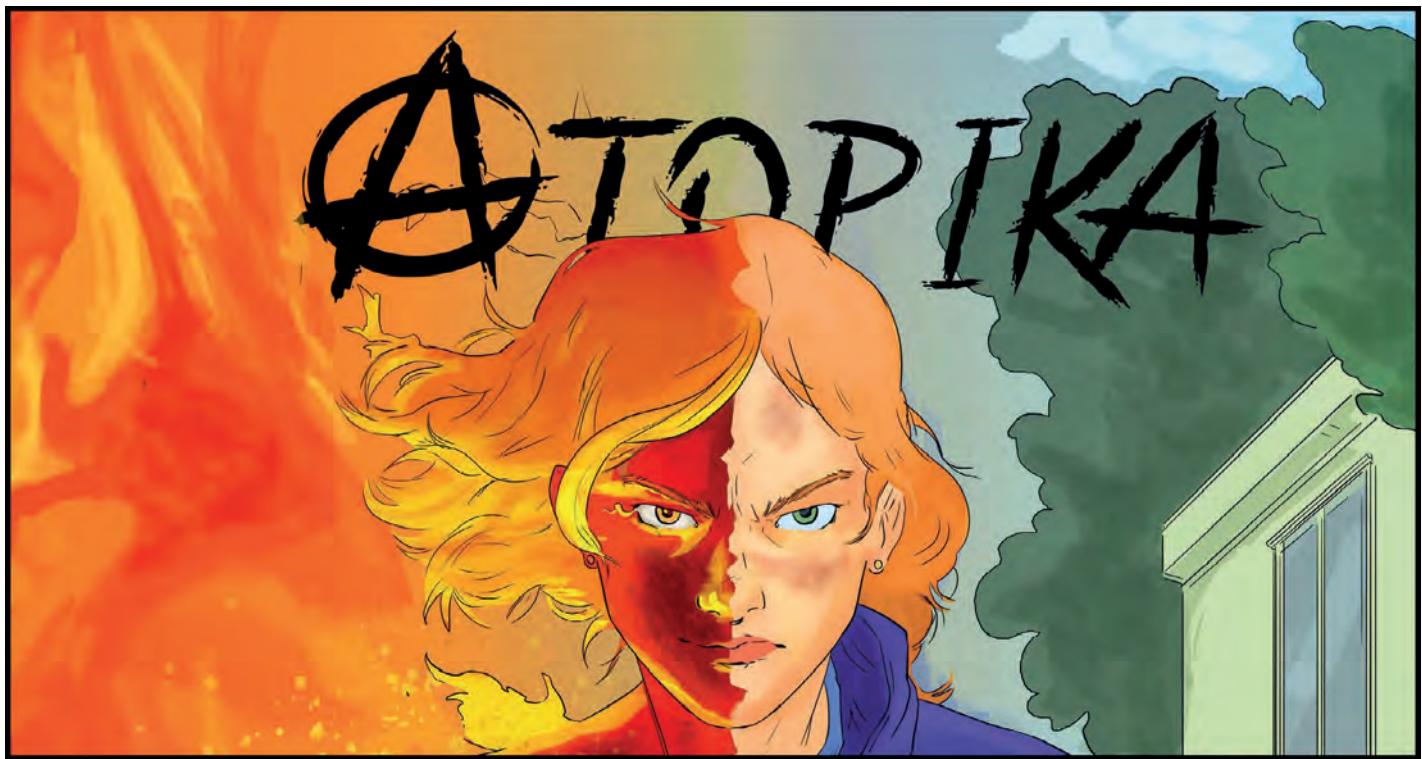


ANARHOKA





Atopika is a publication of Allergienet and GAAPP



**GLOBAL ALLERGY
& AIRWAYS
PATIENT PLATFORM**

1st edition, 2025
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Hulststraat 9, 9280 Lebbeke, Belgium





OMG!!



LENU!
GET TO SCHOOL!!!



THAT GIRL!

HAVE A
GOOD FIRST DAY
AT SCHOOL...

SLAM!

LENU HAD HAD ECZEMA
HER WHOLE LIFE, HER SKIN
FEELS OFTEN IRRITATED,
ITCHY AND SOMETIMES
VERY HOT...

WHATEVER!!

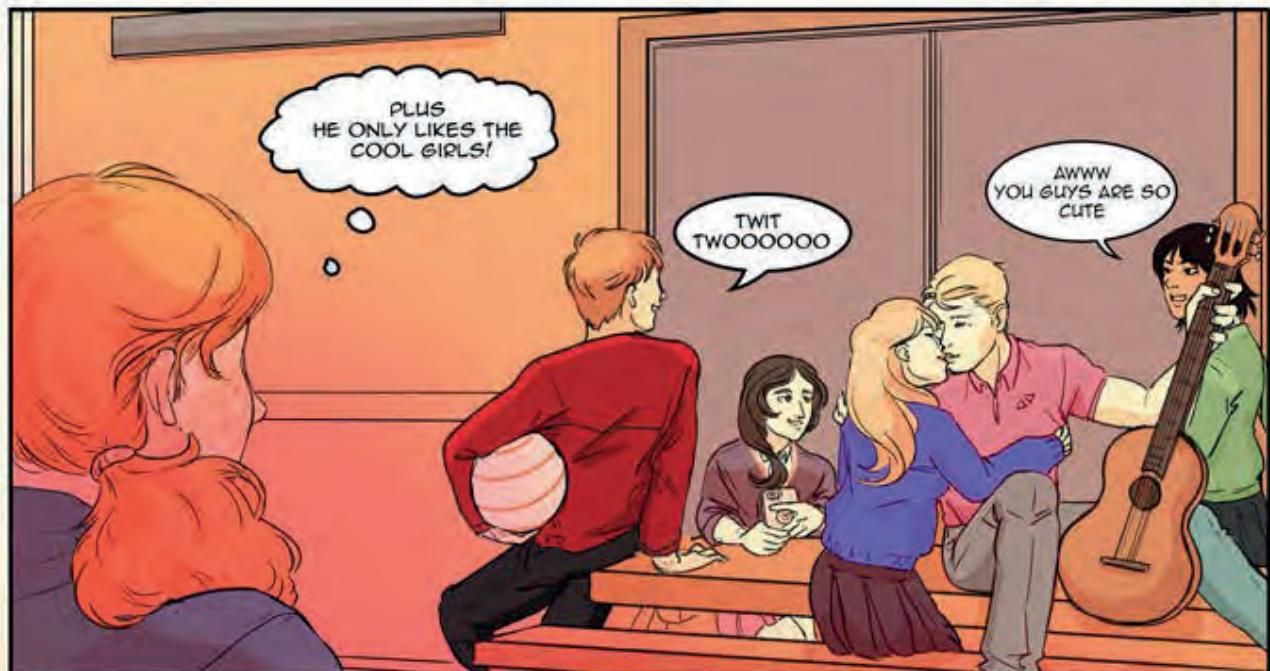
WHAT
JUST HAPPENED?!

