

Psoriatic arthritis: It's a double whammy.

Psoriatic arthritis (PsA) is a chronic inflammatory disease that attacks both your skin on the outside and your joints on the inside, and it could lead to irreversible joint damage over time.



Symptoms of PsA

PsA symptoms may vary from person to person and can include:

- Red, flaky skin patches (psoriasis)
- Tender, painful, or swollen joints
- Fatigue—which can be debilitating
- Swollen fingers and toes
- Nail pitting or separation from the nail bed
- Back and neck pain



Everyday Impact of PsA

Some people with PsA may experience the following:

- Trouble sleeping because of skin patches and/or joint pain and stiffness
- Joint stiffness lasting more than 30 minutes in the morning
- Trouble walking, getting out of a chair, or brushing your teeth
- Feeling self-conscious about PsA symptoms

PsA by the Numbers



About **1 in 3 people** with psoriasis may develop PsA



About **85% of people** with PsA develop skin symptoms first



Joint pain may not appear until **10 years** after psoriasis symptoms first appear



40% of people with PsA have a family member or relative with PsA or psoriasis



PsA occurs **equally** in men and women