

Psoriasis

Conversations

Shape the conversation at your consultation

Speak the language of psoriasis and make every appointment with your dermatologist count



Read on to learn more about:

- Leading productive conversations with your dermatologist about your psoriasis
- Setting and achieving your goals
- Sharing the full impact of psoriasis on your daily life

You may find it difficult to communicate how your skin is affecting your daily life – but it is important your dermatologist fully understands how your psoriasis makes you feel and what your goals are for your psoriasis.

Use this guide to help you feel confident and prepared for discussing your psoriasis with your dermatologist, so you can work together towards achieving your goals.

Your psoriasis update

How has your skin been since your last appointment?

This can be a good starting point at each appointment as it can help create a clear picture of the experience you've had recently with your skin and whether things are moving in the right direction.

Give lots of detail when telling your dermatologist about your symptoms. Let them know:

- Where on your body you have had symptoms since your last appointment and whether they are worse, better or the same
- How often you experience flare-ups and how long they typically last
- Management options you've already tried and any positive or negative experiences

Try something like this at your next appointment

Recently I experienced a bad flare-up on [area of body] which was [how large] and lasted for [time]. I wasn't able to go to work or see my friends during this flare.

A clear goal

When it comes to your psoriasis, what are your aspirations?

Psoriasis affects everyone differently so goals can vary a lot from person to person. Be clear about what is important to you, so you are aligned with your dermatologist, and both know what you're aiming for.

When setting your goals, you might want to think about:

- What a good outcome for your skin would look like e.g. clearer skin, fewer or less severe flare-ups
- Improvements you'd like to see in areas of your life that are currently hindered by psoriasis, e.g. work, relationships, wellbeing
- Things you want to look forward to e.g. upcoming events, hobbies, outdoor activities, clothing choices

Remember you can be working towards multiple goals, and these can be both short-term and long-term

You could practise sharing details like this...

Some aspects of my life are constantly impacted by my psoriasis. I would love to see an improvement in [symptom] – it would allow me to look forward to [activity/upcoming event].

How can I achieve this goal?

Life in your skin

What is the full impact of your psoriasis?

Psoriasis can affect more than just your skin and stop you from doing the things that make you, you. Helping your dermatologist understand how psoriasis impacts you and your life is a key step towards setting and achieving your goals.

Be open and honest about how psoriasis makes you feel and act day-to-day. Give a full account of:

- If you've been able to do anything that you previously couldn't because your skin has been clearer and how this made you feel
- Whether it's causing you to feel anxious, frustrated, embarrassed, self-conscious or isolated
- The amount of time you spend thinking about and managing your skin each week
- Anything that you've missed out on recently like social activities, sports or wearing certain clothes, or whether your sleep is impacted

Try this suggestion...

My psoriasis has meant I've had to miss out on [activity/hobby] which makes me feel [emotion].

Feel confident in driving the conversation with your dermatologist and working together towards your goals

Join a growing community

Follow our Instagram page or visit our website for more information and tips on how to make the most out of each appointment with your dermatologist



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