

Psoriatic Arthritis Living Well Kit



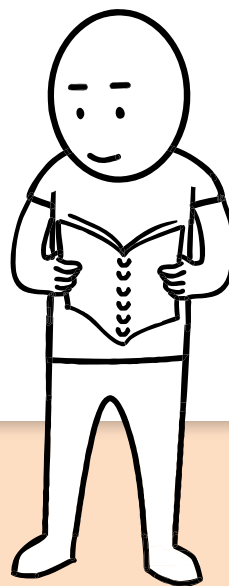
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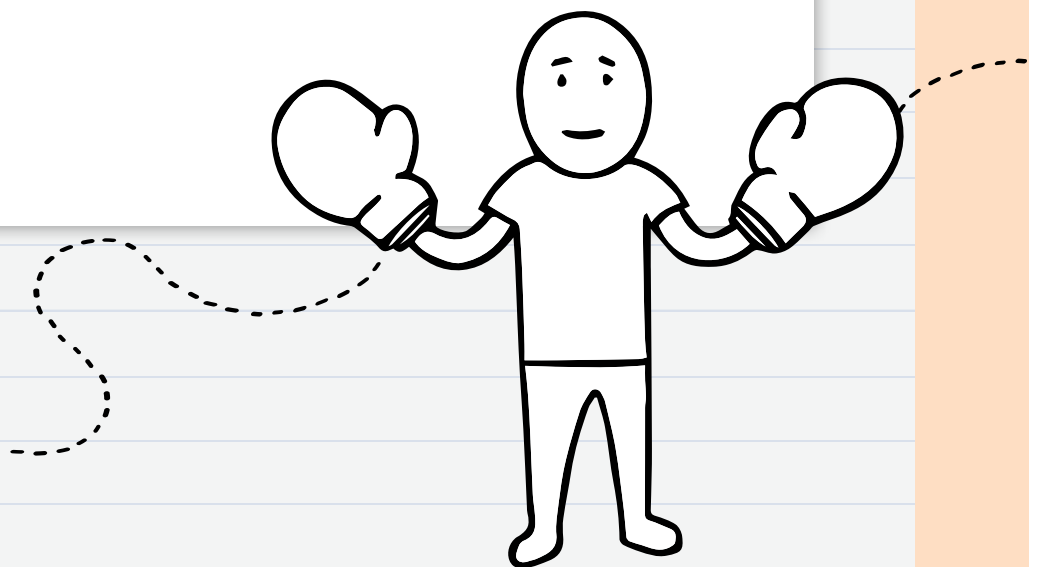


Fight the Double Whammy

Psoriatic arthritis (PsA) is a chronic inflammatory disease that can attack both your skin and joints—a double whammy of symptoms. However, an appropriate treatment plan, along with a healthy lifestyle, can help you live well with PsA.

Your PsA Living Well Kit includes a guide to communicating with your doctor, a symptom tracker, and a variety of easy recipes, which can all help you to take better control of your PsA symptoms and your overall health.

We hope you enjoy your kit and your path to living well. For even more support and resources, please visit [PsoriaticArthritisInfo.com](https://www.psoriaticarthritisinfo.com)



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Talking to Your Doctor

Questions for an Open Conversation with Your Doctor

Discussing the impact of psoriatic arthritis (PsA) on your life and whether your treatment is meeting your goals can help your doctor identify the right treatment plan for you.

Ask yourself the following questions and share them at each appointment with your doctor to get a better understanding of how well your PsA is being managed.



Of course, you don't have to limit your discussion to the questions provided. **Empower yourself** to ask your doctor what the next steps are and if they have any other suggestions for helping you meet your goals. Need help getting started? Create a personalized **[Doctor Discussion Guide](#)** on our website.



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✓ Do you have difficulty with any of the following quality of life activities?

PsA symptoms can sometimes get in the way of **everyday activities**.

