How to Build Your Psoriatic Disease Health Team

Americans have psoriasis (2 - 3% of the U.S. population)

1.6% of Hispanics,1.9% of African Americans3.6% of Caucasians

Up to 30% of those with psoriasis develop psoriatic arthritis (PSA)

of people with psoriasis say their disease is a big problem in their everyday lives

PRIMARY CARE PHYSICIAN

Helps you maintain your overall health, including screening you for conditions related to psoriatic disease

PHARMACIST

Helps you develop a plan to follow your treatment recommendations, ensuring that you're taking multiple medications safely and suggesting over-the-counter items to be taken alongside prescription treatments



RHEUMATOLOGIST Helps you treat and manage your psoriatic arthritis.





OTHER SPECIALISTS

Can help you manage health conditions related to psoriatic disease, such as mental health issues or physical rehab needs



****BONUS SHOUTOUT**

to loved ones and family members who act as caregivers and your support system

How to Discuss Your Symptoms

Where are you experiencing your symptoms on/in your body? Explain how intense each symptom is.



Painful Skin Lesions

Fatique

Even a little disease can have a big impact on the patient. For example, really intense psoriasis affecting



How to Decide on Treatment

Decide the best treatment for your psoriasis with your doctor based on:

THE SEVERITY OF YOUR DISEASE







Visit psoriasis.org/care-team for more information about building your psoriatic disease care team.

Find more resources and personal advice for living with psoriasis at healthcentral.com/psoriasis





The National Psoriasis Foundation (NPF) is a non-profit organization with a mission to drive efforts to cure psoriatic disease and improve the lives of those affected. HealthCentral is a digital publisher committed to empowering people living with chronic illness with useful health information, inspiring personal storytelling, and a powerful social community.

Sources:

https://www.psoriasis.org/care-team https://www.ncbi.nlm.nih.gov/pubmed/24388724 NPF Fall Survey 2017