

How to talk to your doctor or dermatologist about treatment goals



A guide for people with psoriasis



Where to start...

If you're living with psoriasis, you know the effects aren't just physical. It can take a toll on your emotions, work, relationships, goals and dreams. While there's no cure for psoriasis, the right treatment can relieve symptoms and improve your quality of life. Use this guide to prepare for conversations with your doctor or dermatologist about the care you need to live the life you want to live.



Take control because you are part of the team...

You and your doctor are part of the same team working towards common treatment goals. If you're not clear about what you want from your treatment, it will be difficult for your doctor to find one that's satisfying for you. You need to be clear about your treatment expectations and communicate them honestly and openly.



Be specific...

When describing your symptoms and the impact they have on your life, **be as specific as possible**. This helps your doctor understand exactly what you're experiencing to help find the treatment that's best for you.



Empower yourself by using data...

You're not alone. This worksheet was developed from the largest global survey of people with psoriasis to date.

Over 8,300 people from 31 countries around the world completed the survey and talked about the impact of psoriasis on their lives.

Use the worksheet overleaf to be specific about the impact your psoriasis is having on your life. Key survey results are listed in the left-hand column. Read through them and describe your current situation as clearly as possible in the middle column. Then use the right-hand column to clearly state your treatment goals. Examples have been provided.

Clear about Psoriasis survey results ¹	My current situation (Example only)	My treatment goal (Example only)
55% of patients do NOT think clear skin is achievable	<i>I don't believe there are treatments that can give me clear or almost clear skin</i>	<i>I want to know if there are treatments that can give me clear or almost clear skin</i>
The main treatment goals people agree with their doctor are to reduce itching, lessen the appearance of plaques, achieve clear or almost clear skin and reduce pain	<i>I also want to reduce flaking</i>	<i>I want to stop the itching, flaking, soreness, cracking, bleeding. I want clear or almost clear skin</i>
84% of all people have experienced discrimination or humiliation	<i>People often think that my psoriasis is contagious</i>	<i>I want people to stop staring at me or think that there's something wrong with me</i>
88% of people feel self-conscious or ashamed when doing activities (like lying on the beach, swimming, going to the hairdressers, etc.)	<i>I don't go swimming, to beaches or the gym because I don't want people to stare at me</i>	<i>I want to expose my skin in public without feeling self-conscious or ashamed</i>
54% of people feel that their psoriasis has impacted their professional life	<i>I leave flakes everywhere, I can't concentrate due to the itching and the pain, I am afraid of losing my job</i>	<i>I want to keep my job, pursue my desired career and be productive at work</i>
43% of people feel that their psoriasis has impacted past or current relationships	<i>I can't stand the thought of someone seeing my skin, people avoid touching me, I avoid having sex, I feel inadequate as a spouse or partner</i>	<i>I want to be in a healthy and rewarding relationship</i>
61% of people have not been able to sleep due to their psoriasis	<i>I don't sleep well most nights because of the itching and pain</i>	<i>I want to sleep well and wake up fresh and rested</i>
On average, people use at least three 'alternative' methods to relieve their symptoms (e.g., vitamins, petroleum jelly)	<i>I currently spend a lot of money on vitamins, petroleum jelly, olive oil and thermal baths to keep my symptoms under control</i>	<i>I want to control my symptoms without the use of alternative methods</i>
The three activities people look forward to doing if they were free of the burden of psoriasis are lying on a beach, swimming, wearing dark or colored clothes	<i>I feel uncomfortable hugging people, shaking people's hands and using public transportation</i>	<i>I want to be free of the burden of psoriasis to live a normal life</i>

Use this space to describe other ways your psoriasis is having an impact on your life. Be as specific as possible:

Prepare for your next doctor visit...

Your doctor needs to know exactly how psoriasis is affecting your life. Don't wait for your doctor to bring this up. There's no reason to be embarrassed by talking about these things if it means getting the best treatment for you. Use this worksheet to identify your specific concerns and treatment goals. Share them with your doctor. You will receive the most effective treatment if your doctor has complete information on what it is you want to achieve.