

# first

Foundation for  
Ichthyosis & Related  
Skin Types

**PUTTING SKIN FIRST**

SINCE 1981



# AN IMPACT THAT'S MORE THAN SKIN DEEP

**Skin serves an important  
function of biology –  
and self-esteem.**

So, when a genetic mutation causes it to form improperly at birth, the impact on the individual can be overwhelming. That's where FIRST, the world's leading ichthyosis and related skin types patient advocacy organization, and its community comes in to reassure patients, and their caregivers, that they are not alone on their journey. Through FIRST, they'll find:

- A compassionate and inclusive support network
- Reliable information about their specific skin disorder
- Resources that meet their medical, educational, and social needs
- Hope for a future filled with friendship, support, and a cure for ichthyosis



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## WHAT IS ICHTHYOSIS?

**Ichthyosis is a family of genetic skin disorders characterized by gene mutations that result in a defective skin barrier.** This damaged skin barrier leads to dry, flaky skin that may be thickened or very thin. A recent study determined that approximately 300 babies are born with a moderate to severe form of ichthyosis each year.<sup>1</sup> However, this condition will affect all patients throughout their lifetime with intrusive symptoms, such as:

- Erythema
- Skin pain
- Skin infections
- Limited mobility
- Cornea damage
- Pruritus
- Blistering
- Overheating
- Impaired hearing
- Psycho-social issues

## HOW CAN FIRST HELP?

FIRST has conferences, events, support groups, financial aid, and resources that can help your ichthyosis patients physically, emotionally, and socially. For more information, direct them to **FirstSkinFoundation.org**.

FIRST is also dedicated to helping dermatologists like you provide care and support for those living with ichthyosis and related skin types through our professional resources, including:

- **Teleichthyosis:** An online portal that connects dermatologists with ichthyosis and related skin type experts
- **Physician Referral Service:** A registry that provides referrals for patients with ichthyosis and related skin types
- **FIRST Research Grant Program:** Funding for promising ichthyosis research with grants up to \$50,000 a year
- **Ichthyosis Registry:** A list of enrolled patients interested in participating in relevant ichthyosis research

For a full list of resources, visit **FirstSkinFoundation.org**.



**FIRST needs more experts!**

Join the FIRST Physician Referral Service today and get connected with local ichthyosis patients.

**REFERENCE: 1.** Milstone LM, Miller K, Haberman M, Dickens J. Incidence of moderate to severe ichthyosis in the United States. *Arch Dermatol.* 2012;148(9):1080-1081.

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## Consult and collaborate!

Access to ichthyosis expertise has never been easier with the FIRST Teleichthyosis portal.



CARE BEYOND SKIN

THE PURPOSE OF BEIERSDORF

## BEIERSDORF IS A PROUD PARTNER OF FIRST.

Together, we're dedicated to promoting care that goes beyond skin – especially for those living with ichthyosis and related skin types.