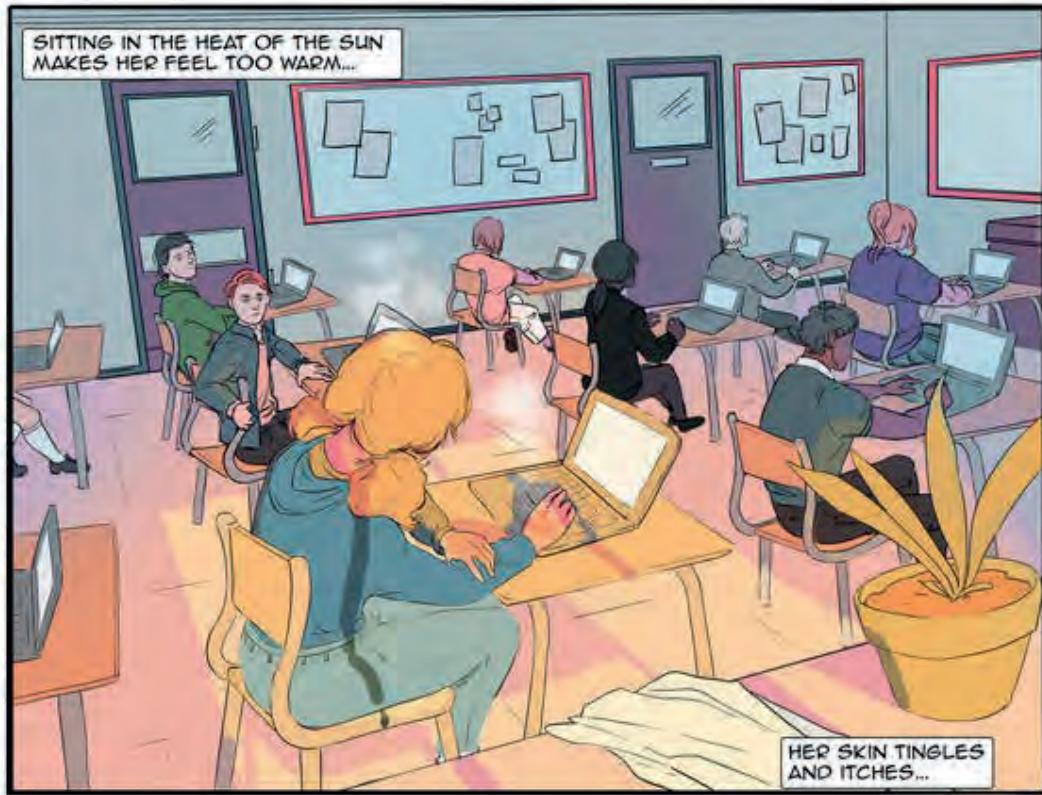


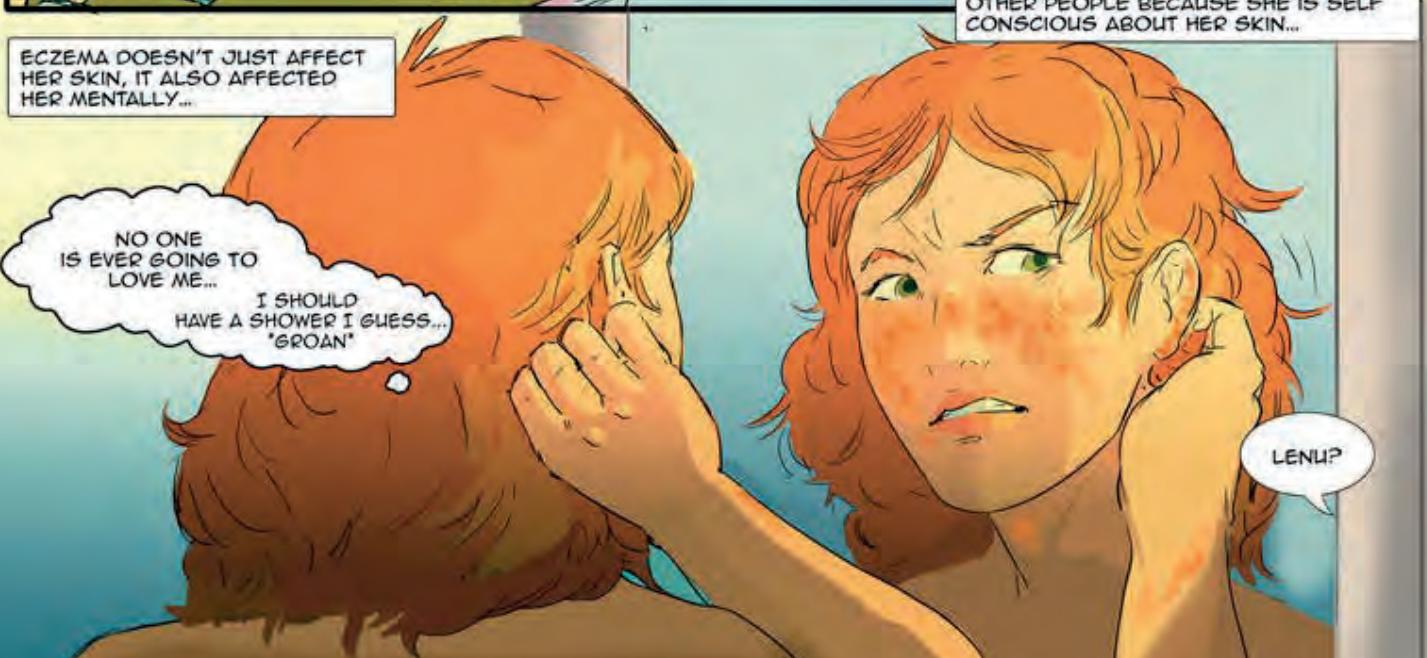
I'M SURE
I SMELL SMOKE













SHOWERING WHEN HAVING A FLARE UP IS A VERY PAINFUL PROCESS...

LENU YOU CAN DO THIS!

I CAN'T GO TO SCHOOL WITH GREASY HAIR AS WELL AS LOOKING LIKE A BLOODY ZOMBIE!!!

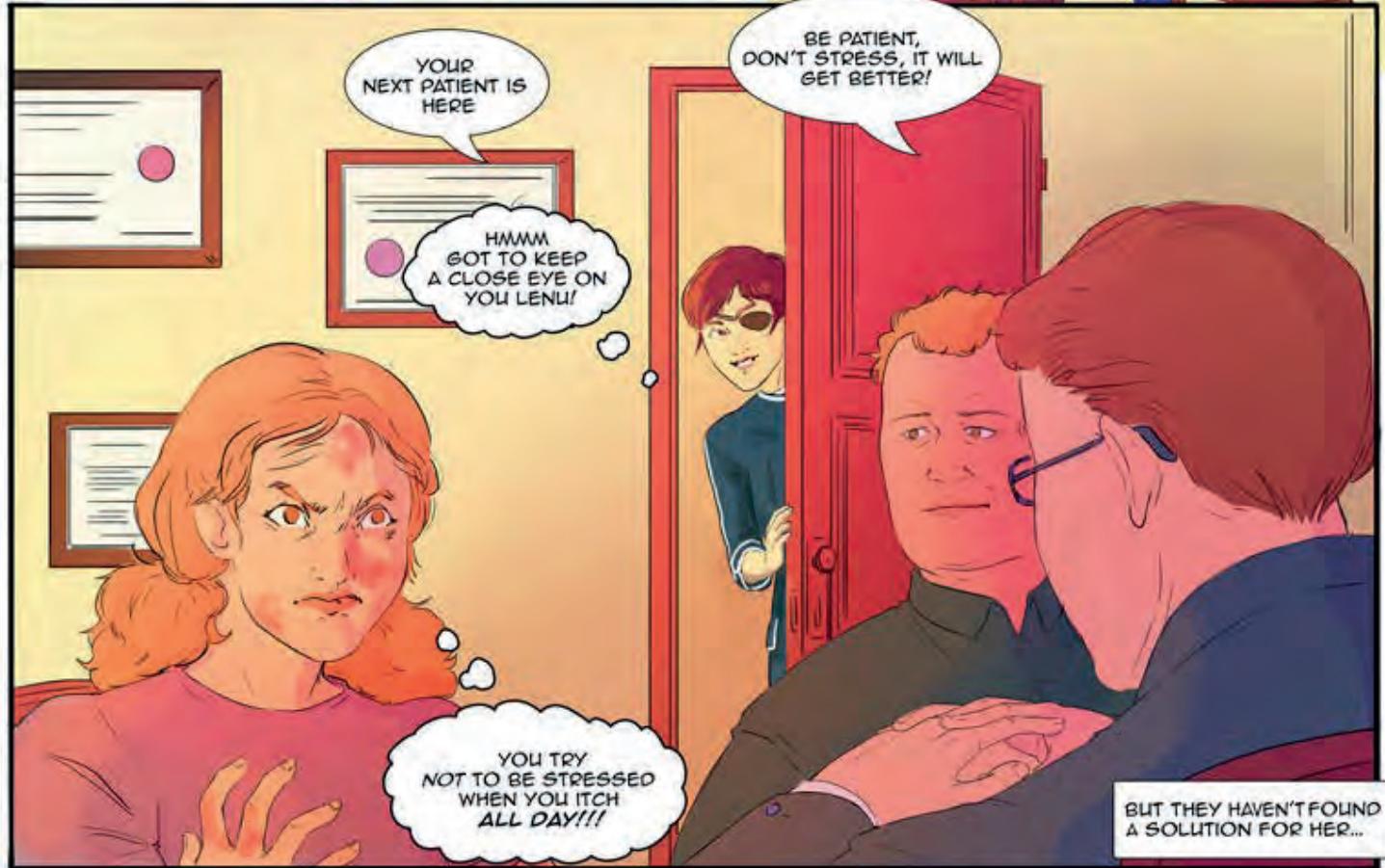
FEELS LIKE DAMN NEEDLES!

