

VYC: A 45-year-old single woman diagnosed with eczema.

VYC has experienced eczema throughout all of her life and healing this condition has been important to her. She has tried things like medications, creams and light therapy and is seeking additional treatment options. VYC has a nine-year-old son who has inherited this condition and she feels it is important to maintain and demonstrate a positive attitude for him.

VYC advised her condition affects her self-confidence. She gets flare ups on her face which makes her not want to go out. These flare ups have also affected some of her “other loves”, such as colouring her hair, putting make up on and meeting new people. VYC was previously a hairdresser. She also describes feeling annoyed by her condition. She is uncomfortable all of the time and finds it difficult to enjoy things like exercising and going outside when it is hot as sweating affects her skin.

VYC has some current worries and stressors. She started a new job in a quality and improvement setting and does not want to be judged based on her looks. She believes everyone has something to offer and wants to be seen as a caring, genuine, smart and active person.

VYC also takes care of her son part-time and is navigating co-parenting with her ex-husband. He has a new partner and there are now some differences in the two homes. VYC would like to expand her personal life and find a new partner as well. Overall, she is seeking a work and life balance where she can feel confident, present her best self and engage in activities that “fill her cup”.