

YOUR APPOINTMENT GUIDE

To make the most of your next dermatologist appointment, use your responses below to help you and your dermatologist have a productive talk.



Need help starting a conversation with your doctor? Start below.

Create Your Goal Statement

"I've been using _____ for _____ ,
(medication/s) (period of time)
but I'm still experiencing _____ .
(symptom/s)
I'd like to see _____ in _____ ."
(result/s) (period of time)



What treatment options might help me reach these goals?

Where my plaques are located:

Check the boxes where you're experiencing plaque psoriasis symptoms (check all that apply):

Front **Back**

Help us out with more detail. Describe what percentage of your body may be affected by psoriasis.

You can use your hand to help. Using one hand to represent approximately 1% of body surface area, measure how much of your body is covered by plaques.

I've estimated that I have plaques on _____ % of my body.

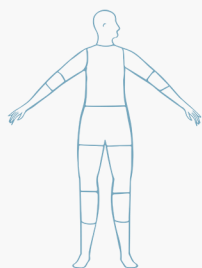
Ask Your Doctor These Questions About Your Psoriasis:



Symptom Severity

Can you give me an assessment of my psoriasis severity?

If the severity and location of my symptoms have changed, should we do something different for my treatment?



Check if you have plaques on sensitive areas of your body. You can leave this blank and skip to the next question if you don't have plaques in these areas.

Hands

Head

Feet

Groin

Symptom Experience

Does the location of my plaques affect the severity of my psoriasis?

Are there treatments that might help me with my plaques in these areas?

Symptom Management

Do you have any suggestions about how I can manage this better?

Is there something else I can try to help reduce flare-ups?

Are there treatment strategies that can help me see a change?



In the past 3 months, I've had _____ flare-ups.
(number)

Typically, a flare-up lasts _____ for me.
(length of time)

Also, I've noticed that my flare-ups have

_____ over the last year.
(gotten better/worse/
stayed the same)

Time Management

I'd love to get some of this time back. What can we do to make this better?

Are there treatments I haven't tried yet?



I'm spending _____ a week caring for my psoriasis.
(number of hours)



My psoriasis makes me feel:

Not bothered

Uncomfortable

Self-conscious

Daily Life

Are there treatment options that might make this easier on me?

Can you suggest any resources that might help me?