



Psoriatic arthritis doctor discussion guide

If you think you may have psoriatic arthritis (PsA), bring this guide to your next appointment. Answer these questions and share them with your doctor to help get closer to a diagnosis.

1 Have you been diagnosed with psoriasis or arthritis or do you have a family history of psoriasis or PsA?

Yes No

2 Do you frequently experience any of the following symptoms? (Check all that apply.)

Joint pain Stiffness Swelling

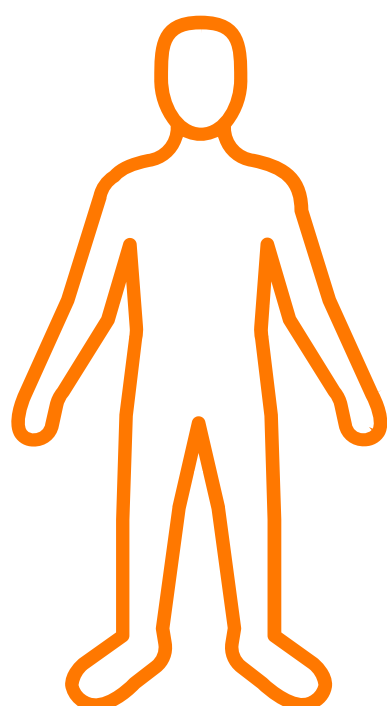
Fatigue Back pain

3 Do you experience symptoms in any of the following joints? (Check all that apply.)

Knees Elbows Wrists Heels

Ankles Fingers Toes

4 Are you experiencing symptoms in other areas? (Mark all areas that apply and talk to your doctor about all symptoms, such as eye pain or stomach issues, so they can appropriately manage your care.)



Notes:

Blank lined area for taking notes.



With PsA, inflammation can affect more than your skin and joints. It can also affect your eyes, your heart, and your GI tract. If any of these symptoms seem familiar, talk to your doctor.

Blank lined area for additional notes.

5 **What makes your symptoms feel better or worse?**
(eg, rest, exercise, hot/cold temperatures, medication, etc)

6 **How severe is your joint pain?** (Add details in the notes section.)



7 **Are your joints especially stiff for 30 minutes or more when you wake up in the morning?**

Yes No

8 **Do you sometimes have patches of itchy, thick, red, flaky, or scaly skin?**

Yes No

9 **Have you noticed changes to your fingernails, such as pitting (small indentations) or separation from the nail bed?**

Yes No

10 **How long have you been experiencing symptoms?**

Less than 6 months 6 months–1 year
 Over 1 year


11 **Have you ever seen a rheumatologist for your joint symptoms?**

Yes No


Notes:



About 1 in 3 people with psoriasis may develop psoriatic arthritis.



Further joint damage caused by inflammation within the first year of symptoms can be prevented with early detection and appropriate treatment.



Rheumatologists are doctors who specialize in diseases of the joints and are often the best doctors to see for the diagnosis and management of PsA.