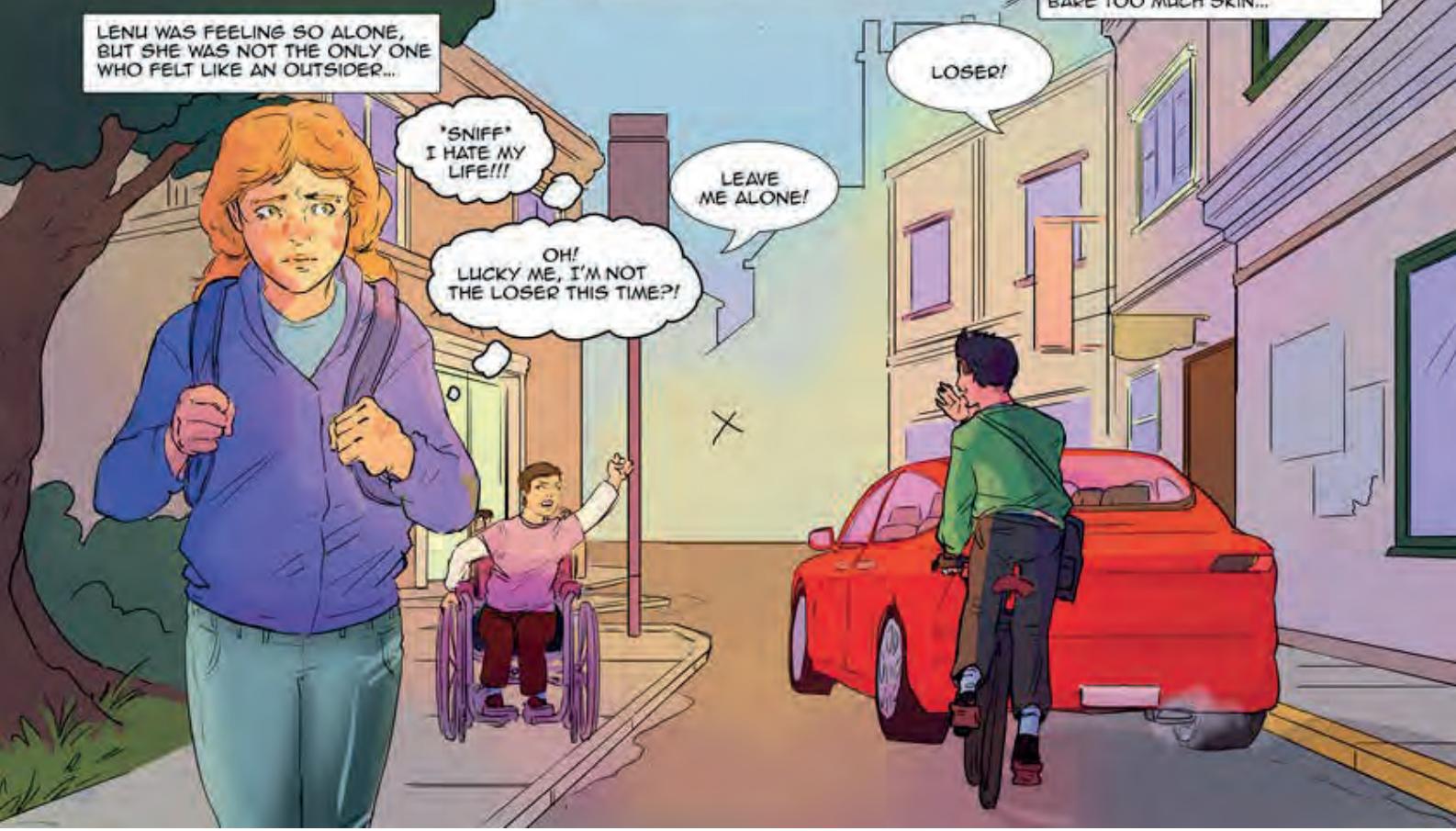
AAGHHHHH!

AFTERWARDS SHE HAS TO VERY CAREFULLY DRY HERSELF...

OUCH! CAN'T DO THIS EVERY DAY!

SHOWERING IS SUCH AN ORDEAL...





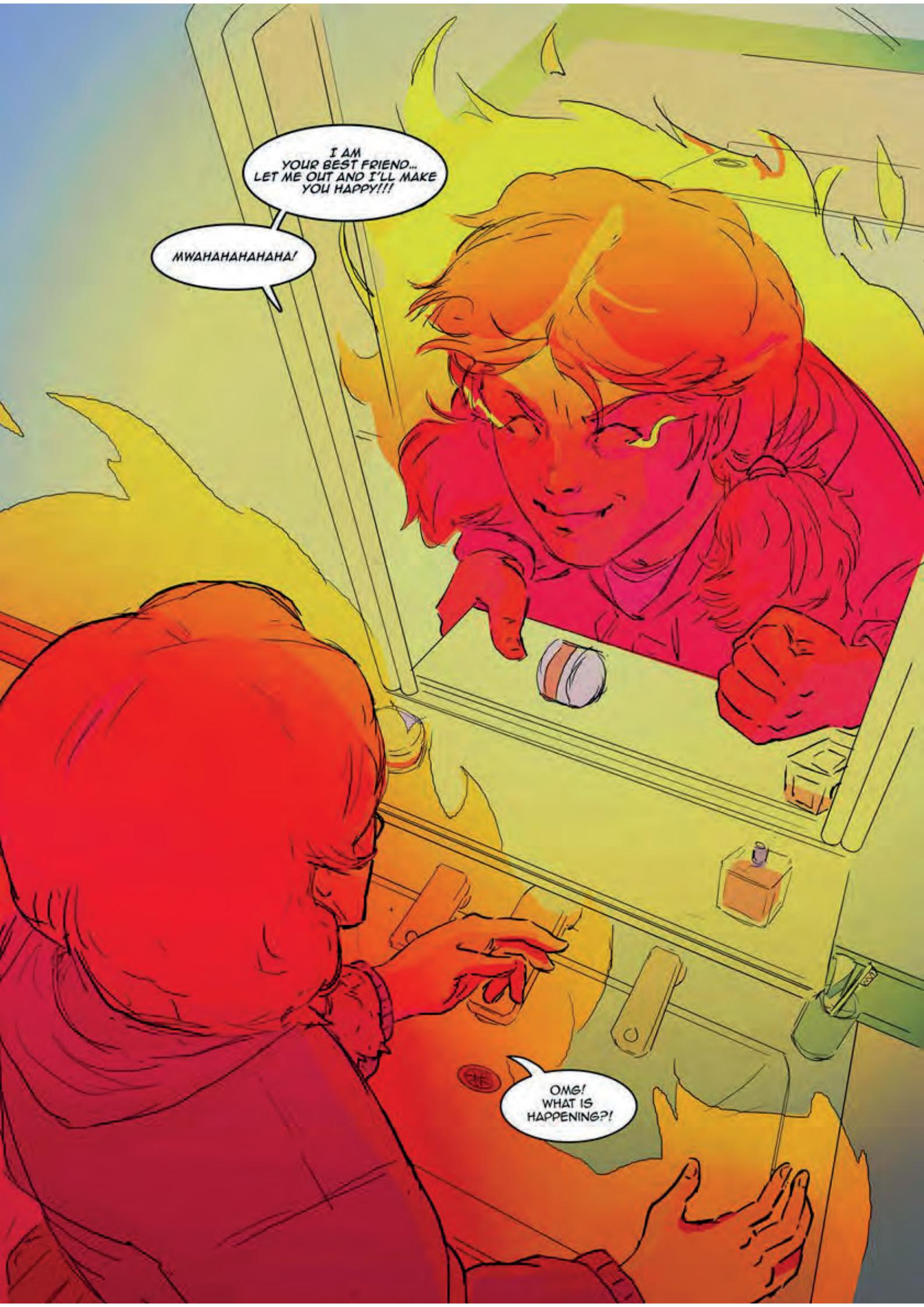
LENU LIVED ALONE WITH HER DAD,
HER MOM HAD DIED WHEN SHE WAS
JUST A LITTLE GIRL...