Check all that apply. There are various management techniques and treatment options that may help.

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Getting out of bed | <input type="checkbox"/> Socializing |
| <input type="checkbox"/> Dressing yourself | <input type="checkbox"/> Exercising |
| <input type="checkbox"/> Completing daily tasks | <input type="checkbox"/> Other |
| <input type="checkbox"/> Completing work tasks | |

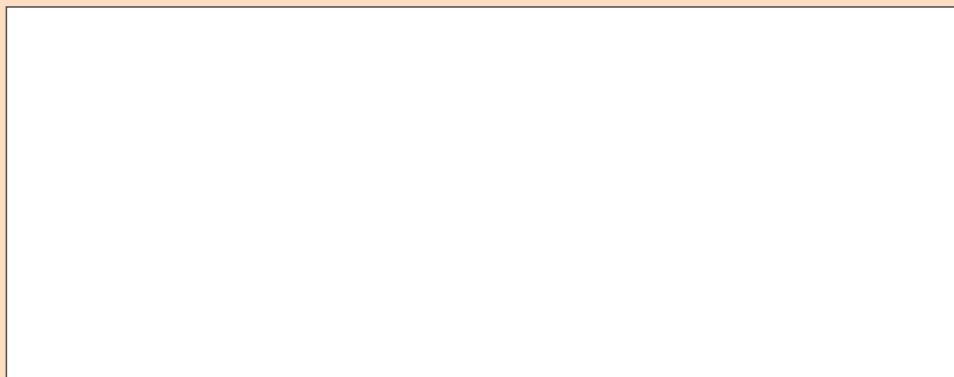
✓ How often do you take over-the-counter (OTC) or prescription pain medication to help manage your joint pain?

You may take pain medications (such as acetaminophen or ibuprofen) to help you manage PsA symptoms, but continued use of pain medication could mean your PsA symptoms are not being managed effectively.



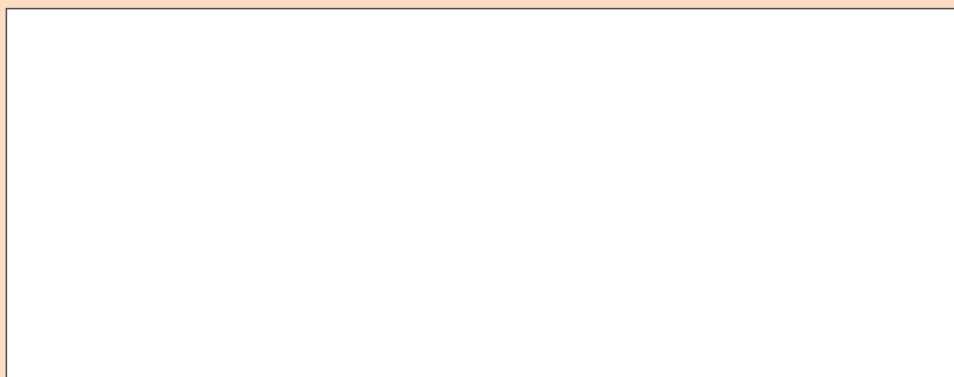
✓ What are your personal goals for your PSA treatment?

Setting personal goals can help you determine if your treatment plan is helping reduce the impact PSA can have on your life. In addition to clinical goals, like having few or no symptoms, setting personal goals can include **doing things without pain or stiffness**, like taking a walk, traveling, or enjoying an active lifestyle.



✓ Are you satisfied with your current PSA treatment plan?

If you're experiencing symptoms, or not reaching your personal goals, tell your doctor to see if a change in treatment is right for you.



Need help finding a doctor specialized in treating PSA? Visit our [Find a Doctor](#) page and see the specialists near you.



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Symptom Tracker

Use this Symptom Tracker to help you and your doctor see how psoriatic arthritis (PsA) affects you every day and over time. With the help of a doctor, this information can provide insights on potential flare triggers and the effectiveness of your treatment plan.

