

Talking to your Healthcare Professional about your Psoriasis

If you think you have psoriasis, it is important to see your healthcare professional so that he or she can properly diagnose your condition, or refer you to a dermatologist who can.

In order to get the most out of your appointment it's helpful to be prepared.

Below is a list of questions that you can use to guide you in your discussion.



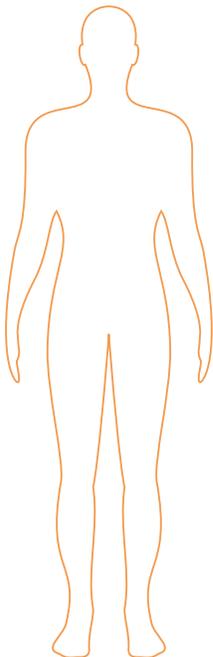
Remember to share the results of your Dermatology Impact on Daily Living Quiz with our healthcare professional. This can help him or her assess how psoriasis is truly impacting your quality of life. You can find the Daily Living Quiz in the Resources section on LivingWellwithPsoriasis.ca

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 at all?

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?

If you have taken the Psoriasis Severity Quiz bring a copy with you to share with your healthcare professional, or take the quiz in the Resources section on LivingWellwithPsoriasis.ca.

