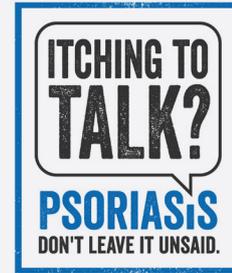


Your Skin Doesn't Always Tell the Full Story, So You Have To!

This guide has been developed to help you **TALK** to your doctor or nurse so they understand the full impact psoriasis has on your life, rather than relying on how your skin looks to them. Using each letter of **TALK** can help you decide what to discuss with your doctor or nurse and together you can identify treatment goals based on what is most important to you. You can download and save the guide on your smartphone, iPad or computer and complete it electronically or print it and fill it in as a hard copy.



T = TREATMENT

For some, **TREATMENT** needs to fit around a busy life e.g. studying at university or going out with friends, building a career, looking after children, or elderly parents.

How does a TREATMENT need to fit in with your life?



A = ACHIEVE

What do you want to **ACHIEVE** and what would life be like if your psoriasis was controlled? Is there something special you really want to do with your family or friends; get excited about planning life events, a wedding or having children?

Do you want to feel confident at work? What do you want to ACHIEVE?



L = LIFESTYLE

Psoriasis can affect your day to day **LIFESTYLE** in a number of ways. You may not feel comfortable wearing certain clothes at work or when socialising with friends? Does your psoriasis make you feel unable to eat or drink what you'd like or to take part in some sports? **How does psoriasis impact your LIFESTYLE?**



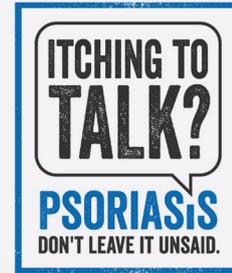
K = KEY body areas

KEY areas of the body may impact you more when affected by psoriasis. Some people find it difficult to cope with the itch from their scalp psoriasis or find psoriasis in sensitive areas uncomfortable or embarrassing. **Which KEY body areas most impact how you feel?**

TALK to your doctor or nurse so they understand how psoriasis affects you.

Other ways to help improve your consultations

Taking photographs or keeping a diary when your psoriasis flares up or really affects how you feel can be a useful reminder to help start the discussion during your consultation. When you go to your consultation your psoriasis may be more under control than at times between appointments. Keeping a record can give you more confidence to fully describe the impact and enable you to have better discussions with your doctor or nurse.



Finally, it may be useful to have a check-list when you see your doctor or nurse to help make sure you get all the information you need. This could include:

Do you have all the information needed about your treatment?

Are you confident about how to take or use your medication?

Have you confirmed when your next appointment is?

Do you know where else to look for further information?

Other useful notes: