

Ps. ARTHRITIS

Top 10 tips for people with PsA

Don't worry, PsA is treatable & manageable, it doesn't have to stop you living a positive and active life¹

How can I help to manage my PsA?

4. Always look after yourself & keep as healthy as possible – watch your weight & eat healthily, keep active, don't smoke & drink alcohol only moderately.¹
5. Be aware of any joint changes or worsening symptoms. Remember PsA can affect your spine – including your neck and lower back.¹ Tell your Rheumatologist if your symptoms change.
6. PsA can cause fatigue, plan your day to help to manage any tiredness you may be feeling.⁴
7. Don't forget your emotional wellbeing & how PsA makes you feel⁵ – speak to your healthcare professional if you feel you need support. PsA doesn't have to define you.

How can I work with my healthcare professional to develop my care plan?

1. Make sure you have a regular review with your doctor & your joints are checked when you have an appointment. Your doctor may use the PEST a simple questionnaire to check your joints.²
2. There are several treatment options & you should discuss your personal treatment goals with your doctor, so you can agree a care plan.¹
3. You may see a mix of healthcare professionals that specialise in different areas of medicine during your PsA care, e.g.¹

GP, Rheumatologist, Nurse, Physiotherapist, Occupational Therapist or Podiatrist.^{1,3}

They can offer a range of treatments: from exercises to physical supports for inflamed joints, through to medications to reduce pain & inflammation as well as slow down the progression of PsA.¹

Get support & share advice...

8. Four out of ten people with PsA describe their disease as a large problem in everyday life.⁶
9. But remember there are many others with PsA – if you need support you can talk to your doctor, patient groups, online forums, & family & friends.
10. Live life to the full, PsA can be managed.

For more Information: speak to your doctor, visit the www.SeePsoriasisLookDeeper.co.uk or contact the Psoriasis Association: www.psoriasis-association.org.uk or call 01604 251620.

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PsA is treatable and can be managed¹. Make sure your joints are checked by your doctor at your annual check-up. Seek further support if you feel you need help with the impact of PsA on your life.

References

1. NHS Choices. Psoriatic Arthritis. 2015 Available at: <http://www.nhs.uk/conditions/psoriasis/Pages/Introduction.aspx> (last accessed October 2015) 2. BAD. Psoriasis Epidemiology Screening Tool (PEST). 2012 Available at: <http://www.bad.org.uk/shared/get-file.aspx?itemtype=document&id=1655> (Last accessed October 2015) 3. SIGN. Treating psoriasis and psoriatic arthritis (2011) Available at: www.sign.ac.uk/pdf/pat121.pdf (Last accessed October 2015) 4. Lee S. et al. The Burden of Psoriatic Arthritis. Pharmacy and Therapeutics. (2010) 5. Husted et al. Health-related quality of life of patients with psoriatic arthritis: A comparison with patients with rheumatoid arthritis. Arthritis Care & Research (2001) 151-8 6. Gelfand JM et al. Epidemiology of psoriatic arthritis in the population of the United States. J Am Acad Dermatol. 2005;53(4):573.