AND UNFORTUNATELY ECZEMA
IS AFFECTED BY STRESS AND
ANGER...





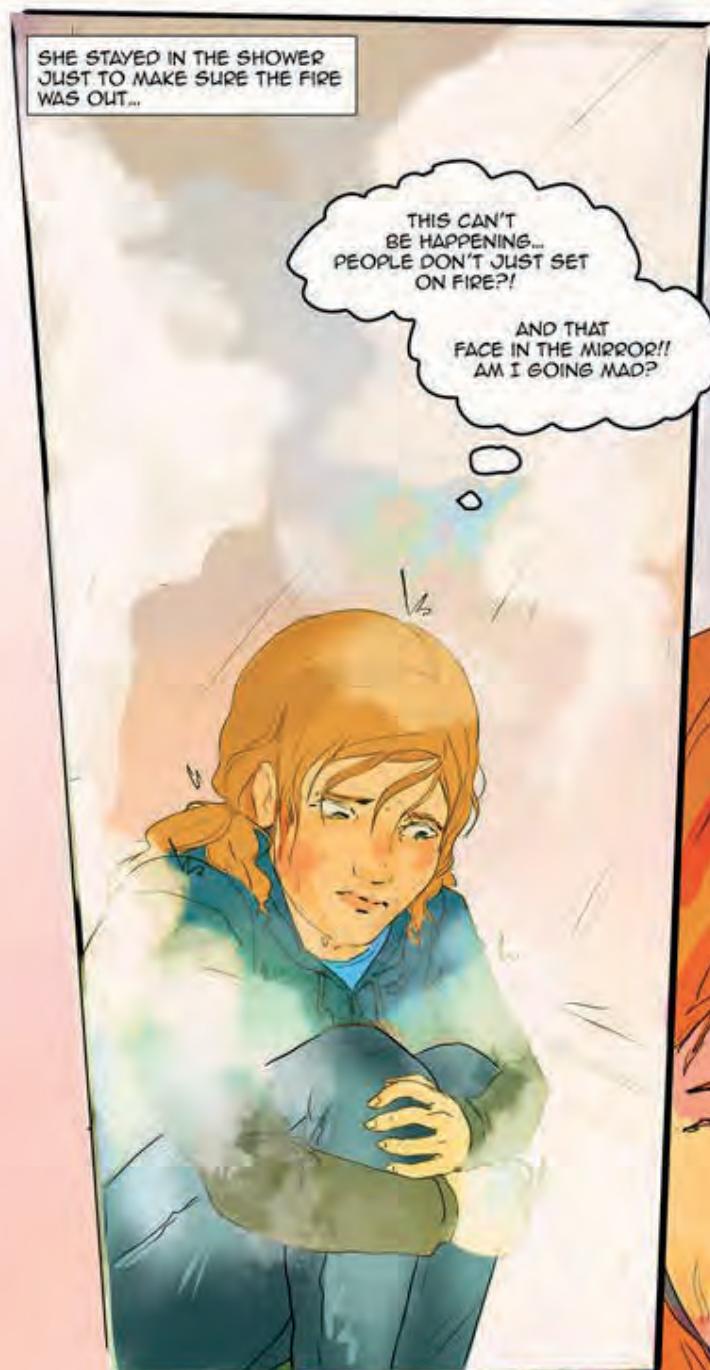


I AM
YOUR BEST FRIEND...
LET ME OUT AND I'LL MAKE
YOU HAPPY!!!

MWAHAHAHAHAHAHA!

OMG!
WHAT IS
HAPPENING?!











SHE WAS VERY HAPPY JUST BEING HERSELF...