Keep track of your daily symptoms in the chart at the bottom of the tracker.

The chart is where you can either:

- make a check mark if you've had symptoms that week
- write in a number to rate your symptoms on a scale of 1–10 (1=mild, 10=severe)

(PsA) symptoms

Joint pain:

PsA can cause joint pain in many parts of the body.

Joint stiffness:

PsA can cause joint stiffness in many parts of the body.

Skin symptoms:

Skin plaques—red, flaky skin—may be present with PsA.

Fatigue:

Feeling very tired is a common PsA symptom.

Stress:

Stress can trigger PsA symptoms and symptoms can trigger stress.

Other:

You may also want to note if you have any symptoms that seem like they're not related to psoriatic arthritis, such as eye pain and redness or stomach/digestion issues so you can discuss them with your doctor.



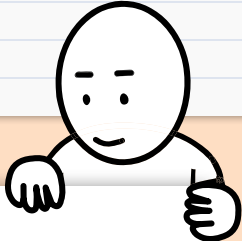
Symptom Tracker



Use this space to track your psoriatic arthritis (PsA) symptoms. Your doctor needs to know how PsA is affecting you to provide you with the right treatment plan.



NOTES



Note whether you have symptoms in a given week with either a check mark or on a scale of 1-10.

1=MILD 10=SEVERE	Joint Pain	Joint Stiffness	Skin Symptoms	Fatigue	Stress	Other
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						
Week 11						
Week 12						

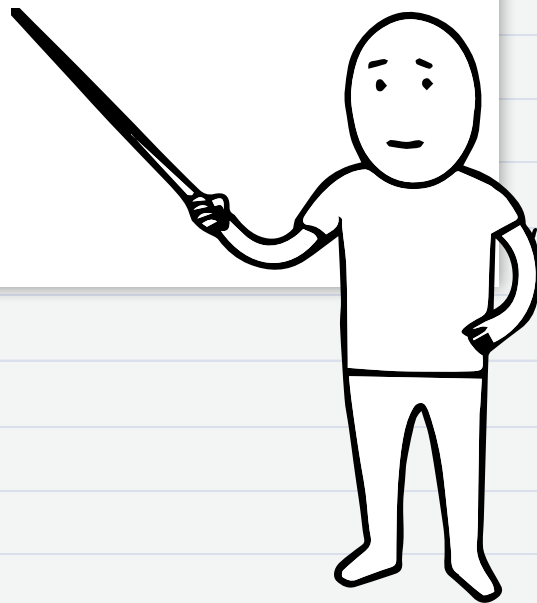


Recipes to Help You Fight Inflammation

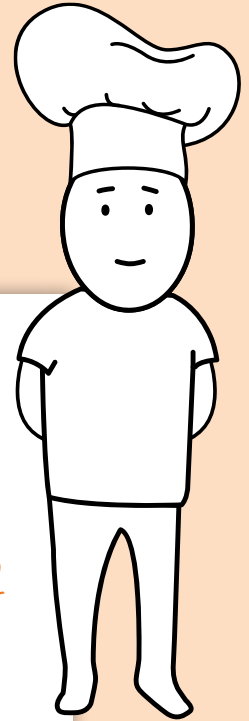
Although the **causes of psoriatic arthritis (PsA)** are complicated, it is known that PsA skin and joint symptoms are affected by chronic inflammation in your body.

While working with a doctor on an effective treatment plan is the best way to help reduce inflammation, a diet that includes anti-inflammatory foods (such as fish, fruits, vegetables, healthy fats, and legumes) can reduce inflammation and help your body fight PsA.

We've included delicious, healthy recipes for every meal that can be shared with others. Before making any lifestyle changes, always check with your doctor to ensure it is right for you. Enjoy!



