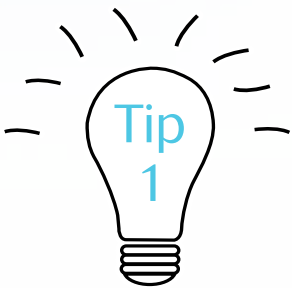


Guide 2:

Preparing for your appointment



Not sure how to get the most out of your next appointment you have with your GP or dermatologist? Read on for some helpful hints and tips...



Be Prepared

Think about all the questions you want to ask your doctor, and what they may ask you. This will help your doctor to support you in the best way possible. It's important to be honest and tell your doctor what you are feeling and how your psoriasis is affecting you. Below are some example questions and points to help you prepare.

What do I want to know?

These questions are designed to provide you with a starting point to ensure that the queries you have about your psoriasis can be answered by your doctor.

- 1 Do I have psoriasis?
- 2 What type of psoriasis do I have?
- 3 How severe is my psoriasis?
 - a) What is the Psoriasis Area and Severity Index (PASI)? What is my PASI score and what does it mean for my psoriasis?
 - b) What is the Dermatology Life Quality Index (DLQI)? Do I have a DLQI score? How do I get one?
- 4 How might my psoriasis affect me on a day-to-day basis?
- 5 What might trigger flare-ups?
- 6 What should I do to help lessen the chance of flare-ups?
- 7 What are my treatment options and how might they help me?
- 8 What is the best treatment plan for my psoriasis? How will this fit with my lifestyle?
- 9 What do I do if I find my treatment is not working, or if it works for a while and then stops? What does this mean?
- 10 If speaking to your GP: Am I likely to need a referral to a dermatologist (hospital based doctor specialising in the treatment of skin disorders) for my psoriasis? What might lead to a referral?

To help you think of other questions you might want to ask, to learn more about the PASI and DLQI measurements, or to use our Psoriasis Severity Calculator before your appointment, visit www.psoriasis360.com

What might my doctor want to know?

Your doctor is likely to ask you some questions to help them get a good picture of how your psoriasis is affecting you and the way you live your life. Here are some examples of questions which may come up.

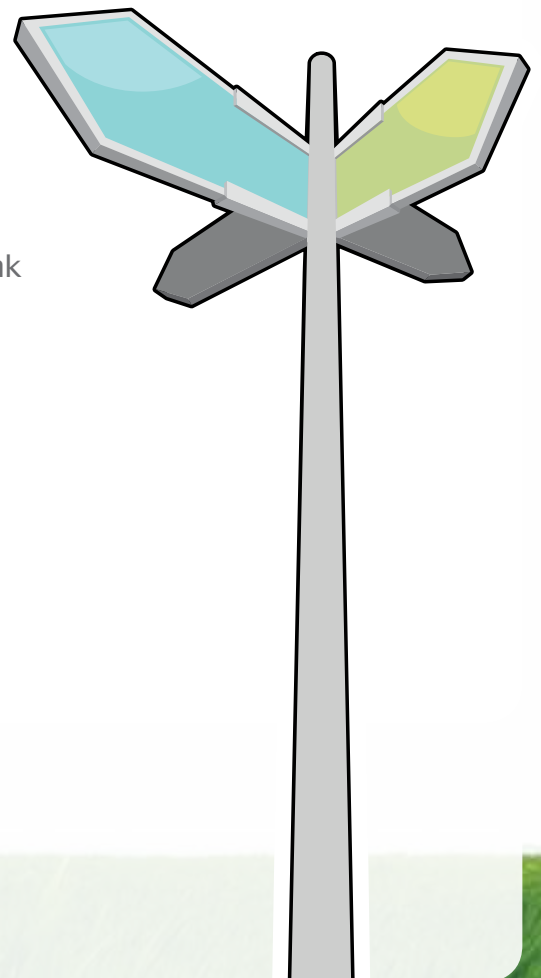
Remember, you don't have to wait to be asked a question to tell your doctor what you'd like to say! Your doctor is here to help, so there's no need to suffer in silence.

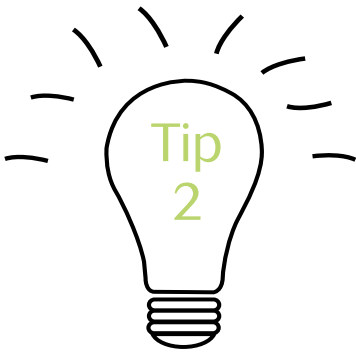
Before your appointment, use the points below to help you make a note of all the things you'd like to mention to your doctor:

- 1** How severe do you think your psoriasis is?
 - a)** Is it mild, moderate, or severe?

- 2** How are you affected by your psoriasis?
 - a)** Physical affects – is it painful? Is it itchy/inflamed?
 - b)** Flare-ups – how often do you have flare-ups? What seems to trigger a flare-up? What happens to your skin during a flare-up?
 - c)** Your lifestyle – has it stopped you doing any of the things you usually do? Has it had an effect on your daily routine i.e. due to your skincare regime to help prevent flare-ups?

- 3** How do you feel about your psoriasis?
 - a)** Do you feel self conscious/worried what others think about the appearance of your psoriasis?
 - b)** Do you feel less confident as a result of psoriasis?
 - c)** Has it affected your relationships?





Keep the conversation alive!

Once you have begun treatment, your appointments will help track how you are getting on and ensure that your treatment is right for you.

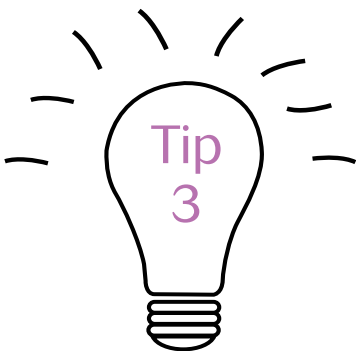
Below, we've outlined some examples of questions which your doctor may ask you at further appointments. To help get the best out of these, think about how you might answer the below questions. If there is anything concerning you, or something you'd like to know about your psoriasis, don't wait for your doctor to mention it, make sure you speak up, your doctor will be happy to help.

1 How are you getting on with your current treatment? i.e. is it easy to take/use? Any side effects?

3 How do you feel about your condition now? i.e. have your feelings about your psoriasis improved or worsened?

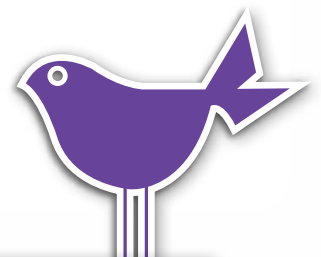
2 Are you seeing any improvement in your psoriasis? i.e. in severity, number of flare-ups?

4 How is your lifestyle affected now you are being treated for your psoriasis? i.e. are you able to participate in activities you enjoy?



Remember, your doctor is there to help YOU...

Everyone is different, one size does not fit all when it comes to psoriasis treatment, so it is always best to have an honest, open relationship with your doctor and be sure to bring up any worries or queries you may have.



For more information about what to expect from your next appointment, download our 'What to expect from your doctor consultation' guide from www.psoriasis360.com