

# Questions to Ask Your Clinician about **Psoriasis**

How severe is my psoriasis?

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Is my psoriasis likely to spread to other parts of my body?

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Are members of my family at risk of developing psoriasis? Is there anything they can do to prevent this?

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Does psoriasis put me at risk for other conditions?

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What can I do on my own to care for my psoriasis?

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Does the sun have any effect on psoriasis?

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Should I change my skin care regimen for psoriasis during the summer or winter?

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Should I make any other changes in the way I care for my skin?

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What can I do to lessen my symptoms or reduce recurrence?

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What treatment do you recommend for my psoriasis? Why?

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What is the purpose of each of my medications?

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Will I always need to remain on the same regimen?

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What side effects should I look out for from my psoriasis treatments?

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What about biologic agents to treat my psoriasis?

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Besides medication, what other psoriasis treatments are available that might help me?

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Are there therapists or psychologists who might help with the emotional challenges of my disease?

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