

**Unpredictable
flares** are
only part of
the GPP story



Take action to spark change

Life with generalized pustular psoriasis (GPP) isn't just about the visible symptoms, but also the ongoing impact on your day-to-day life.

This guide can help you and your doctor talk about how GPP affects you, what's most important to you to change, and how to take steps toward your treatment goals.

Make the most of your dermatologist appointment by answering the questions on the following pages.

BEFORE YOUR APPOINTMENT

Consider your reality

My GPP journey:

I've tried the following treatments

My experience with these treatments has been

My treatment goals include (eg, symptom relief, clearer skin, long-term results)

My symptoms:

I am experiencing (check all that apply):

Pustules

Fever ($\geq 100.4^{\circ}\text{F}$) and/or chills

Painful skin

Skin redness (also called erythema)

Dry, scaly skin

Severe itching

Physical exhaustion

Mental exhaustion

Trouble falling asleep

Trouble staying asleep

I experience pain:

Not at all

A little bit

Often

All the time

The ongoing impact on my life includes:

Physical activities (eg, daily activities, exercise) _____

Emotional health (eg, stress, mood, loneliness) _____

Dressing or clothing _____

Social activities _____

Work and/or school schedule _____

Finances _____

What other impacts have you thought about? _____

What matters most to me:

These elements are most important to my quality of life

My immediate goals include

I'd like to change

I'd like a treatment plan that

I'd like to check in again in _____ about _____

DURING YOUR APPOINTMENT

Ask for what you need

Get your questions ready! This is your time to discuss what matters most to you and ensure you have a clear plan moving forward. A few to consider include:

- What can help with my symptoms?
- What are my treatment options?
- Are there any potential side effects of these treatments?
- What can I do if my treatment plan isn't working for me?
- What emotional support options are available to me?
- When can we check in again to see how things are going?

Additional questions:

AFTER YOUR APPOINTMENT

Keep moving forward

Write down the next steps you discussed, how you'll track progress, and the date and time of your next appointment

Do you have an experienced dermatologist?

If not, consider using [this tool](#) to help you find a dermatologist who treats GPP in your area. Or, ask your **primary care physician** for a referral or **your insurance company** to recommend a dermatologist in your network. They can all help.

