

Ps. ARTHRITIS

Top 10 PsA tips for people with psoriasis

1. Keep an eye on your joints, including your back: ¹ be aware of any changes or pain.
2. Watch out for swellings & stiffness especially in the mornings² – don't ignore symptoms or assume it's age or sports-related.
3. In between doctor appointments, if you're concerned about PsA & want to check your joints, you can take a self-completion test – the PEST.³
4. Make sure you stay healthy and slim, eat healthily, keep active, don't smoke & drink alcohol only moderately¹.

5. Don't forget your emotional wellbeing & how psoriasis makes you feel ⁴ – speak to your healthcare professional if you feel you need support.
6. Bring up any concerns you may have with your healthcare professional, especially if you are having joint pain or swelling¹
7. Having joint pain does not mean it is PsA, people with psoriasis can develop other forms of arthritis and there are many causes of joint pain¹
8. Make sure you have an annual review & always discuss your joints with your doctor⁵
9. Many doctors also use the PEST to check joints during consultations⁵
10. If your doctor suspects PsA, they should refer you to a Rheumatologist¹

For more information: speak to your doctor, visit

www.SeePsoriasisLookDeeper.co.uk or contact the Psoriasis Association:

www.psoriasis-association.org.uk or call 01604 251620.

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PsA IS TREATABLE¹.

Make a note to yourself to be on the look-out for signs & symptoms of PsA. Make sure your joints are checked by your doctor at your annual psoriasis check-up.

If you recognise any of these symptoms & think you might have PsA, contact your doctor.

References

1. NHS Choices. Psoriatic Arthritis. 2015 Available at: <http://www.nhs.uk/conditions/psoriasis/Pages/Introduction.aspx> (last accessed October 2015) 2. Husted. Health-related quality of life of patients with psoriatic arthritis: A comparison with patients with rheumatoid arthritis. 2001 3. BAD. Psoriasis Epidemiology Screening Tool (PEST). 2012 Available at: <http://www.bad.org.uk/shared/get-file.ashx?itemtype=document&id=1655> (last accessed October 2015) 4. AB Kimball. Psoriasis: is the impairment to a patient's life cumulative? JEADV (2010)5 Ref: NICE. Psoriasis. Quality Statement 5: Assessing for psoriatic arthritis. (2013) 5. NICE. Psoriasis: The assessment and management of psoriasis (2012)