

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 you a double or extended appointment.

2. DON'T TRAVEL LIGHT

Take a list of 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 to help your psoriasis.

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

Discuss what to expect from your treatments, if you're using them correctly, if there are any treatments you should stop using and whether you can 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, how it is impacting your life 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!

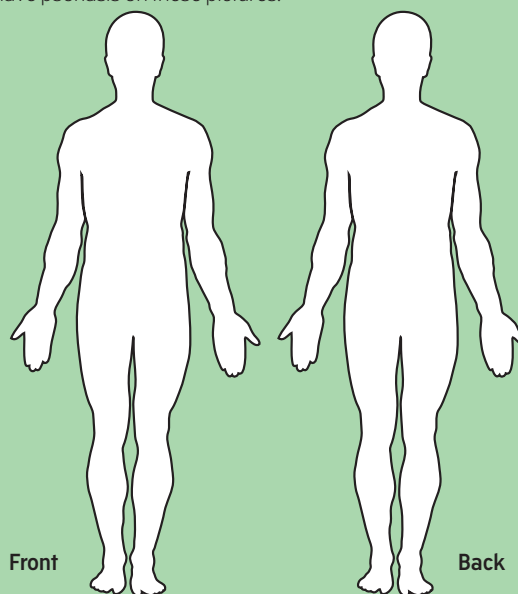
4. CONSIDER YOUR CLOTHES

If you've only got seven minutes, the last thing you want is to spend half that time during your GP appointment 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 visible to the GP. 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 may not be able to fully assess and discuss 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 are also at increased risk of developing related conditions known as 'comorbidities'.¹ A common one is a type of arthritis known as psoriatic arthritis¹, so tell your GP if you're experiencing any joint stiffness or pain. Other associated conditions may include Crohn's disease, type 2 diabetes and cardiovascular disease.¹ Ask your GP for more information about comorbidities. If your doctor doesn't know about symptoms of other conditions you may have, they can't treat them.

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.

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DON'T FORGET TO ARRANGE A FOLLOW-UP APPOINTMENT

The end of your appointment is a great opportunity to agree a date for a follow-up with your GP, so you could consider booking with the receptionist before you leave. Even if you feel you're managing well and your psoriasis isn't getting worse, you should still aim to see your GP regularly, at least once a year³ – whether you have a repeat prescription in place or not. You should book an appointment with a nurse or clinical pharmacist to help you manage your psoriasis in between GP appointments.

If you're starting a new treatment, the guidelines for England,

Scotland and Wales advise a review after four weeks^{2,4} – you might want to mention this to your doctor, as they might not know.

Follow-up appointments are important because your doctor can check you're using your treatment correctly and it gives you the chance to discuss how it's going.

You can also use the time to talk about how psoriasis may be affecting your life and ways in which you can manage all aspects of your condition.

Use this space to make some notes about your psoriasis before and during your appointment. This can help you prepare what you want to say to your GP, ensure you discuss everything you want to during the appointment and help you remember what was discussed if you want to refer back afterwards.

For more information please visit: www.givenothingtopsoriasis.co.uk

'7 Tips for 7 Minutes' and 'Give Nothing to Psoriasis' have been created and communicated by LEO Pharma.

References

1. World Health Organization. Global report on psoriasis, 2016. 2. SIGN. Treating Psoriasis and psoriatic arthritis, 2011. Available at: <http://www.sign.ac.uk/assets/sign121.pdf>. Last accessed August 2019. 3. LEO Pharma. Fighting back against psoriasis: A report by the PSO What? Taskforce, April 2017. 4. NICE. Psoriasis (CG153) Available at: <http://www.nice.org.uk/CG153>. Last accessed August 2019.

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