

Date:

Physician:

Appointment guide

Plaque psoriasis symptoms affect people differently and with different levels of severity. So, your doctor needs to know exactly how plaque psoriasis affects you. This appointment guide is for your information only. It is not medical advice and does not take the place of your healthcare professional. Bring this worksheet to your next doctor visit to help guide the conversation.

What treatments are you taking, or have you taken, in the past?

(Check all that apply)

- Topical medicines
- Light therapy
- Systemic medicines (injectable or oral medicines that affect your whole body)
- Biologics
- Other _____

How satisfied are you with the results of these treatments?

- Very satisfied
- Somewhat satisfied
- Not at all satisfied

Please explain: _____

How are your symptoms affecting your life?

(Check all that apply)

- My plaques are painful and make certain everyday activities harder
- My symptoms cause me to withdraw from social situations
- I feel like I need to wear clothes that cover up my skin symptoms
- I feel self-conscious about how my skin looks
- I have joint pain, swelling, or morning stiffness in addition to my plaques

*Be sure to tell your doctor if you have joint pain along with your skin symptoms. That could be a sign that you may have a related condition, called **psoriatic arthritis**.*

Ask your doctor:

1. What role does the immune system play in plaque psoriasis?
2. Is my condition considered mild, moderate, or severe?
3. What causes my plaque psoriasis to flare up?
4. Can my flare-ups be controlled?
5. What treatments are available?
6. How do biologics work?
7. What treatment option is appropriate for me?
8. What are the possible side effects of these treatment options?
9. If you have joint symptoms: Could my joint pain be related to my skin symptoms?

Add more questions:
