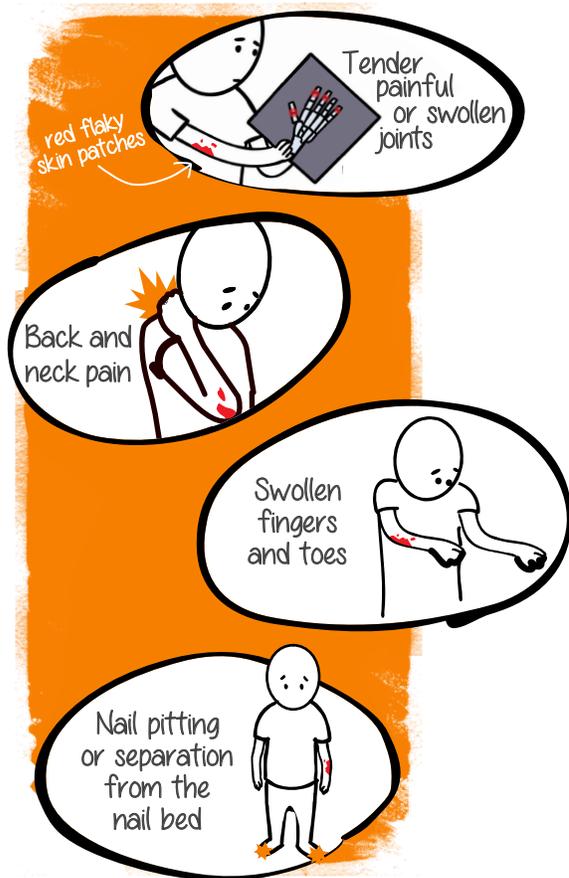


# Psoriatic Arthritis. It's a Double Whammy.

Psoriatic arthritis (PsA) is a chronic inflammatory disease that attacks both your skin on the outside and your joints on the inside,<sup>1</sup> and it could lead to irreversible joint damage over time.

## Psoriatic Arthritis Symptoms<sup>6</sup>

Take the symptom quiz at PsoriaticArthritisInfo.com and learn more about PsA. Symptoms may vary from person to person and can include<sup>1</sup>:



## Living with Psoriatic Arthritis

The inflammation associated with PsA is caused by an abnormal response of the body's immune system, which may result in red flaky skin patches known as psoriasis as well as joint pain and swelling - a double whammy<sup>1</sup>.

About **50%** of patients may experience erosive PsA<sup>2</sup> (damage to the cartilage and bone)<sup>7</sup>

Visible symptoms of PsA can lead to feelings of embarrassment and self-consciousness<sup>2</sup>



## Everyday Impact of Psoriatic Arthritis

Joint stiffness can last over 30 minutes after waking, making getting out of bed more difficult<sup>4</sup>



**34%** of people living with PsA may experience stiffness for over two hours<sup>5</sup>

Symptoms of PsA can make everyday tasks more difficult,



such as cutting your own food or climbing steps<sup>4</sup>

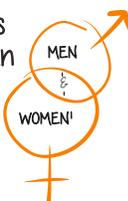


## Facts About Psoriatic Arthritis

Approximately **80%** of people with psoriatic arthritis develop skin symptoms first<sup>4</sup>

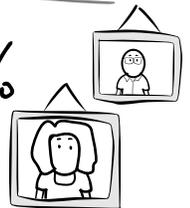


PsA occurs **EQUALLY** in



Up to **30%** of people with psoriasis may develop psoriatic arthritis<sup>6</sup>

**40%** of people with PsA also have a family member with psoriasis or arthritis<sup>1</sup>



Joint pain may not appear until **10 YEARS** after psoriasis symptoms first appear<sup>6</sup>



[www.PsoriaticArthritisInfo.com](http://www.PsoriaticArthritisInfo.com)  
Take the symptom quiz and share the results with your doctor

1 Psoriatic Arthritis. American College of Rheumatology Web site. [https://www.rheumatology.org/Practice/Clinical/Patients/Diseases\\_And\\_Conditions/Psoriatic\\_Arthritis/](https://www.rheumatology.org/Practice/Clinical/Patients/Diseases_And_Conditions/Psoriatic_Arthritis/). Accessed April 15, 2014.  
2 Lee S, Mendelsohn A, Sarnes E. The burden of psoriatic arthritis: a literature review from a global health systems perspective. *Pharm Ther*. 2010;35:680-9. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3008384/>. Accessed April 15, 2014.  
3 Understanding Autoimmune Diseases. National Institute of Arthritis and Musculoskeletal and Skin Diseases Web site. [http://www.niams.nih.gov/HEALTH\\_INFO/Autoimmune/understanding\\_autoimmune.pdf](http://www.niams.nih.gov/HEALTH_INFO/Autoimmune/understanding_autoimmune.pdf)  
4 Psoriatic Arthritis Symptoms. Psoriasis Speaks Web site. <http://www.psoriasis.com/psoriatic-arthritis-symptoms.aspx>. Accessed April 15, 2014.  
5 2011 Survey Panel Snapshot. National Psoriasis Foundation Web site. <http://www.psoriasis.org/document.doc?id=1782>. Accessed April 15, 2014.  
6 What is psoriatic arthritis? Psoriatic Arthritis Info Web site. <http://www.psoriaticarthritisinfo.com/what-is-psoriatic-arthritis>. Accessed April 15, 2014.  
7 "Structural damage in rheumatoid arthritis, psoriatic arthritis, and ankylosing spondylitis: traditional views, novel insights gained from TNF blockade, and concepts for the future" National Institute of Health Web site. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3123965/>