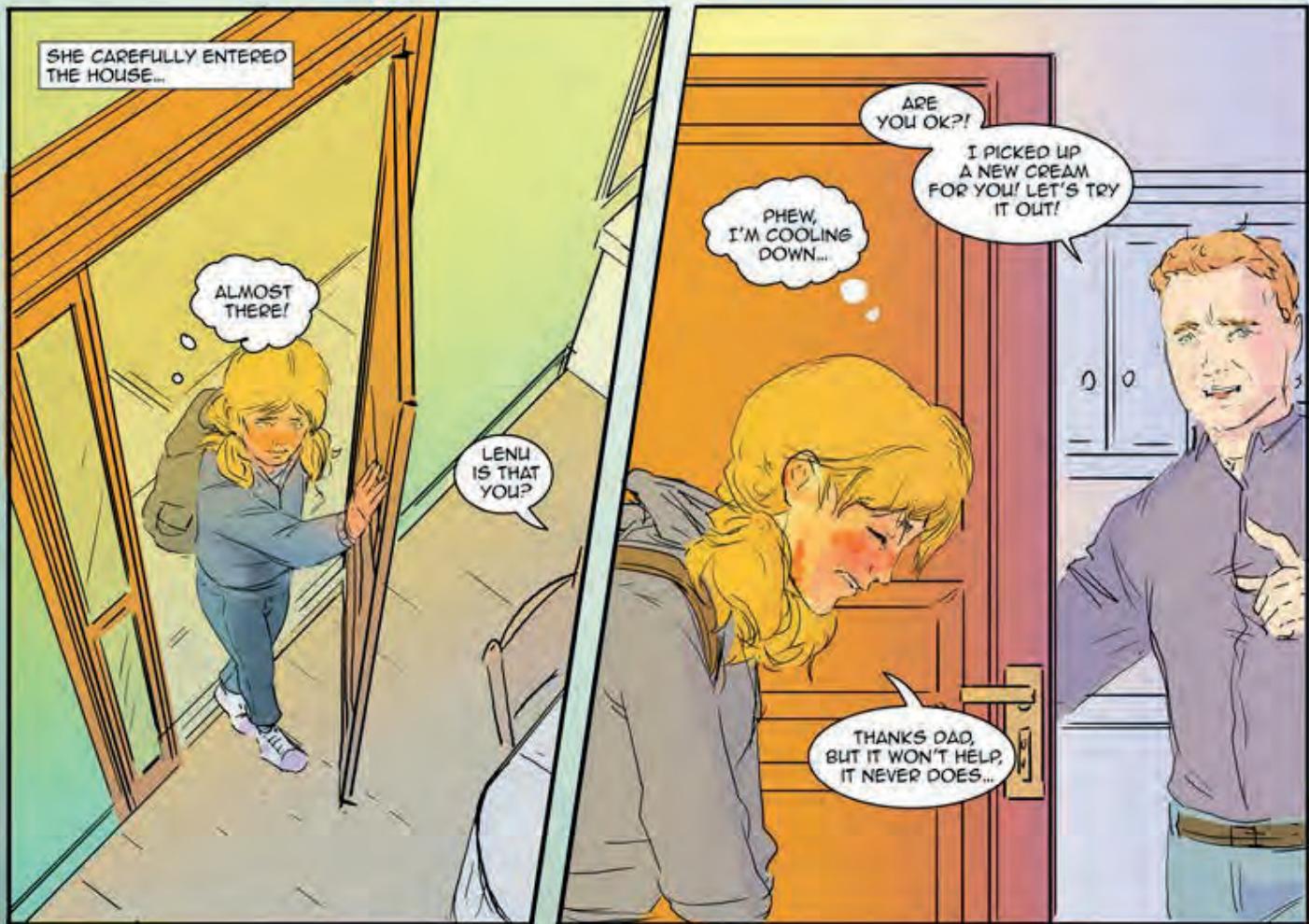




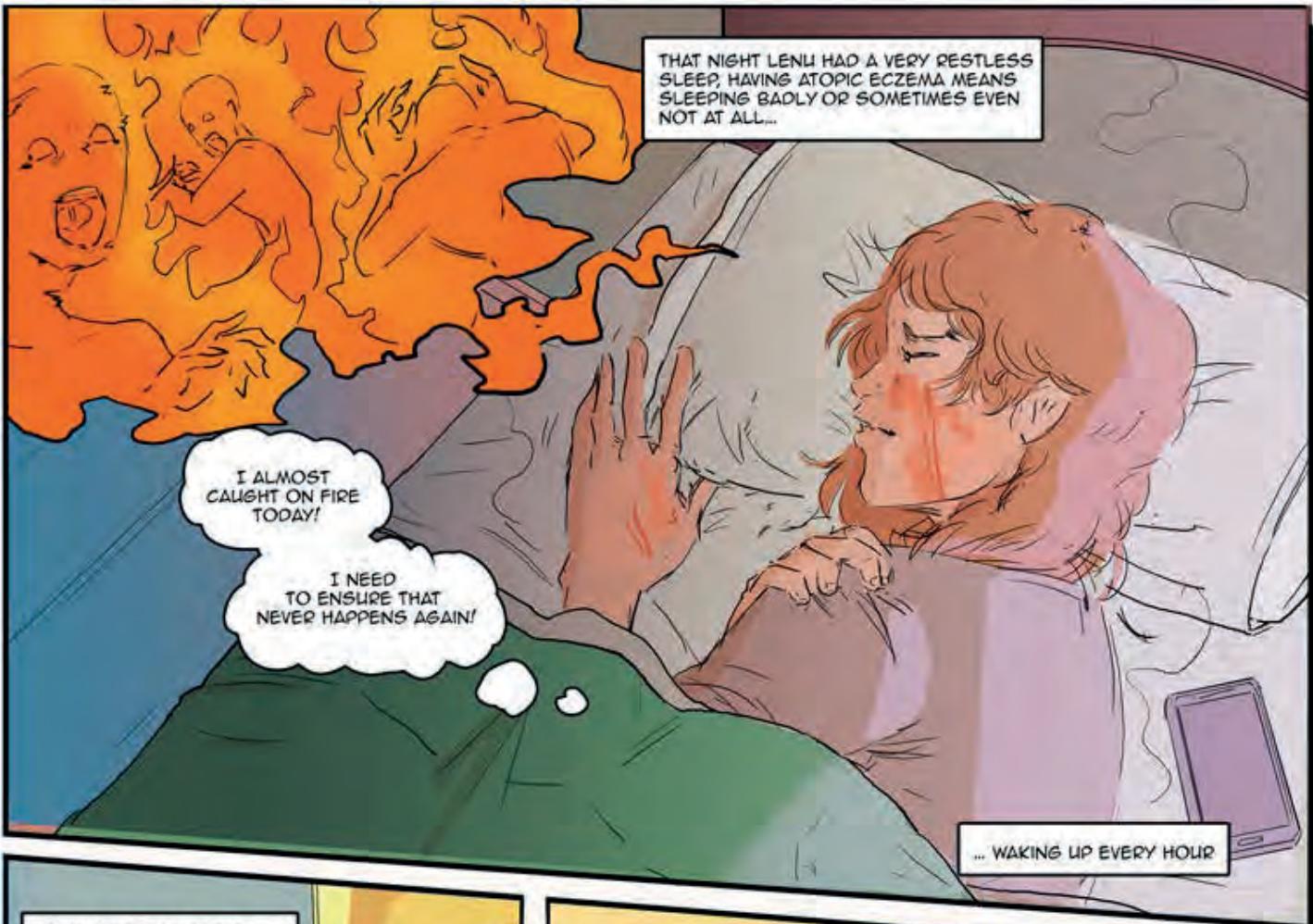
MUST GET TO COLD WATER!

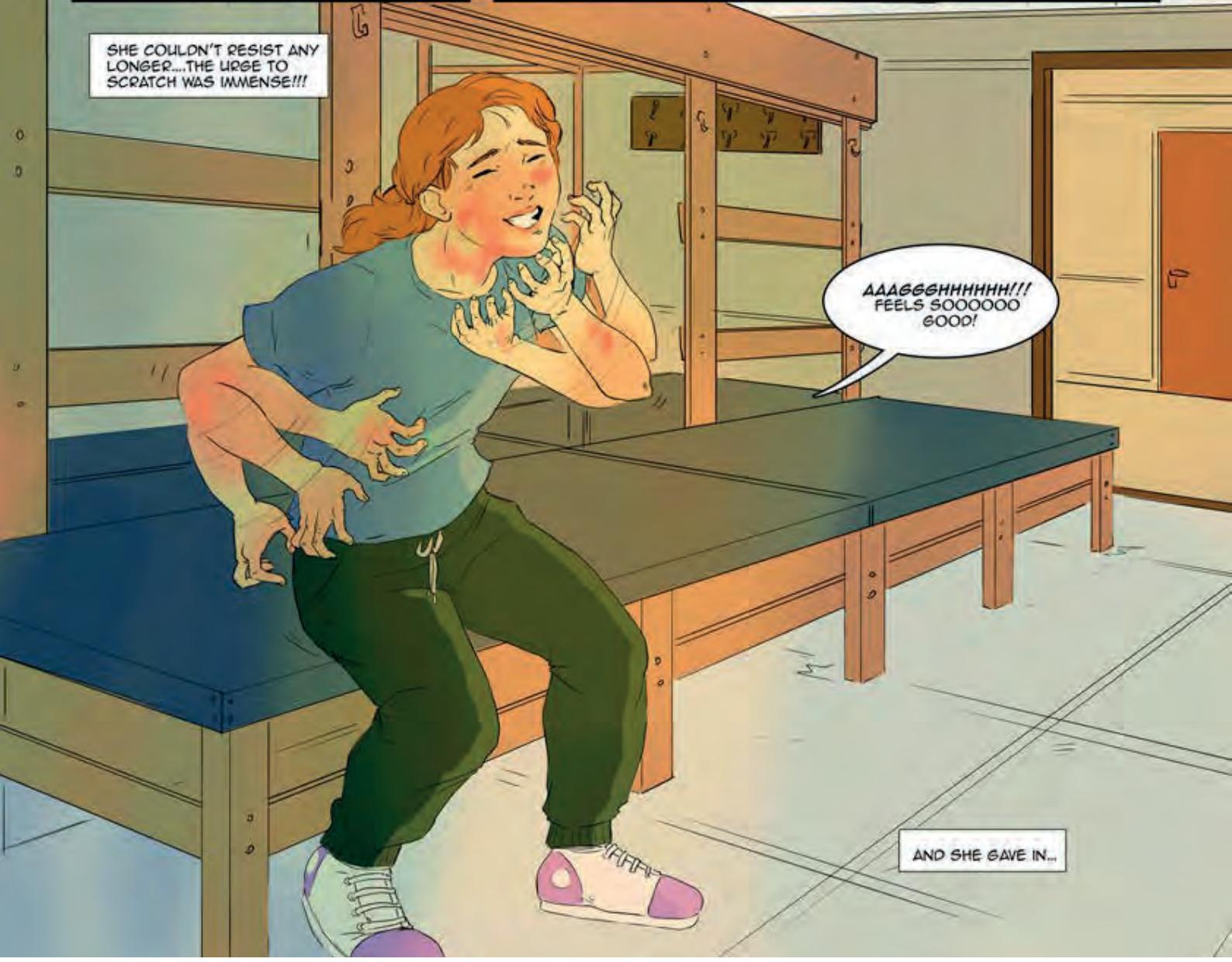
MUST CALM DOWN!













AND WITH THAT MADNESS
SOMETHING OVERCAME
HER!

RAAAAAAAA!!!

THEY WILL REGRET
THE DAY THEY EVER
PICKED ON ME!

SHE WAS NO
LONGER LENU...



BACK AT HOME, LENU WAS EXPECTING TO BE ARRESTED...

I'M SUCH A BAD PERSON...

BUT THE FIRE WAS BLAMED ON A FAULTY BOILER...

SHE WAS LUCKY! THIS TIME!

HOLD ON LENU... STAY STRONG!

