



Beyond the Disease: Understanding the Impact of Chronic Hand Eczema on Patients

Infographic 2 of 2 in the 'CHE disease education' series

The publication of this infographic was funded by **Leo Pharma A/S** and is intended for healthcare professionals only.

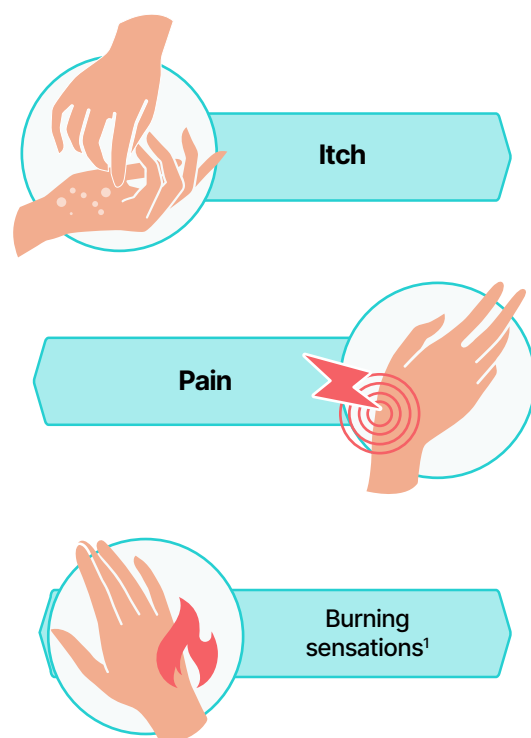
EMJ
European Medical Journal

EMJ. 2025;10[4]:60-61
<https://doi.org/10.33590/emj/LHJT5345>

What Is Chronic Hand Eczema?

CHE is a **prevalent** and **multifactorial inflammatory** skin disease characterised by persistent or recurrent **eczema** of the **hands** and **wrists**.^{1,2}

Patients with CHE experience long-term inflammatory symptoms that include:



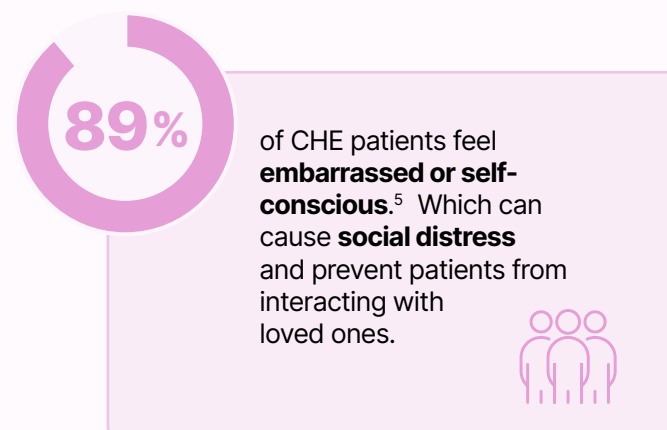
Abbreviations:

AE: adverse event; CHE: chronic hand eczema; TCS: topical corticosteroid.

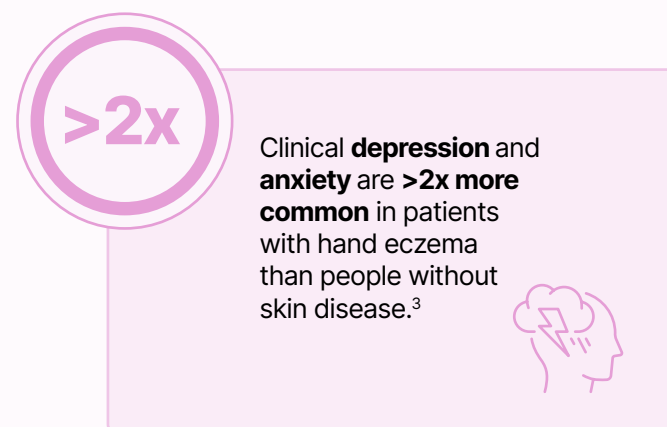
References:

