

Managing psoriasis with your healthcare team



How psoriasis affects your body

Psoriasis is a long-lasting condition that occurs when your immune system is overactive. This causes new skin cells to grow too quickly. It can affect people in different ways. Forms patches that range from red, pink, or silvery-white on lighter skin tones to violet, dark brown, or gray on darker skin tones. These are called plaques. Your healthcare provider can tell you what type of psoriasis you have.

Be specific about your symptoms. Also, **be open about how having psoriasis affects you emotionally**. These details will help you and your healthcare team decide what treatments are best for you.



See your healthcare provider about your psoriasis. Your healthcare provider may refer you to a dermatologist. Dermatologists are doctors who are trained to treat skin conditions. You can also find a dermatologist in your area at psoriasis.org.



Get the most out of your appointments

- Write down any questions or concerns you have before your visit.
- Bring someone you trust along to appointments.
- Talk to your healthcare team about any new symptoms you notice.
- Keep a journal to track your symptoms and triggers.

Describe your symptoms to your healthcare team



When you have psoriasis your symptoms may change. Check your answers below and share with your healthcare team. Be sure to also tell your healthcare team how your psoriasis is affecting your emotions and your relationships.

Physical symptoms	Yes	No
Do you have plaques or other sores?		
Do your plaques form bumps on top of your skin?		
Do you feel itching, burning, or other discomfort?		
Has your skin influenced the clothes you wear?		
Has your skin prevented you from doing things you want or need to do?		



Share your family and medical history

- Do you have a family history of psoriasis?
- Does anyone in your family have arthritis, celiac disease, Crohn's disease, or other autoimmune diseases?
- What other health conditions do you have?
- What medicines and vitamins are you taking?

Where does your psoriasis appear?

Date: _____

Write down how your psoriasis started and how it has changed over time. Then, share this with your healthcare team.

1. Where do you have plaques or sores? Be sure to mention if you have psoriasis on all areas of your body, including your scalp, palms or feet, and genitals. (Use the drawing to mark affected areas.)

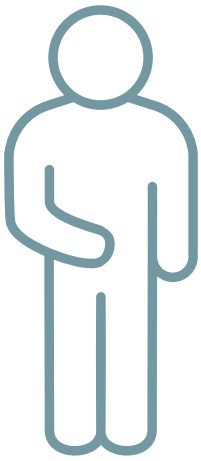
2. How has your psoriasis changed since you first discovered it?

_____

_____

_____

_____



Front



Back



Flares and triggers

A flare is when psoriasis gets worse. Things that can cause flares are called triggers. You may be able to identify and avoid some causes of flares, such as injuries or a stressful event.

Let your healthcare provider know if your psoriasis gets worse.

Common psoriasis treatment options

Different treatments affect people in different ways. Ask your healthcare team for details on how these treatment options might work to deliver the results you want.



Medicine on the skin (topical)

Artificial light or sunlight

Medicine taken by mouth (systemic)

Medicine taken by injection (biologic)

Topics to discuss with your healthcare team:

- What treatments have you tried in the past?
- Are you satisfied with your current treatment?
- Should you try to limit or quit alcohol and/or tobacco use?
- Can you help your psoriasis by changing your diet and/or exercise routines?
- Other questions you have:

_____

_____

_____

_____

_____



Check out this additional resource for more information about psoriasis:

National Psoriasis Foundation

Visit their main site at:
psoriasis.org

Join their online support group at:
talkpsoriasis.org

For informational purposes only. Not an endorsement of any Lilly product.
VV-MED-116629 ©2025 Lilly USA, LLC. All rights reserved.

Lilly
A MEDICINE COMPANY