SUPPOSE I SHOULD GET OUT OF THESE BURNT CLOTHES AND HAVE A SHOWER BEFORE DAD IS HOME...

LENU TRIED TO PUT THE AWFUL EVENT BEHIND HER...

LOOK YANA! A TALENT SHOW!

WE WILL NEVER WIN...

YOU'RE RIGHT... SILLY ME...

I COULD NEVER GET UP ON STAGE ANYWAY!

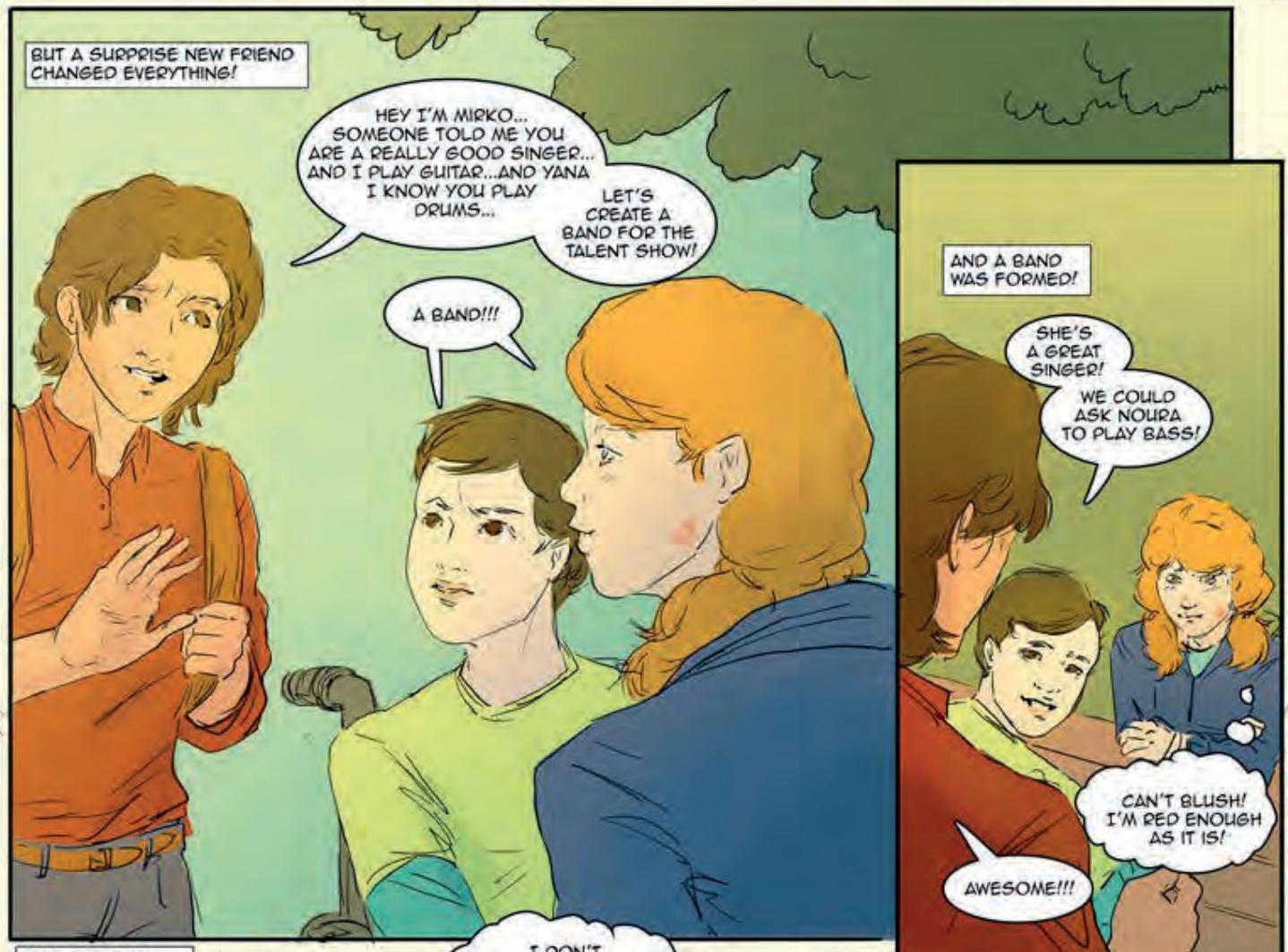
AND ANYWAY THEY WERE MUCH MORE BOthered ABOUT THE TALENT SHOW...

THEY WILL WIN FOR SURE!

YEP!

STRANGELY THE COOL KIDS HAD STAYED AWAY FROM HER SINCE THE INCIDENT...AS IF THEY KNEW TO BE WARY OF HER...

WE WILL WIN THIS FOR SURE!



LENU HAD TO COME CLEAN TO HER BANDMATES...

I'M NOT SURE I CAN DO THIS...

YOU SEE, I HAVE ATOPIC ECZEMA AND SOMETIMES I LOOK REALLY AWFUL... I CAN'T GET ON STAGE...

YEAH WE ARE A TEAM!

WE ARE A TEAM! WE SUPPORT YOU

TO HER SURPRISE HER FRIENDS WERE REALLY SUPPORTIVE!

BUT THERE IS MORE TO IT, WHEN I ITCH AND LOSE CONTROL, THINGS BURST INTO FLAMES...

IT WAS ME WHO SET FIRE TO THE CHANGING ROOMS AT SCHOOL...

IT'S OK, NO ONE WAS HURT...

YOU DIDN'T DO IT ON PURPOSE THOUGH LENU...

YOU AREN'T A BAD PERSON, I DON'T THINK YOU WANTED TO HURT ANYBODY...

TO HER SURPRISE AND RELIEF, HER FRIENDS STOOD BY HER...

PLEASE DON'T BE MAD

THEY NEEDED TO LEARN A LESSON!

WE AREN'T!

BUT NEVERTHELESS THEY HAD TO SOLVE THE PROBLEM... OTHERWISE IT WILL BE FAR TOO DANGEROUS

THE NEXT DAY AFTER SCHOOL, NOURA HAD A SOLUTION...

WE WILL MAKE OURSELVES COSTUMES OUT OF FIREPROOF MATERIAL...

AND WE WILL ALL WEAR MASKS...

GREAT IDEA!

THANKS GUYS YOU'RE THE BEST! ...THIS COULD REALLY WORK...

IT WAS STILL RISKY... BUT THEY ALL AGREED IT WAS WORTH A SHOT...

THEY PRACTISED TOGETHER AFTER SCHOOL EVERYDAY AND LENU FELT HAPPY...

WOW SHE SINGS SO WELL...

