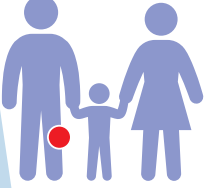


Ps. ARTHRITIS

Make a note to self...

 If you, or someone in your family, has psoriasis, you need to **BE PsA AWARE.**

Around **3 OUT OF 10** people with psoriasis will get PsA¹... so make sure you're on the look-out for signs & symptoms.



CHANGES TO NAILS – pitting, discolorations or lifting from the nail bed – can be a sign of PsA.²



Some people develop PsA **WITHOUT FIRST** having psoriasis.³



PsA signs & symptoms

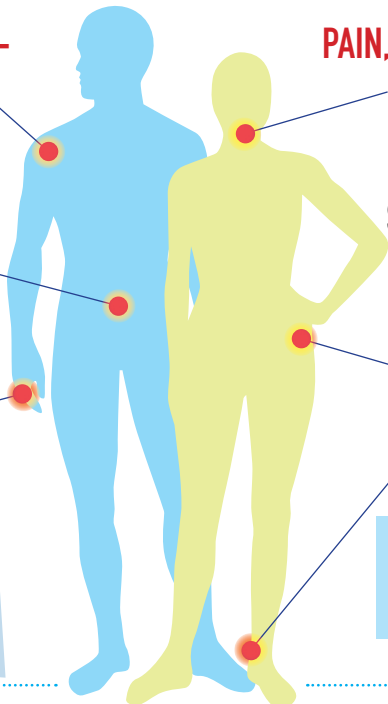
PsA SYMPTOMS VARY FROM PERSON TO PERSON BUT COMMONLY INCLUDE:

STIFFNESS IN YOUR JOINTS – particularly in the morning⁴

LARGE JOINTS – like knees and lower back are often involved¹

'SAUSAGE DIGITS' – 4 out of 10 people with PsA report swollen toes or fingers⁵

In severe cases joints, may become **PERMANENTLY DAMAGED**⁶



PAIN, SWELLING & TENDERNESS IN ONE OR MORE JOINTS – including the back & neck¹

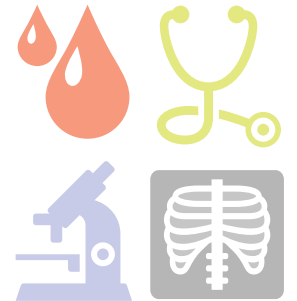
Some people with PsA also feel extremely **FATIGUED**⁶

Areas where **TENDONS INSERT INTO BONES** can also be affected (enthesitis)³

Is it PsA?

SEE YOUR DOCTOR IF YOU THINK YOU MIGHT HAVE PsA

Your doctor will use **BLOOD TESTS** to check for signs of inflammation in your body & the presence of certain antibodies found in other types of arthritis, as well as **X-RAYS** or **SCANS** of your joints to confirm if you have PsA¹



● **PsA IS TREATABLE**¹. Make a note to yourself to **BE ON THE LOOK-OUT** for signs & symptoms of PsA. Make sure your joints are checked by doctor at your annual psoriasis check-up⁷. If you recognise any of these symptoms & think you might have PsA, **CONTACT YOUR DOCTOR.**

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.

Ps. ARTHRITIS

References

1. NHS Choices. Psoriatic Arthritis. 2015 Available at: <http://www.nhs.uk/conditions/psoriasis/Pages/Introduction.aspx> (last accessed October 2015) 2. Taylor W et al. Classification Criteria for Psoriatic Arthritis: Development of New Criteria From a Large International Study. Arthritis & Rheumatism 2006; 54 (8): 2665-2673 3. Gladman G, et al. Psoriatic arthritis: epidemiology, clinical features, course, and outcome. Ann Rheum Dis 2005; 64 (Suppl II): ii14-ii17 4. Husted J et al. Health-related quality of life of patients with psoriatic arthritis: A comparison with patients with rheumatoid arthritis. Arthritis Care & Research 2001; n/a: 151-8 5. J E Brockbank et al. Dactylitis in psoriatic arthritis: a marker for disease severity?. Ann Rheum Dis 2005; 64:188-190 6. Lee S. The Burden of Psoriatic Arthritis. Pharmacy and Therapeutics 2010; 35: 680-689. 7. National Institute for Health and Care Excellence. Psoriasis - The assessment and management of psoriasis. Clinical Guideline 153. 2012