

TALKING WITH A DERMATOLOGIST ABOUT YOUR PLAQUE PSORIASIS?

This guide can help you get things started.

No one knows what you've been through with plaque psoriasis better than you. The questions below can help you communicate your experience with your dermatologist. Just fill out your answers and bring this guide with you to your next appointment. Talking about your experience can help you and your dermatologist find the right treatment for you.

5 quick questions about your psoriasis journey

1. How long have you had plaque psoriasis?

- Less than 2 years 6-10 years
 2-5 years More than 10 years

2. On a scale of 1 to 5, how does plaque psoriasis affect your daily life?



3. What medicines are you currently using, or have you used in the past? (Check all that apply)

- Topicals (creams, ointments, etc.)
 Light therapy (UVB phototherapy)
 Otezla®, methotrexate, cyclosporine, or other medicines taken by mouth
 Injectable biologic medicines, such as Humira®, Enbrel®, Remicade®, Stelara®, Cosentyx®, Taltz®, or Tremfya®
 None of the above

4. What concerns (if any) did you have about the treatment(s) you have tried in the past? (Check all that apply)

- I was worried about possible side effects
 I experienced side effects
 Treatment didn't work for me
 My treatment worked at first but eventually stopped
 Taking the medicine often was inconvenient (too many pills, injections, or applications)

5. What are you looking for in your next plaque psoriasis treatment? (Check all that apply)

- Proof that it will work and keep working for a long time
 Information that shows it is safe for me to take the treatment for a long time
 As few doses or injections as possible
 All of the above
 Other (please explain):

Tracking your symptoms

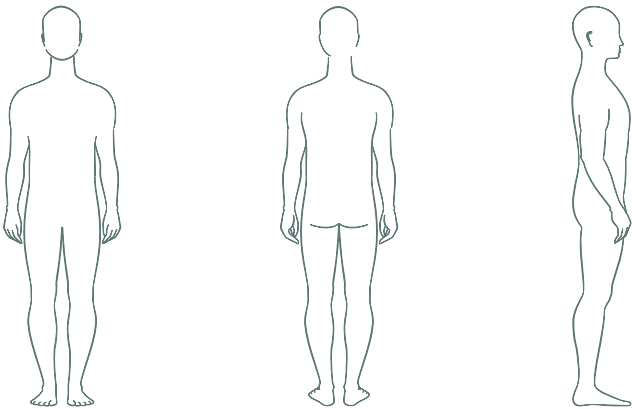
What are the most frustrating symptoms of plaque psoriasis for you?

(Select all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Itching/scratching | <input type="checkbox"/> Rash |
| <input type="checkbox"/> Flaking | <input type="checkbox"/> Pain or burning |
| <input type="checkbox"/> Plaques that don't clear | <input type="checkbox"/> Redness |
| <input type="checkbox"/> Plaque thickness | <input type="checkbox"/> Dry skin/cracking |

Where does plaque psoriasis affect you?

Use the pictures below to show your dermatologist where plaque psoriasis is bothering you. For example, where on your body do you have plaques, redness, and/or scaling? You can also make note of which areas irritate you more than others, even if those areas are somewhat cleared by your current medication.



Other related notes

These areas of my body are the hardest to treat or are most sensitive:

These areas of my body are where plaque psoriasis keeps coming back, even when I'm using treatment:

Other important notes about my psoriasis and/or treatments:
