

# Gut-Skin Axis Clinic Discussion Checklist

Bring this to a dermatologist or qualified clinician when you are tempted to self-treat a skin flare with probiotics or microbiome products.

## Before the Visit

- Write down your diagnosed or suspected skin condition.
- Note the main symptoms:
  - itch
  - pain
  - redness
  - scaling
  - pustules
  - scarring
- List current treatments, skincare products, and supplements.
- Record any recent antibiotics, major diet changes, or GI symptoms.

## Questions To Ask

1. Does my skin problem fit a condition where probiotic evidence is even worth discussing?
2. What standard treatment should stay at the center of care?
3. If a probiotic is considered, what strain, outcome, and time frame would make that trial meaningful?
4. Are there reasons a supplement trial would distract from better diagnosis or treatment right now?
5. Which symptoms mean I should stop self-experimenting and get re-evaluated quickly?

## Red Flags Not To Minimize

- rapidly worsening rash
- infection signs
- painful or scarring acne
- widespread plaques or severe scaling
- sleep-disrupting itch
- symptoms not responding to routine care

## Bottom Line

Use gut-skin ideas to ask better questions, not to delay treatment.