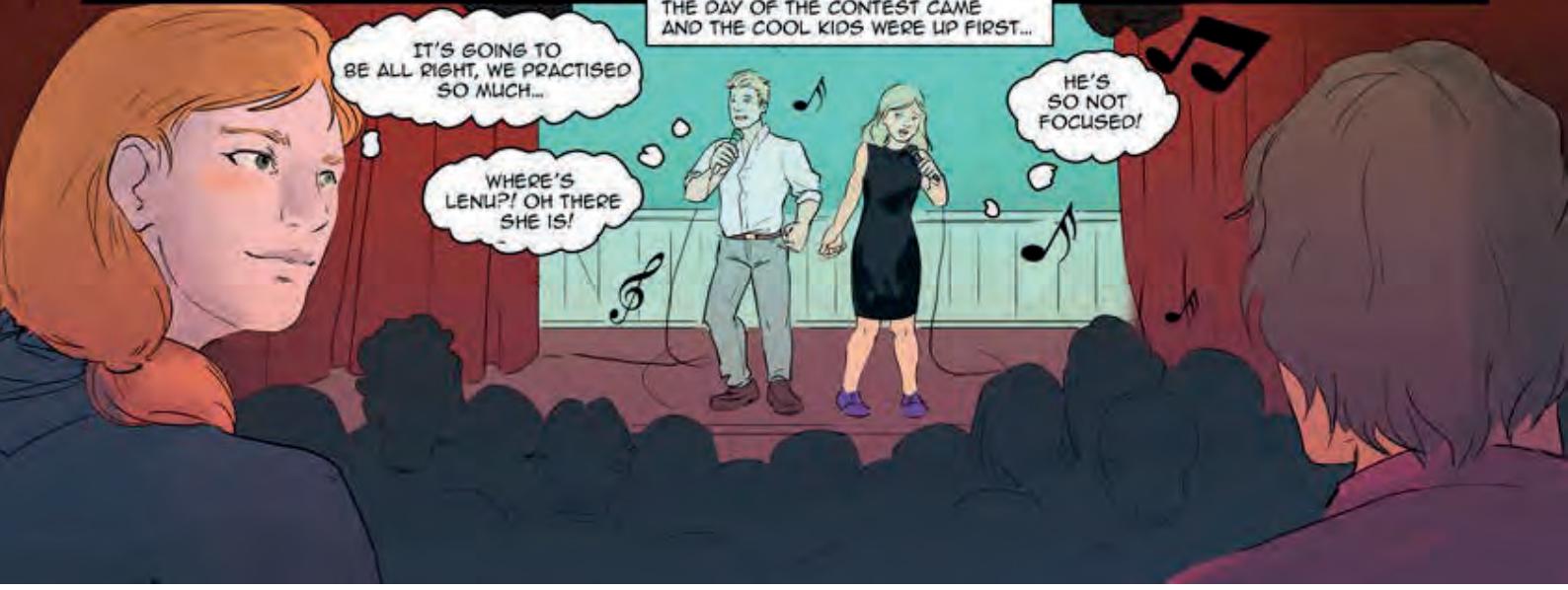
AND SHE'S BEAUTIFUL...

MIRKO IS ACTUALLY REALLY HOT... AND SO KIND...

I'M SURE THEY LIKE EACH OTHER...

AND SOME FEELINGS WERE STARTING TO EMERGE...







AND WHEN LENU STARTED SINGING
THE WHOLE ROOM GOT TO THEIR
FEET!

THEY
ARE LOVING
US!

WOHOOOOO!!!

WOW
WHAT A VOICE!

BUT NOT EVERYONE WAS
MESMERISED BY THEIR
PERFORMANCE...

THEIR COMMENTS REALLY
GOT UNDER LENU'S SKIN...

I WISH
THEY WOULD
SHUT UP!

OH NO...
THINGS ARE HEATING
UP!

ARE YOU
THAT UGLY YOU
NEED MASKS!?

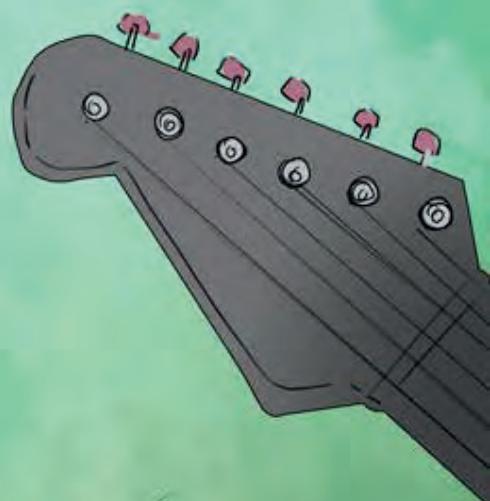
HAHAHA!
PAPER BAG WOULD
HAVE LOOKED
BETTER!

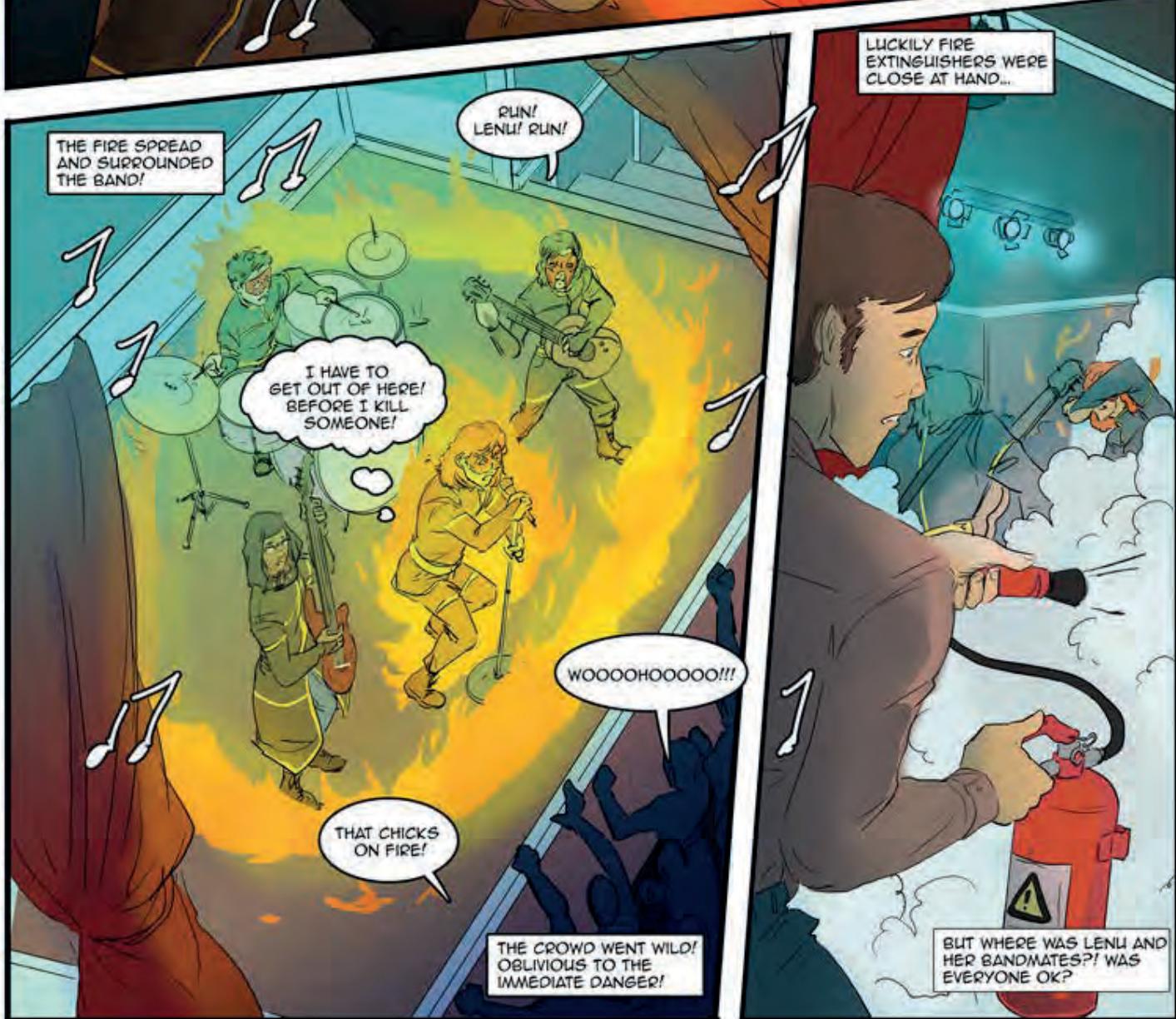
IS THAT
SMOKE COMING
FROM LENU!?!?

UGHHHH
I BET YOU ARE
ALL GROSS!!!

AND THE MORE SHE LET THEM GET TO HER,
THE HOTTER AND HOTTER SHE GOT!

KEEP SINGING...
CALM DOWN....
BREATHE!













THE BEST BIT IS LENU DOESN'T NEED A FIREPROOF SUIT AND MASK ANYMORE!

THIS IS AWESOME!

PLEASE WELCOME ATOPIKAAAAA!

WOOHOOOO!!!

HELL YEAH!

BECAUSE SHE IS FULLY IN CONTROL OF HER EMOTIONS...

NOT EVERYONE WAS HAPPY THOUGH...

I HATE HER, SHE THINKS SHE'S SO COOL!

WHICH LENU IS THRILLED ABOUT!

