

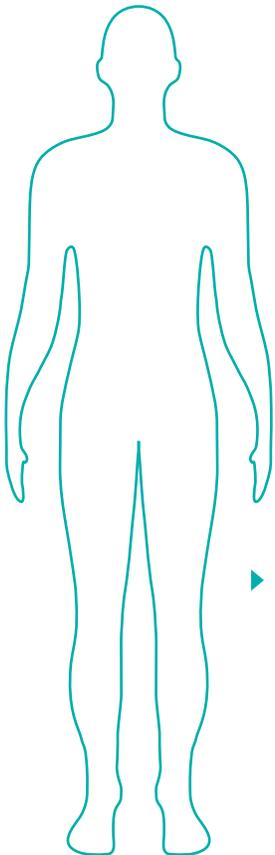
Talking to your healthcare professional about your psoriasis

Symptoms

Describe how your skin symptoms are bothering you. How does your skin look and feel to you?

What part(s) of your body are being affected?

Use the picture below to shade in the areas where you are experiencing symptoms. Don't forget areas like the backs of your hands, feet, scalp, abdomen, back, etc.



► *It might also be helpful to take pictures of your skin, especially if the areas affected were worse at one point, or if the symptoms seem to come and go.*

Describe how long these symptoms have been happening (number of days, weeks, months):

Do the skin symptoms come and go, or are they always there?

Have the skin symptoms changed location over time?

Have you been experiencing more symptoms lately?

Have you had any other bothersome symptoms that do not include your skin?

Have you recently had a cold or sore throat?

Impact of symptoms

1 2 3 4 5
Not at all Somewhat Very much

Do your symptoms interrupt your sleep or keep you from falling asleep?

Do you feel embarrassed by the affected areas of your skin?

Do you wear clothes that hide your skin?

Do you avoid public situations such as swimming or going to the beach?

Do you avoid new relationships or meeting new people because of your skin?

Does your skin affect you in other ways?

Family history

Does anyone in your family have psoriasis? Yes No Unsure

Current treatment

What prescription and non-prescription treatments are you currently taking? Specify the medication name and dose (or bring your medication with you):

How long have you been using these treatments?

How helpful have these treatments been?

Not at all helpful

A little helpful

Very helpful

①

②

③

④

⑤

Have you experienced any side effects with these treatments? If so, please describe:

Questions for your healthcare professional

How severe is my psoriasis?

Can you tell me about other treatment options that might be better suited for me? Why?

Would I benefit from seeing a dermatologist for treatment recommendations?

For more information about psoriasis and its treatment, visit LivingWellWithPsoriasis.com