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Banana + Cinnamon Overnight Oats

SERVINGS 1

Does morning stiffness prevent you from enjoying a nourishing breakfast? This recipe works overnight, so there's minimal effort to your morning routine. Prepare the ingredients the night before, cover with plastic wrap or foil, and wake up to a comforting bowl of oats, bananas, and cinnamon for a full serving of fruit and whole grains.

ACTIVE TIME 5 mins

TOTAL TIME 6 hours or overnight

INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup oat milk or preferred dairy alternative
- 3 tbsp. Greek yogurt
- 1 tsp. ground cinnamon
- 1/2 tsp. pure vanilla extract
- 1/2 medium banana, sliced
- 1 tbsp. chopped almonds (optional)

DIRECTIONS

In a cereal bowl or quart-size container, combine rolled oats with pure vanilla extract, oat milk, Greek yogurt and ground cinnamon.

Add sliced banana and almonds (if using) on top of oat mixture.

Seal container with complementary lid, plastic wrap or foil.

The next morning, heat your bowl in the microwave for 30-45 seconds or enjoy cold.



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Spinach & Almond Butter Smoothie

SERVINGS ①

Smoothies can be an easy breakfast to make and take on the go. Add ice or freeze the banana (in smaller pieces) to change the texture to your liking.

ACTIVE TIME 5 mins

TOTAL TIME 10 mins

INGREDIENTS

- 1/2 - 3/4 cup unsweetened plant-based milk
- 1 tbsp. almond butter
- 1 banana, peeled
- 1/2 cup frozen berries
- 2 cups fresh spinach (1 cup if frozen)
- 1/2 tsp. ground cinnamon

DIRECTIONS

Blend all ingredients until desired consistency.



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Avocado Toast

SERVINGS 1

This simple avocado toast recipe is a delicious way to add fiber to your diet. Prepare on whole grain or sourdough bread, or for gluten-free options, use gluten-free bread, rice cakes or leftover slices of roasted sweet potatoes as your base.

ACTIVE TIME 5 mins

TOTAL TIME 5 mins

INGREDIENTS

- 1 piece of thickly sliced whole grain bread or other base
- 1/2 avocado, ripe
- 1 tsp. lemon juice
- 1/8 tsp. of sea salt

DIRECTIONS

Cut avocado in half, remove the pit, scoop the flesh into a bowl and mash with a fork. If desired, add 1/8 tsp. of sea salt for enhanced flavor.

Toast slice of bread until golden and crispy.

Spread toast with mashed avocado. Enjoy!



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Lemon + Garlic Sheet Pan Salmon

SERVINGS

4

This sheet pan recipe includes a delicious combination of salmon, tomatoes, and broccoli, along with lemon and garlic. And with less than 40 minutes of cooking time, it's simple to plan, prep, cook, and clean up without sacrificing quality or flavor.

ACTIVE TIME 15 mins

TOTAL TIME 40 mins

INGREDIENTS

FOR THE SALMON:

- 4 6-ounce salmon fillets with the skin on
- 1/4 cup olive oil
- 4 large cloves garlic, minced
- Zest and juice of 1 large lemon, separated
- 1/4 cup chopped fresh parsley
- 1/4 tsp. ground black pepper

DIRECTIONS

Preheat oven to 400° F.

Line baking sheet with aluminum foil and drizzle a small amount of olive oil on foil. Arrange the salmon fillets in the center of the sheet.

In a small bowl, whisk 1/4 cup olive oil, garlic, lemon zest, parsley, and black pepper. Once combined, pour mixture over salmon fillets

Place the chopped broccoli and tomatoes in a large bowl. Drizzle with 1 tablespoon olive oil, and sprinkle with 1/2 teaspoon kosher salt and the remaining 1/4 teaspoon black pepper. Toss to coat evenly, then arrange around the salmon. Drizzle the lemon juice over the top of the salmon and vegetables.

Place the sheet pan in center of oven and cook until fish flakes easily with a fork, about 16 to 20 minutes.

