YOUR PSORIASIS STORY

PRINT THIS OUT, ANSWER THE QUESTIONS, THEN SHARE IT WITH YOUR DOCTOR
SYMPTOMS

SURFACE AREA

Your doctor will use a variety of different factors to measure the severity of your disease, including its physical and emotional impact. But one of the most important things your doctor will take into account is the amount of body surface area (BSA) covered by your psoriasis.

Your handprint is about 1% of your skin’s surface. So it’s a good tool for getting an idea about how much of your body is covered by psoriasis. First, look at the plaques on your skin and then use your hand to determine how many handprints it takes to cover all of the plaques.

Write down the number of handprints here: ____________ %

Circle the group that represents the amount of handprints you counted.

- MILD
  - Less than 3% of the body has psoriasis
- MODERATE
  - 3% - 10% of the body has psoriasis
- SEVERE
  - More than 10% of your body has psoriasis

According to the National Psoriasis Foundation

PSORIASIS SYMPTOMS

If you’ve experienced one or more of the following symptoms, make sure to check it off here:

- Raised, red, inflamed lesions
- Silvery, scaly plaques
- Small, red, individual spots (more common in children and young adults)
- Dry skin that may crack and bleed
- Itching, burning, or soreness of the skin
- Pitted nails or separation from the nail bed

AFFECTED AREAS

Please check off the places where there are visible plaques on your skin.

- Face
- Hands
- Scalp
- Intimate Areas
- Neck
- Legs
- Chest
- Knees
- Back
- Feet
- Elbows
- Other (please specify)
SYMPTOMS (CONT.)

THE ITCHINESS YOU EXPERIENCE

Circle the appropriate image that describes the itchiness you feel.

Have a conversation with your doctor about your level of itchiness. He or she may be able to suggest some strategies to help you cope.

THE PAIN YOU FEEL

Circle the number on the scale to describe the pain you feel.

0 1 2 3 4 5 6 7 8 9 10

NO PAIN

EXCRUCIATING PAIN

PSORIATIC ARTHRITIS SYMPTOMS

Take a look at the list of psoriatic arthritis (PsA) symptoms below. Check off any that you’ve experienced—your doctor needs to know this information.

- Swollen fingers and toes
- Back pain (lower back, upper back, and neck)
- Tender, painful, throbbing, or swollen joints
- Tender, painful, or swollen around tendons
- Reduced range of motion
- Morning stiffness
- General fatigue
- Changes to nails (pitting or separation from the nail bed)
**LIFESTYLE IMPACT**

Think about how much time you spend every day coping with your psoriasis, including:

- Finding an outfit to hide your psoriasis: ____ minutes/hours
- Styling your hair to cover symptoms: ____ minutes/hours
- Applying lotions and creams: ____ minutes/hours

Psoriasis affects more than just your skin—it affects your life. Write about the ways psoriasis has affected important life areas, including: work, relationships, and your social life. If you were worried about meeting a new client or felt uncomfortable during a date, writing it down here will help you give your dermatologist real-life examples.

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**FREQUENCY OF FLARES**

In the past month, how many days have you experienced a flareup?

- ____0-3 days
- ____4-7 days
- ____8-14 days
- ____15 or more days

**LENGTH OF YOUR TYPICAL FLARE**

How long does a flareup typically last for you?

- ____1-3 days
- ____4-7 days
- ____8-14 days
- ____15 or more days
- ____There’s no typical flareup for me

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**CHOOSE YOUR WORDS**

How does psoriasis make you feel? Circle the words that identify your feelings.

- Anxious
- Embarrassed
- Isolated
- Ashamed
- Inconvenienced
- Annoyed
- Frustrated
- Sad
- Worried
- Shy
FAMILY HISTORY

Write down any history your family members have had with psoriasis, PsA, or other inflammatory diseases, such as Crohn's disease.

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TREATMENT GOALS

Questions to ask your doctor.
Would you consider my psoriasis mild, moderate, or severe?
Besides creams or lotions, what are my other options for treating my psoriasis?
How long should I wait to see results from my current treatment?
What type of skin clearance should I expect from my current treatment?

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