My Skin & Bones Doctor Discussion Guide

If you have psoriasis, you're also at risk for developing psoriatic arthritis. Being aware of the symptoms and communicating them to your doctor is crucial to managing this condition early and reducing its signs and symptoms. **Use this discussion guide and share it with your doctor at your next appointment for a productive discussion about your symptoms and treatment options.**

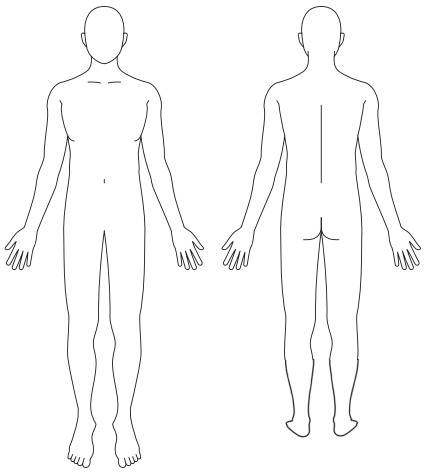
Symptoms and Impact of Psoriatic Arthritis

Are you experiencing any of the following symptoms?

Joints & Tendons

- ☐ Swelling
- ☐ Stiffness
- ☐ Pain
- ☐ Tenderness
- ☐ Morning stiffness (30 mins or more after waking up)

Where do you experience these symptoms?
Circle the affected area(s) on the diagram on the right.



If you experience joint pain, how severe is it?

1	2	3	4	5	6	7	8	9	10

Barely any pain — Extremely painful

Heels

- ☐ Pain in the heels

Fingers & Toes

- ☐ Sausage-like swelling of fingers or toes

Eyes

- ☐ Redness and pain in the eyes

Fingernails & Toenails

- ☐ Changes in the fingernails or toenails (e.g., crumbling, separating from the nail bed, ridges and splitting, spots of blood under the nail, holes or pits in the nail, etc.)

Other

- ☐ General fatigue
- ☐ Reduced range of motion

How long have you been living with these symptoms? _____

How does your pain (or other symptoms) impact your day-to-day life? Select all that apply:

- ☐ Trouble getting out of bed in the morning
- ☐ Trouble dressing or undressing yourself
- ☐ Struggling with exercise
- ☐ Difficulty completing day-to-day tasks
- ☐ Feeling embarrassed or self-conscious
- ☐ Struggling at work. How so? (e.g., typing) _____
- ☐ Struggling in social settings. How so? (e.g., anxiety) _____
- ☐ Other: _____

Sharing your symptoms and their impact on your life with your doctor is a critical step in getting on the appropriate treatment plan!

CAPP ACPP
Canadian Association of Psoriasis Patients
Association canadienne des patients atteints de psoriasis

Important Questions to Guide a Discussion with Your Doctor

Here are some questions that you may find helpful to bring up at your next appointment.

- Are there any other signs or symptoms I should be checking for?
- What treatment options are available for me?
- Do you have any recommendations to help manage my symptoms?

Remember to make a list of your own questions so you can discuss them with your doctor during your next appointment. Be sure to check out the resources on the My Skin & Bones website ahead of your appointment.

Notes

This discussion guide is designed to facilitate a conversation with your doctor. Printing it and bringing it with you to your appointment can help you and your doctor develop a tailored treatment plan!

For more information about psoriatic arthritis, visit mySKINandBONES.ca

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