**Example letter to your GP or Dermatologist about Topical Steroid Withdrawal**

**Your address**

**Your address**

**Your address**

**Your address**

**Their name**

**Their address**

**Their address**

**Their address**

**Date**

**Re: Topical Steroid Withdrawal studies, research and proof**

Dear (name)

I would just like to put down here what I failed to get across today because Topical Steroid Withdrawal **IS** recognised in the UK.

Topical Steroid Withdrawal (TSW), also known as Topical Steroid Addiction (TSA) and Red Skin Syndrome(RSS)N, is a debilitating iatrogenic (full body) condition that can arise from the use of topical steroid creams to treat a skin problem such as eczema. For further reading, please research The International Topical Steroid Addiction Network which is a nonprofit charity formed to raise awareness about a condition called Red Skin Syndrome, also known as Topical Steroid Addiction or Topical Steroid Withdrawal Syndrome. <https://www.itsan.org/> Also check <https://scratchthat.org.uk/> resources provided by a group of TSW survivors in the UK

Please watch these two documentaries showing TSW:

Preventable – saving our largest organ - <https://youtu.be/RMbtf3C8BZk>

Skin on Fire – Created by dermatologists <https://youtu.be/GuaBbsL1qKA>

**Medical Studies into TSW**

There have been a number of studies;

* **The red skin syndromes: corticosteroid addiction and withdrawal',** *Expert Review of Dermatology,***2006**
* **Steroid Addiction',***International Journal of Dermatology, 1979.* <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1365-4362.1979.tb01905.xUniversity> Steroid Addiction - Pennsylvania School of Medicine (US), and the University of Munster School of Medicine, in West Germany, was published in 1979. ALBERT M. KLIGMAN M.D., Ph.D.,PETER J. FROSCH M.D.
* Side effects of topical steroids' - a long overdue visit, Indian Dermatology Online Journal, 2014
* [Topical Steroid Withdrawal in Atopic dermatitis - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4207549/](Topical%20Steroid%20Withdrawal%20in%20Atopic%20dermatitis%20-%20https:/www.ncbi.nlm.nih.gov/pmc/articles/PMC4207549/)

**Recognised by Government bodies and charities**

See the Gov.uk website here: <https://www.gov.uk/drug-safety-update/topical-corticosteroids-information-on-the-risk-of-topical-steroid-withdrawal-reactions>

National Eczema Society and British Association of Dermatologists issued joint guidance on TSW - <https://eczema.org/wp-content/uploads/Topical-Steroid-Withdrawal-position-statement.pdf>

I know you say you are ‘old school’ and don’t believe this is a thing, but please can I ask you to at least consider that it exists. I’ve attached a few pictures of my skin during one of the crusting and excessing flaking cycles of TSW symptoms. This is nothing like eczema.

If you want to do a duty of care to your patients and really truly ‘do no harm’ you owe it to them (and me) to at least understand this condition.

Today you dismissed pretty much everything I said and I think you’ll find that’s called gaslighting.

Many thanks

Your name

Email

Phone

Website