

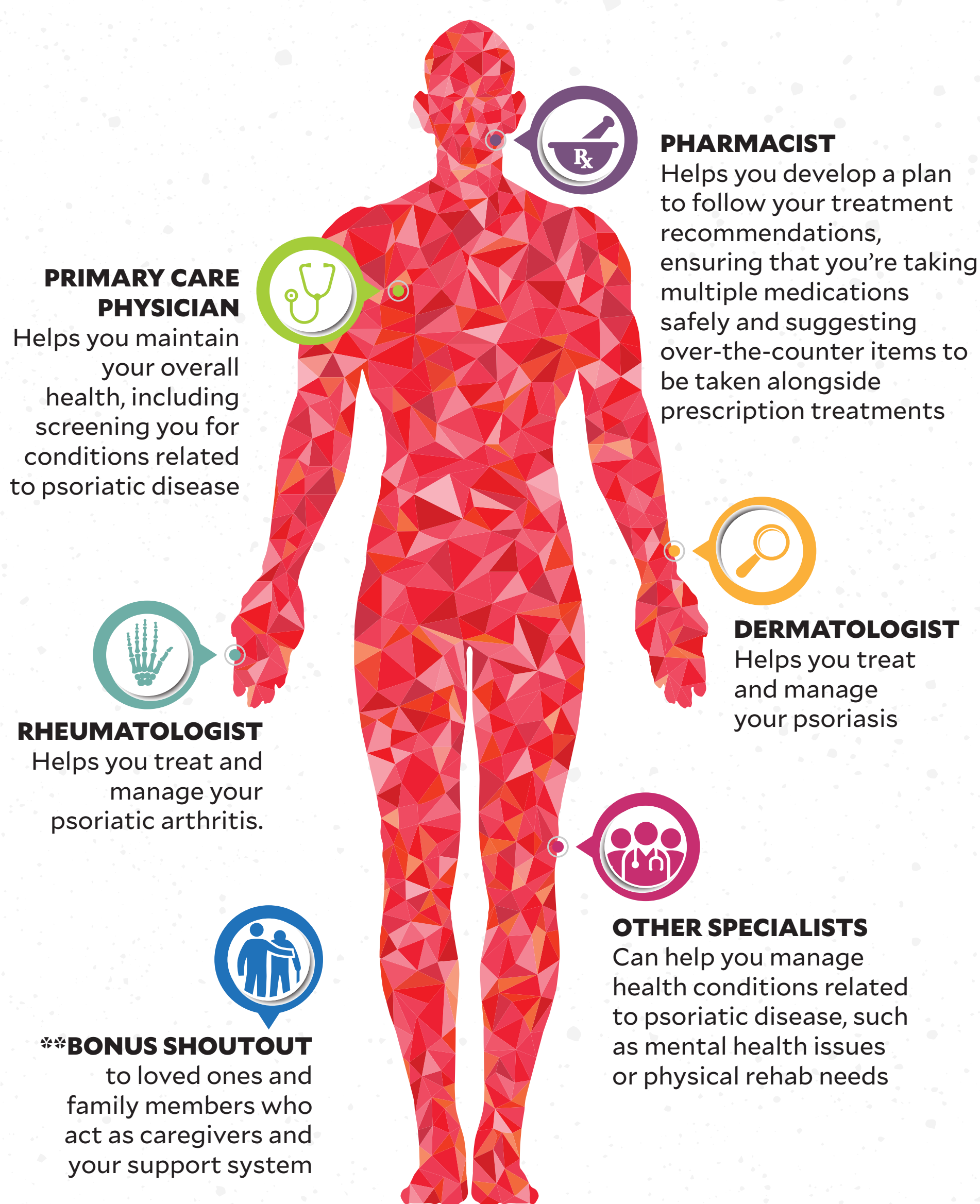
# How to Build Your Psoriatic Disease Health Team

**8 million +** Americans have psoriasis (2 - 3% of the U.S. population)

1.6% of Hispanics,  
1.9% of African Americans  
3.6% of Caucasians

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

**60%** of people with psoriasis say their disease is a big problem in their everyday lives



## How to Discuss Your Symptoms

**Where**

are you experiencing your symptoms on/in your body?

Explain how intense each symptom is.

0 5 10



NO PAIN

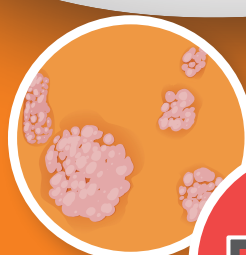


INTENSE



UNSPEAKABLE

**Common Symptoms:**



Painful Skin Lesions



Fatigue



Itch



Changes in Nails



**How Long**

have you been experiencing your symptoms?



**Any Changes**

in your symptoms over time?

## How to Decide on Treatment

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



THE SEVERITY OF YOUR DISEASE



YOUR HEALTH HISTORY AND OVERALL HEALTH



YOUR EXPERIENCE WITH PREVIOUS TREATMENTS



YOUR TREATMENT GOALS

Visit [psoriasis.org/care-team](https://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](https://healthcentral.com/psoriasis)



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**PSORIASIS**  
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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