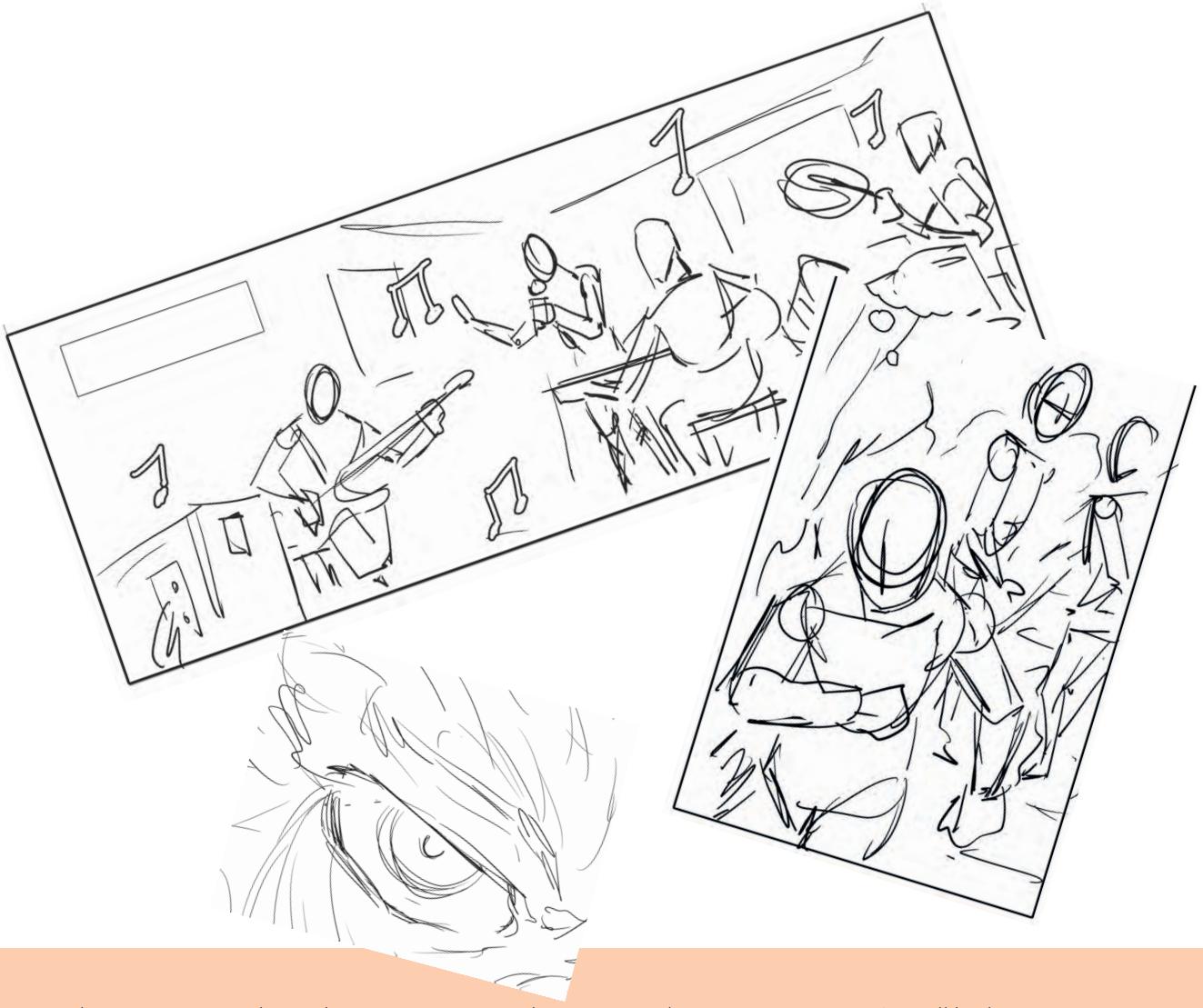
I LOVE HER, I'M NEVER GOING TO GET OVER THIS!

AND LENU'S DAD HAD A GIRLFRIEND...

THAT'S MY GIRL!







Did you enjoy Atopika and are you curious to learn more about atopic eczema? We'll be happy to explain it briefly for you.

Eczema is not a single disease but a collective name for a number of inflammatory skin diseases with common symptoms such as redness, scaling and itching.

Atopic eczema, also called atopic dermatitis, is a chronic condition. This form is a manifestation of an atopic predisposition, i.e. a tendency to react allergically due to an overactive immune system.

Atopic dermatitis causes a lot of itching. The hypersensitive skin is additionally damaged by repeated scratching or rubbing. Scratching provides temporary relief, but also worsens the inflammation and itching. This is why we speak of the itch-scratch cycle. It's often difficult for a patient to get out of this vicious cycle. Moreover, due to the scratching wounds and the disrupted skin barrier, there is a risk of secondary infection.

Atopic eczema occurs in about 1 in 5 children and in an estimated 3% of adults. Atopic eczema cannot be cured. You can only try to control it as best you can by taking daily care of your skin, following a prescribed treatment carefully and learning to live with the symptoms.

Just a reminder that eczema is not contagious. Is a person having a flare-up? Then don't shy away from them. A kind word or gesture can mean so much if someone is struggling with the symptoms of eczema.

Get to know Allergienet and GAAPP!

Allergienet is a Belgian patient association and self-help group for people with atopic, allergic conditions such as (food) allergies, urticaria, eczema and asthma. Since 2008, Allergienet has been advocating for more recognition of the disease burden and supporting patients and their families.

Moreover, Allergienet also defends the interests of its patients at different stakeholders and informs the general public.

To find out more about Allergienet, be sure to take a look at one of its websites, follow them on social media and be sure to check out their YouTube channel!

Meanwhile, getting all excited about Allergienet's mission?
You can support Allergienet by becoming a member!



www.facebook.com/Allergienet



www.instagram.com/allergienet/



www.youtube.com/@allergienet3578



www.allergienet.be





Introducing GAAPP: A Global Voice for Allergy and Airways Patients

The Global Allergy & Airways Patient Platform (GAAPP) is an international network that unites patient advocacy organizations from around the world. Whether dealing with allergies, asthma, atopic dermatitis, urticaria or other immunological and airways-related conditions, GAAPP brings together the voices and experiences of individuals and communities who live with these often invisible but life-impacting health challenges.

Founded with a vision of improving the quality of life for people with respiratory, allergic and atopic diseases, GAAPP has over 180 member organizations (in 2025) across all continents. This broad and inclusive network provides a platform where patient groups can collaborate, share best practices, and learn from one another — fostering a global community rooted in respect, responsibility, and strong relationships.

At its core, GAAPP stands for empowerment. The organization works tirelessly to ensure that patients are not only heard, but also represented in decisions that affect their health. By partnering with healthcare professionals, researchers, policymakers, and governments, GAAPP helps shape a better world.

Mission and Vision

GAAPP's mission is to support and empower patients around the world through advocacy, education, research, and awareness-raising. The organization believes that everyone living with an allergy, atopic or airways disease deserves to live fully — without stigma, unnecessary delays in care, or barriers to treatment.

The vision is simple but powerful: a world where patients with allergies, asthma, and atopic diseases can live better lives.

What GAAPP Does

To achieve its goals, GAAPP works across four key pillars:

- **Awareness** — Promoting greater understanding of allergic and atopic diseases worldwide.
- **Education** — Providing resources for patients, caregivers, and professionals.
- **Advocacy** — Giving a voice to patient communities in healthcare policy and research.
- **Research** — Supporting patient-centered science and innovation.

GAAPP creates evidence-based educational tools, drives policy change, supports research involvement, and amplifies the patient voice across all levels.

GAAPP member organizations

Members of GAAPP, patient organizations receive support on many different levels, such as finance, mentoring, knowledge resources and access to an international network of like-minded advocates. Members also participate in global awareness campaigns such as World Asthma Day, World Eczema Day, World Lung Day, and more — all with access to high-quality communication materials and promotional support.

Participation in GAAPP is more than a membership — it's a step toward building a stronger, more connected voice for patients around the world.

Join the Global Community

Whether you are part of a patient group, a caregiver, a healthcare provider, or someone living with allergies or atopic diseases, GAAPP offers tools, support, and a global family that shares your journey.

To learn more, visit www.gaapp.org or reach out to info@gaapp.org. Together, we can build a better future for everyone affected by allergy, atopic and airways diseases.



