

Defining Your Goals

Treating Your Psoriasis



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Getting the most out of your treatment for plaque psoriasis

Plaque psoriasis is a condition in which your skin becomes red and scaly, often in patches. These patches are called “plaques.” Plaques often show up on the elbows, knees, scalp, and back. There are lots of options for treating psoriasis.

Doctors often talk about “treatment goals.” This phrase just means “what you want the treatment to do for you.”

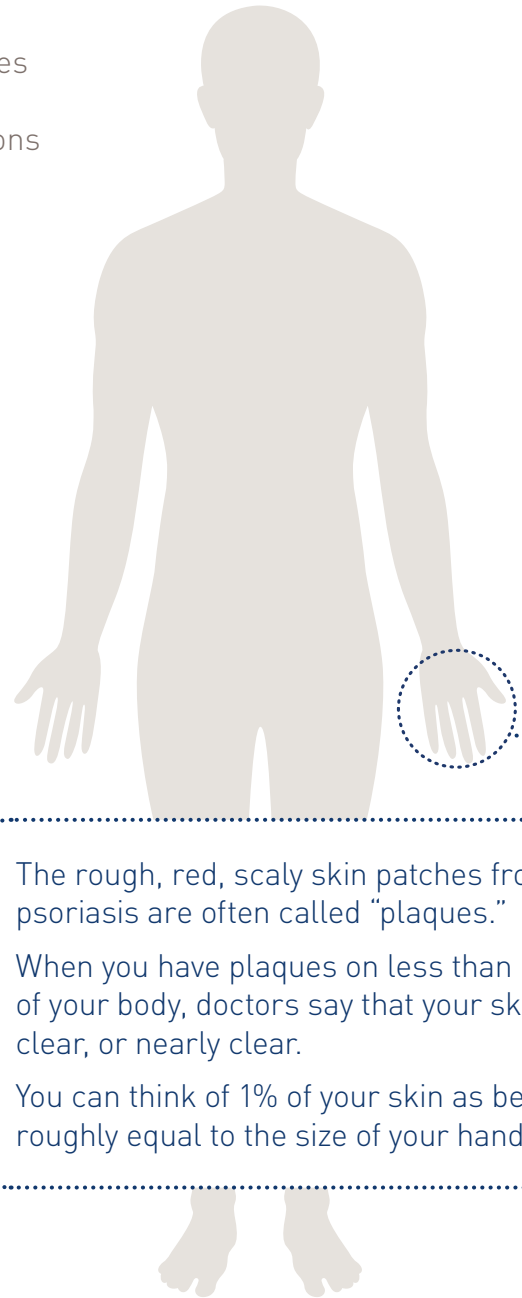
This brochure discusses what psoriasis treatment can and cannot do for you. It also offers ways to help you think about what you want from psoriasis treatment.

Doctors also often talk about “skin clearance” with psoriasis patients. This phrase means not having the sores or scaly skin that usually come with plaque psoriasis.

Do you want more than just clear skin?

Many people with psoriasis want to have fewer plaques. They may want other symptoms of psoriasis like itching, swelling, and pain to get better as well.

The rest of this brochure will help you think about your symptoms and what you want to do about them. It also offers some ways to work with your doctor.



The rough, red, scaly skin patches from psoriasis are often called “plaques.”

When you have plaques on less than 1% of your body, doctors say that your skin is clear, or nearly clear.

You can think of 1% of your skin as being roughly equal to the size of your hand.

Defining your treatment goals

Common goals of treatment for plaque psoriasis

Here are some things that many people want from psoriasis treatment. As you learn more about them, think about whether they are important to you.

✓ **To have few or no plaques**

Nearly everyone with psoriasis wants their treatment to give them clear skin. It is important to know that clear skin can take time, though.

How important is clear skin to you? Do you want other symptoms to get better before you have completely clear skin?

✓ **To prevent your psoriasis from getting worse**

Do you worry that your psoriasis could get worse even though it is now under control? Talk to your doctor about this worry.



✓ **To have fewer side effects from your treatment**

Talk to your doctor if you have had side effects from your treatment. Also tell your doctor if you are worried about the safety of your current treatment.

✓ **To have clearer skin fast**

Do you want clearer skin in time for a special occasion or other specific date? Some treatments work faster than others. If having clearer skin fast is one of your treatment goals, tell your doctor.

✓ **To have a normal daily life**

Do psoriasis symptoms interfere with your normal daily routine? Some treatments target these types of symptoms. Tell your doctor if this is one of your treatment goals.

Which of these goals is important to you?

Do you have other goals for your psoriasis treatment?

Making a custom treatment plan

What are your treatment goals?

Use this page to write down what you want from your psoriasis treatment. You can use ideas from the previous page. You can also write down goals of your own.

Under "Short-term goals," list changes you want to see right away. Under "Long term-goals," list changes that may take some time.



Short-term goals

I want to look good in my son's graduation photos.
Date is month/day/year

OR

I want to stop itching at night, because it leaves me tired during the day

Long-term goals

I want completely clear skin

OR

I want to be sure my psoriasis won't get worse again



Knowing what to expect from treatment

You and your doctor will decide on a treatment plan together. When that happens, you should be ready to ask questions. Getting the answers to the questions below will help you understand your treatment plan.

Ask your doctor all of these questions. Check them off as you ask them. Write your answers in the space below.

How do I take my psoriasis medicine? _____

How does this treatment help? _____

When should my symptoms start to get better? _____

Does this treatment have any side effects? _____

What should be my next treatment option if this one does not work? _____

When should I come back to see you if I am not happy with this treatment? _____



Use the spaces on this page to help keep track of your treatment and symptoms. During or right after your appointment, write down when you should go back to the doctor.



Start of treatment

Date:

Medicine	Date taken	Symptom improvement(s)
Name	month/ day/year	Less itching



Next appointment

Date:



Why should you talk to your doctor about your treatment goals?

When you tell your doctor what is important to you, he or she can help you work towards your treatment goals. This will make sure you are happy with your treatment.





Get more information

Learn more about how to talk about your treatment goals:

www.psoriasis.org/treatment-targets

Phone: 503-244-7404 or 800-723-9166

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