

GIVE NOTHING TO PSORIASIS



SPEAKING TO YOUR GP: 7 TIPS FOR 7 MINUTES

It can be difficult to know how and when to speak to your GP about your psoriasis. There are often a lot of things to talk about in a short consultation.

These seven easy tips will help you prepare for your appointment, and hopefully give you more confidence when speaking to your GP, so you can get the treatment and support that's right for you.

1. DEDICATE TIME

Have you tried to talk to your GP about your psoriasis and been told there isn't time? Book in some dedicated 'psoriasis time', instead of just asking a question at the end of an appointment about something else.

If you think you'll need longer, tell the receptionist when you're making the appointment – they may be able to offer a double or extended appointment.

2. DON'T TRAVEL LIGHT

Take all your psoriasis treatments with you when you visit your GP, including all your prescribed medication, plus any creams or shampoos you might have bought yourself.

Showing your GP everything you're using will help them understand what you're doing to manage your psoriasis. You can then discuss and agree the best combination to meet your needs.

They'll also be able to check if you're using them correctly, if there are any treatments you should stop using or whether you need to try something new.

3. DO YOUR PREPARATION

It can be hard to remember things when you're on the spot. Make notes about your psoriasis and how you feel, so you don't forget to tell your doctor during the appointment.

To help, you might want to consider how psoriasis:

- **Affects you physically and emotionally**
- **Impacts your social life, family life or work**

Don't forget to take your notes with you!

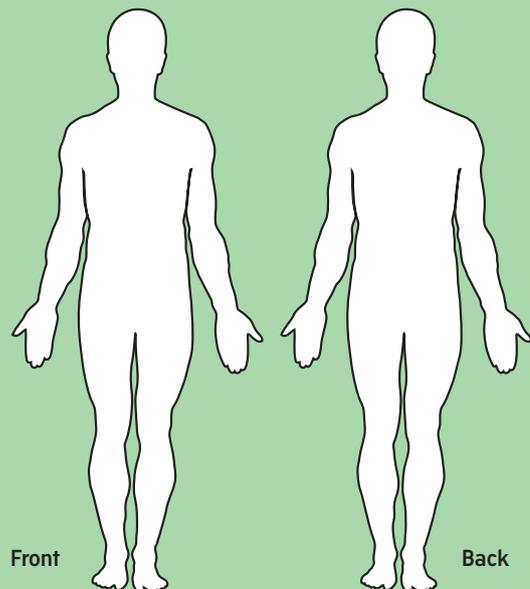
4. CONSIDER YOUR CLOTHES

If you've only got seven minutes, the last thing you want is to spend half that time getting in and out of your clothes, rather than talking about your psoriasis!

Wear something that will help you show your GP the affected areas easily and quickly.

5. SHOW AND TELL

Some areas that psoriasis commonly affects, like the scalp or hands, are easy for a GP to spot. But if you have psoriasis behind your ears, armpits or groin, your doctor won't know unless you tell them. And if you don't tell them, they can't fully assess your condition. So before you go, it might help to mark all the places you have psoriasis on these pictures.



6. ACHES OR PAINS?

People with psoriasis can develop a type of arthritis (*known as psoriatic arthritis*), so tell your GP if you're experiencing any joint stiffness or pain. If your doctor doesn't know about your symptoms they can't treat them. Pay particular attention to any stiffness or pain in your back, fingers, jaw or the bit on your chest where your collarbone meets your breastbone.

7. OTHER THINGS TO THINK ABOUT

Smoking or being overweight can make your psoriasis worse.² Speak to your doctor if you would like help to quit smoking or advice on healthy eating and exercise.