FOR THE VEGETABLES:

- 1 pound fresh or frozen broccoli, chopped
- 2 pints cherry tomatoes
- 1 tbsp. olive oil
- 1/2 tsp. kosher salt
- 1/4 tsp. ground black pepper



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Crispy Sweet + Spicy Sriracha Roasted Chickpeas

SERVINGS 3

Plant-based and gluten-free, these crispy, sweet, and spicy Sriracha roasted chickpeas are full of protein and fiber, making this snack a nutritious substitute for an afternoon potato chip craving or a crunchy fix for those with nut allergies. Serve as an appetizer, snack, or a flavorful topping to salads and grain bowls.

ACTIVE TIME 5 mins

TOTAL TIME 30 mins

INGREDIENTS

- 1 15-ounce can of chickpeas
- 2-3 tbsp. Sriracha
- 2 tbsp. liquid aminos or low sodium soy sauce
- 1 tbsp. of honey
- 1 tbsp. of rice vinegar
- 1 tsp. of sesame oil

DIRECTIONS

Preheat oven to 400° F.

Drain, rinse and pat dry the chickpeas.

In a small bowl, mix all the ingredients together until chickpeas are coated.

Spread chickpeas onto a lined baking sheet. Parchment paper is recommended to keep the chickpeas from sticking.

Bake for 30 minutes or until crispy. Stir midway to allow for chickpeas to cook evenly.

Store in an airtight container for up to 4 days.



Not a fan of *sweet + spicy flavors?*

Mix chickpeas in a small bowl with garlic powder, dried rosemary, thyme and Parmesan cheese or nutritional yeast (vegan option) for a savory cheese and herb combination.



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Cremini Mushroom + Thyme Quinoa

SERVINGS

4

Quinoa is a super grain with a nutty texture that provides a great source of fiber. The quinoa, cremini mushrooms, and garlic are also good sources of antioxidants. Use this recipe to accompany an entrée, or serve it as a vegetarian main dish using additional sautéed vegetables.

ACTIVE TIME 10 mins

TOTAL TIME 15 mins

INGREDIENTS

- 2 cups cooked quinoa or brown rice (use microwavable quinoa/brown rice for convenience)
- 1 tbsp. olive oil
- 1 pound cremini mushrooms, thinly sliced
- 5 cloves garlic, minced
- 1/2 tsp. dried thyme
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. grated Parmesan cheese

DIRECTIONS

Heat olive oil in a large sauce pan over medium-high heat.

Add cremini mushrooms, garlic, and thyme. Cook over medium-high heat for about 5 minutes, stirring occasionally until mushrooms soften.

Add cooked quinoa (or brown rice) to the sauce pan, mix, and cook on low heat for an additional minute. Garnish with Parmesan.



Not a fan of **mushrooms?** Replace with sautéed spinach, kale, or asparagus tips.



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Mixed Berry Chia Seed Pudding

SERVINGS 4

Despite their small size, chia seeds are rich in fiber, omega-3 fats, and protein. Add mixed berries, a hint of maple syrup, and a plant-based milk alternative to these nutrient-dense seeds for a quick and easy anti-inflammatory treat.

ACTIVE TIME 10 mins

TOTAL TIME 40 mins

INGREDIENTS

- 1 cup unsweetened plant-based milk
- 1/4 cup chia seeds
- 1 tbsp. maple syrup
- 1/2 tsp. ground cinnamon
- 1/2 cup frozen berries
- Optional: fresh berries or nuts to garnish

DIRECTIONS

Combine milk, chia seeds, maple syrup, and ground cinnamon in a mixing bowl and whisk until combined.

Stir in frozen berries.

Cover and place the mixing bowl in the refrigerator.

Allow to set for at least 30 minutes or overnight.

Serve the pudding once the mixture is set.