1. Silverberg JI et al. *Dermatitis*. 2021;32(5):319-26.
2. Mense SA et al. *Dermatol Ther (Heidelb)*. 2025;15:1953-71.
3. Dalgard FJ et al. *J Invest Dermatol*. 2025;135:984-91.
4. Grant L et al. *Adv Ther*. 2020;37:692-706.
5. Ahmed A et al. *Clin Expe Dermatol*. 2015;40:495-501.
6. Cortez PA et al. *Contact Dermatitis*. 2013;70(3):158-68.
7. Thyssen JP et al. *Contact Dermatitis*. 2022;86(5):357-78.
8. Dubin C et al. *Therapeut Clin Risk Management*. 2020;16:1319-32.
9. AllergyUK. Available at: <https://www.allergyuk.org/about-allergy/types-of-allergies/eczema/chronic-hand-eczema/>. Last accessed: 6 September 2025.
10. Mohandas P et al. Poster P0532. Presented at EADV, 25-28 September 2024.
11. Ghezzi G et al. *Dermatol Ther (Heidelb)*. 2025;15:771-95.
12. Sheu HM et al. *Br J Dermatol*. 1997;136(6):884-90.
13. Egeberg A et al. *JAAD Int*. 2023;14:77-83.
14. Hengge UR et al. *J Am Acad Dermatol*. 2006;54(1):1-15.
15. Maksey AR et al. *Front Allergy*. 2025;6:1547923.
16. Rönisch H et al. *J Eur Acad Dermatol Venereol*. 2023;37:1396-405.
17. Balato A et al. *J Eur Acad Dermatol Venereol*. 2025;DOI:10.1111/jdv.70068.

CHE is Associated with a Heavy Burden²



“
When I have a flare-up on my hands, I really do not want anyone to touch me.”
Real Patient Quote
Allergy UK Website



CHE can severely impact daily activities and **impair quality of life**.²

It can affect the **ability to work**, particularly in jobs involving wet work or frequent **exposure to irritants/allergens** as these are risk factors for CHE.^{2,7}



CHE can impact the ability to perform **domestic tasks** since prolonged exposure to skin irritants, such as **detergents**, increases the risk of the disease.^{4,7}

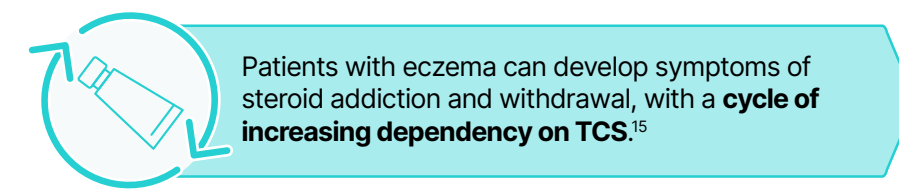
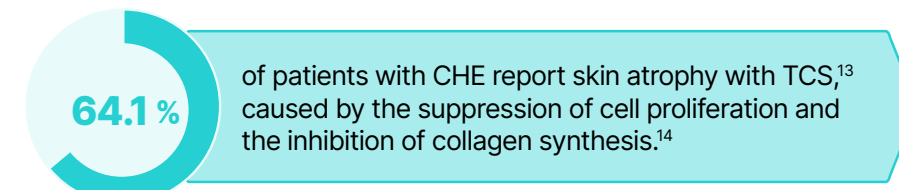
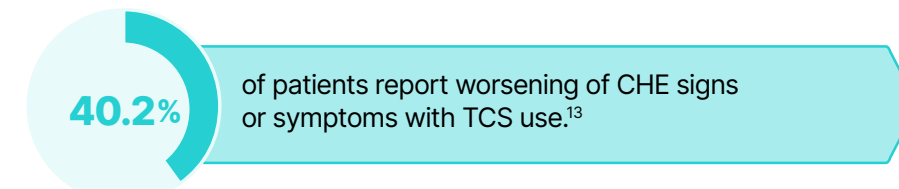
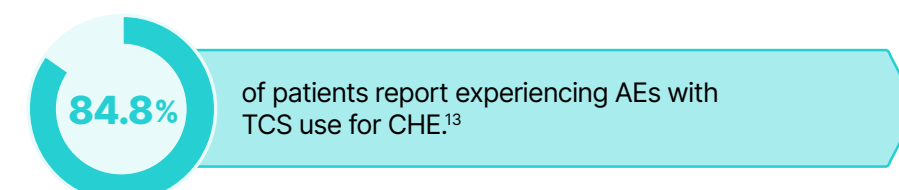
“
I think I have been to the doctors about my CHE more than I can count.”
Real Patient Quote
Allergy UK Website



These impacts underscore the need for greater awareness of the **psychosocial burden** on patients with CHE and subsequent need to **improve the treatment options** for these patients.^{2,8}

Unmet Needs in CHE

- **TCS** have long been the cornerstone for **short-term** management of CHE.¹¹
- **Long-term intermittent use** may be considered as maintenance therapy, although **evidence of efficacy** is **limited**.⁷
- The **cumulative effect** of long-term intermittent use can further **impair** the **epidermal barrier** and lead to adverse effects.^{11,12}



Most patients with CHE (76.4%) would prefer a non-steroidal topical treatment rather than TCS.¹³

76.4 %

There is a need for **effective, well-tolerated, topical treatments** for long-term control of CHE.⁸

Key Learnings:

- > CHE has a **high emotional and social impact** on patients.¹⁶
- > There is a **need** for more **targeted** and **effective long-term therapies**.¹⁷
- > Patient-centered, **timely interventions** may optimise outcomes.²