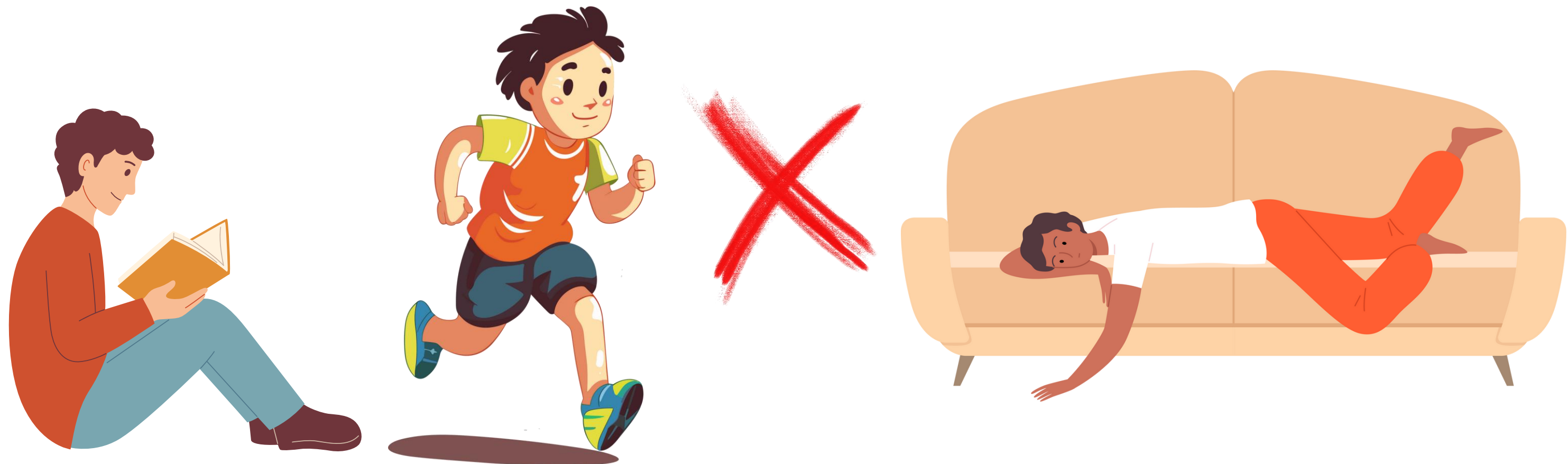
II: Global changes

- Synaptic pruning = cutting weak connections.
- The brain volume really **shrinks** and gets more efficient.



Brain changes during adolescence

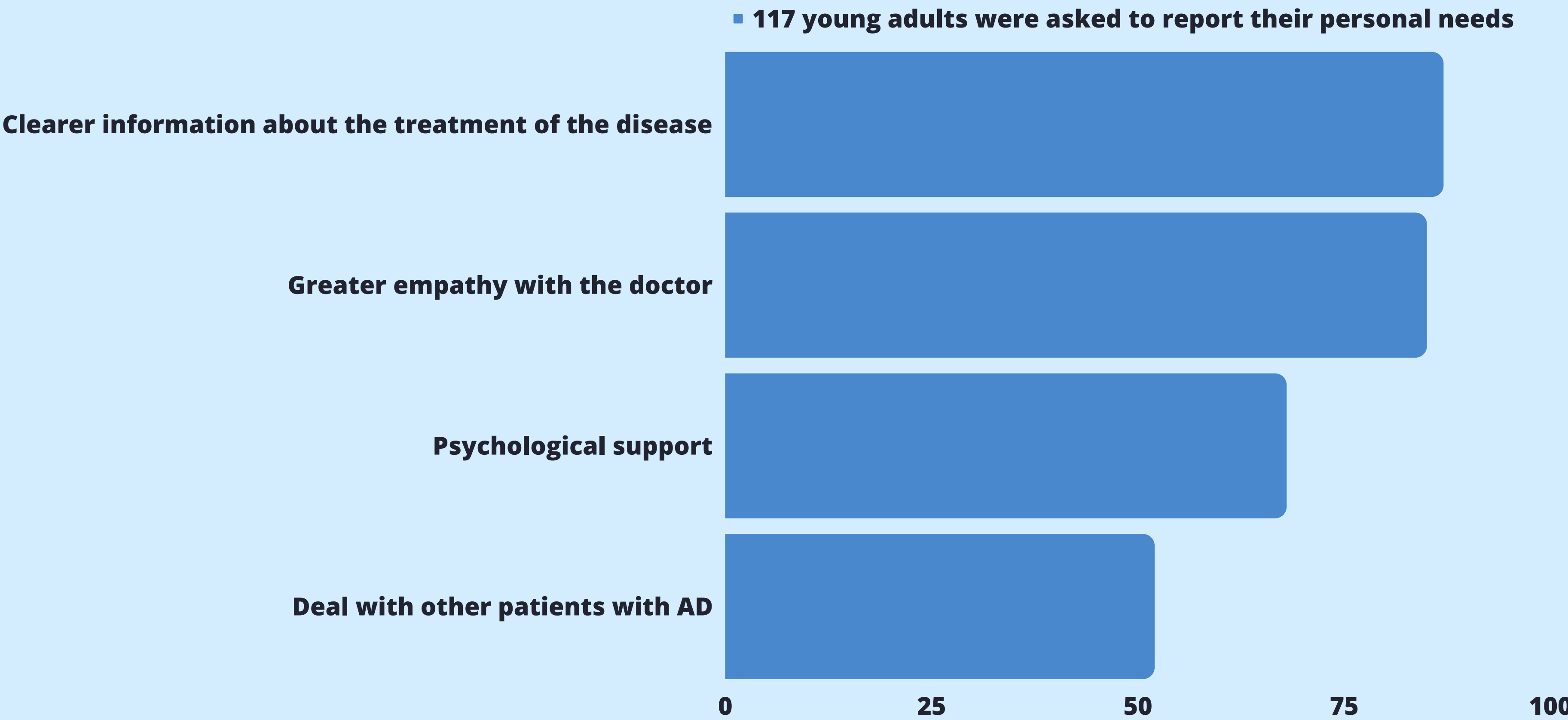
"Use it or lose it" principle



OPPORTUNITY







III: History repeats itself







- Don't do this
- Don't eat that
- Don't swim
- Don't go to the park

...

DON'T



**LET THEM
DO**

- Let them play
- Let them eat
- Let them go
- Let them *experience*



I wasn't the AD, I was a guy with AD.

TODAY'S MESSAGES

I: "I'm allergic to life"

The teenager must be in the center of his own treatment.

II: "Use it or lose it"

The adolescence is a phase of unique opportunity of development.

III: "History repeats itself"

Psychological support and having contact with other patients can have a positive impact in the perception of AD





**Thank
you!**

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