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Chocolate Cherry Oat Bars

SERVINGS 12

These oat bars not only taste delicious, but they can easily be made on the weekend and stored all week in an airtight container. The walnuts, dried cherries, and dark chocolate chips are rich in antioxidants, making this a nutritionally sweet treat.

ACTIVE TIME 15 mins

TOTAL TIME 40 mins

INGREDIENTS

- 1 cup dried, unsweetened tart cherries
- 2 cups old-fashioned oats
- 1 cup chopped walnuts
- 1/4 cup flaxseed meal
- 1 tsp. salt
- 2 eggs
- 1/2 cup honey
- 1/4 cup cocoa powder
- 1 tsp. vanilla
- 1/2 cup dark chocolate chips
- Optional: dried tart cherries and dark chocolate chips to sprinkle on top

DIRECTIONS

Preheat oven to 350° F, and line a 9 X 13-inch baking sheet with parchment paper.

In a medium-sized mixing bowl, mix together dried tart cherries, old-fashioned oats, chopped walnuts, flaxseed meal, and salt. Set aside.

In a large bowl, whisk together eggs, honey, cocoa powder, and vanilla until smooth. Add the oats mixture to the bowl and stir until evenly coated with the chocolate-honey mixture. Add dark chocolate chips to the bowl and stir again.

Pour mixture into prepared baking dish and spread out in an even layer. Sprinkle additional tart cherries and chocolate chips on top, if desired.

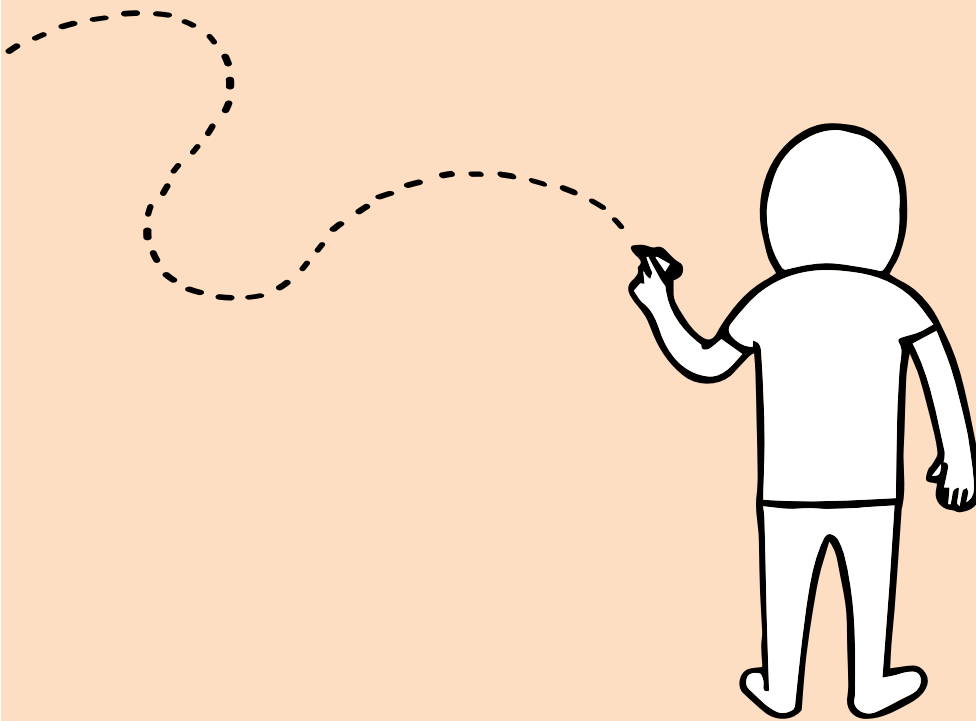
Place on center rack and bake for 20-25 minutes. Let bars cool completely before slicing.



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Use these resources to work with your doctor to find the right treatment plan for *your* PSA. Visit our website to **explore more treatment options** that can help you achieve your personal goals, like less joint pain and clearer skin.



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