

Prurigo Nodularis: Recognizing, Diagnosing and Treating a Rare but Debilitating Disease



Dear Colleague:

Thank you for your recent participation in the CE activity *Prurigo Nodularis: Recognizing, Diagnosing and Treating a Rare but Debilitating Disease*, developed by the Annenberg Center for Health Sciences. As you continue to advance the care you provide to these patients, here are the key concepts for you to consider:

- The key feature of prurigo nodularis is generally severe, unrelenting pruritis that typically causes sleep disturbances, embarrassment, anxiety, and/or depression.
- Consideration should be given to referring patients with suspected or diagnosed prurigo nodularis to a dermatology specialist.
- Potential treatment targets have been identified by improved understanding of the relationship between the immune and neuronal factors associated with the itch-scratch cycle.
- Standard of care treatment has involved the out-of-labeling use of medications with limited evidence of benefit.
- Dupilumab is the only medication approved by the US FDA to treat adults with prurigo nodularis.
- Emerging therapies such as nemolizumab, vixarelimab, and nalbuphine have promising preliminary data in treating patients with prurigo nodularis.
- Optimal patient management is best provided by a multidisciplinary, interprofessional care team that includes a dermatology specialist.

We hope you will be able to participate in other accredited activities we offer. You will find information at www.Annenberg.net.

Regards,
The Annenberg Center Team