

UNDERSTANDING PSORIATIC ARTHRITIS

WHAT IS PSORIATIC ARTHRITIS (PsA)?

- A chronic type of inflammatory arthritis affecting up to 30 % of people with psoriasis
- Possible to develop PsA without having psoriasis however less common
- Early detection and treatment are key to preventing long-term damage to joints
- Precise causes are not yet clear
- Researchers believe that genetics and environmental factors play a large role



IDENTIFIED RISK FACTORS:

- ✓ Having psoriasis
- ✓ Family history of psoriatic disease
- ✓ The presence of nail psoriasis
- ✓ Injury

SIGNS & SYMPTOMS

THE MOST COMMON SYMPTOMS ARE:



SCALY & SILVERY SKIN PATCHES THAT ITCH AND BURN



CHANGES IN THE NAIL RESEMBLING A FUNGUS INFECTION



SWOLLEN FINGERS & TOES



SWOLLEN, PAINFUL & STIFF JOINTS



REDUCED RANGE OF MOTION



FATIGUE



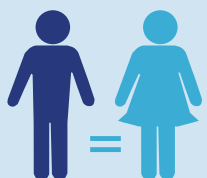
MORNING PAIN & STIFFNESS TYPICALLY LASTING AN HOUR

- There is no specific test for the diagnosis of PsA
- Diagnosis is achieved by a doctor (i.e., rheumatologist) through a process of elimination

WHO'S AFFECTED?



- 0.03 to 1% of the general population
- Typically occurs between the ages of 20-50 but onset can happen at any age



- Men and women equally affected with women reporting more severe disability and reduced quality of life

AND HOW?

COMMON EXPERIENCES INCLUDE:

- Pain and fatigue
- Disruption to school or work
- Challenges with intimacy

WHAT CAN YOU DO?

- Making adjustments in your daily life can dramatically increase quality of life



EXERCISE



GOOD SKIN CARE



HEALTHY EATING



QUITTING SMOKING



OCCUPATIONAL THERAPY



MEDITATION



- Talk to your doctor if you experience any new symptoms or concerns

- Treatment can include medication, physiotherapy and, in more severe cases, surgery

COMMON MEDICATIONS PRESCRIBED ARE:



- Nonsteroidal Anti-Inflammatory Drugs (NSAIDs)



- Disease-modifying Antirheumatic Drugs (DMARDs)

- Biologics and biosimilars

The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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