






Ready to talk to your dermatologist?

This is your discussion guide to help you talk to your dermatologist about your goal(s) during your next appointment

1. Evaluate past options

This section shows your current and previous treatments and how satisfied you were with each of the therapies. (5= worked very well, and 1 = did not work).

Treatment type	Ranking	Notes
Alternative/non-medical treatments		
Topical medications		
Light therapy – phototherapy		
Oral medications		
Injectable therapies		

Note: You can also bring pictures of the treatments that you currently use (medical and alternative) with you to your next appointment.

How to prepare before your appointment with your dermatologist

Be ready to explain how your psoriasis and your symptoms have developed over time, this information can help pinpoint why previous treatments may not have been right for you.

- Do you have any pictures that you can show?
- Has there been an increase or change in the number of areas affected or levels of pain/discomfort?
- Have you had any chronic diseases and when did they begin?
- Have you experienced any recent flares?

2. Questions I want to ask my dermatologist about treatment options

Use the information in this section to ask questions about treatment options. Your dermatologist will help you to work through concerns that you may have, and help find the treatment that is most suited to you.

Research before your appointment:

- *Most recent options*
- *Concerns about treatments*

Notes:

Ask during your appointment:

- *Are there new treatment options that may better suit me, and how do they compare with those that I've already tried?*

Notes:

3. Treatment goals that I want to discuss and share with my dermatologist

Be clear with your dermatologist about what your treatment goals and expectations are.

Be confident that by working with your doctor, you can find a treatment that will help you reach your treatment goals.

It's important to let your dermatologist know what your priority goals are and what you want to achieve.

Top priority physical treatment goals

1

I want to stop being constantly itchy

2

I want to have skin clearance that will last for a long time

3

I want an option that works best for someone with my medical history

4

I want to be able to participate in physical activities without any pain from my psoriasis

Notes:

Top priority psychological health goals

1

I want to improve my confidence and self-esteem in social situations

2

I want to be able to wear short sleeves and go to the beach—I don't want to feel like I need to cover up and hide behind my psoriasis

3

I want to be able to go to the hairdressers without feeling embarrassed about my psoriasis

4

Other (Your guide will contain a space for you to add details)

Notes:

4. Additional topics I would like to discuss with my dermatologist

Psoriasis can cause you to cover up more than just your skin, and can impact your relationships, lifestyle and mental well-being. It's important to share the true impact of psoriasis on your day-to-day life, and how it makes you feel, with your dermatologist so they can give you the best support.

Mental wellbeing

If you feel like your psoriasis is starting to make you feel more unhappy than usual, tell your doctor.

- *If you feel like your psoriasis is starting to make you feel more unhappy than usual, tell your doctor.*
- *Feel confident in being honest and open with your doctor, especially around the psychological impact of psoriasis, your doctor will understand that this can be as hurtful as the physical impact*
- *Describe how psoriasis emotionally impacts you? (e.g. your confidence, your mood etc.)*
- *You are not alone. Do not be ashamed with the doctor about your deepest worries when being affected by Psoriasis. Being open about this can help your doctor to find a management plan which is best suited to you*

Notes:
