



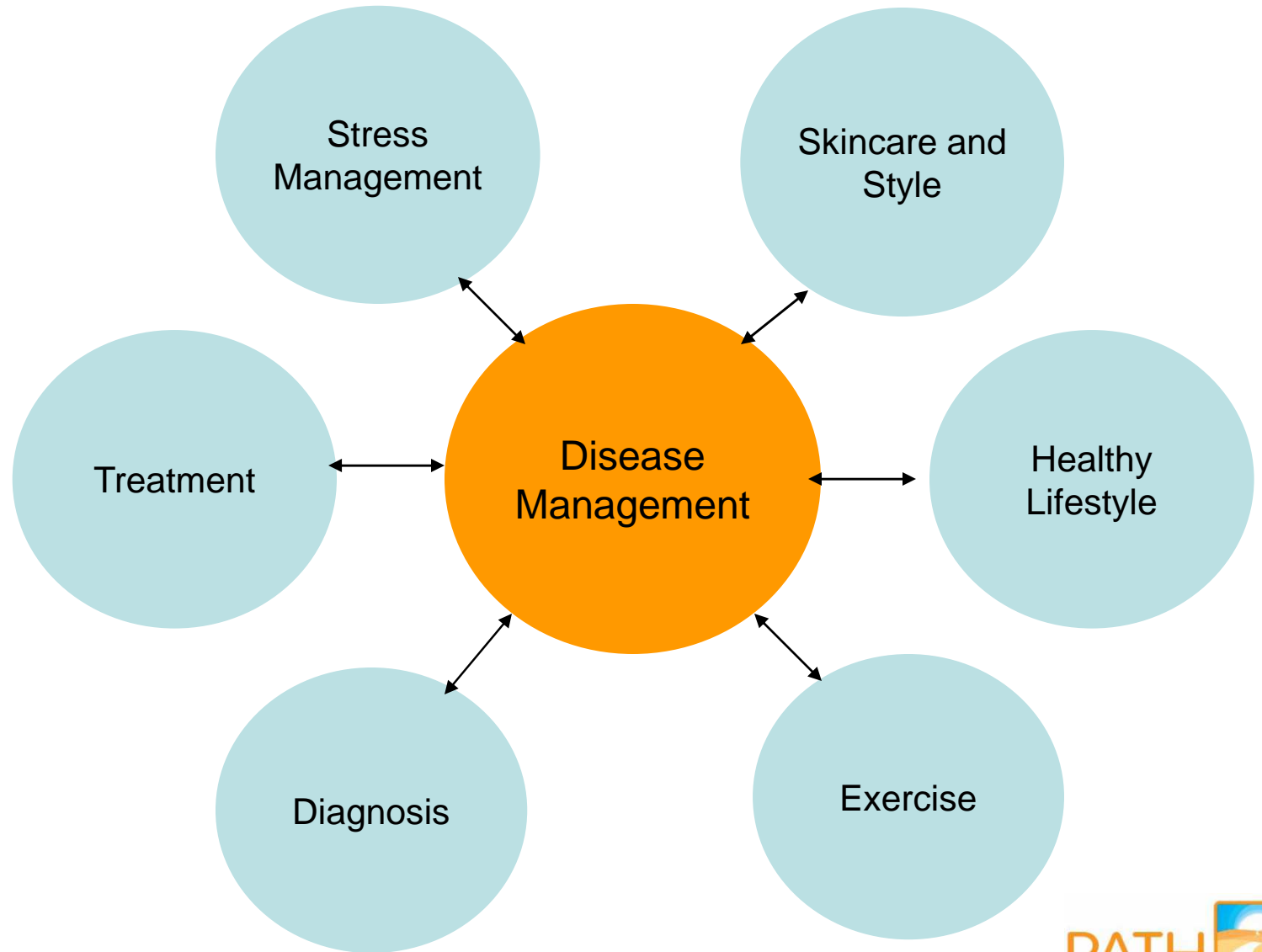
Psoriatic Arthritis

Total approach to Health





PATH Overview





About Psoriatic Arthritis

- ❖ A chronic, often lifelong, inflammatory disease of the joints
- ❖ Causes pain, stiffness and swelling in and around the joints, including hands, wrists, knees, ankles and spine
- ❖ Fingernails/toenails are often affected and look like they are pulling away from the nailbed or have pits (small dents in the nail)
- ❖ May result in disability and permanent joint damage
- ❖ Related to a skin condition called psoriasis that causes scaly skin patches



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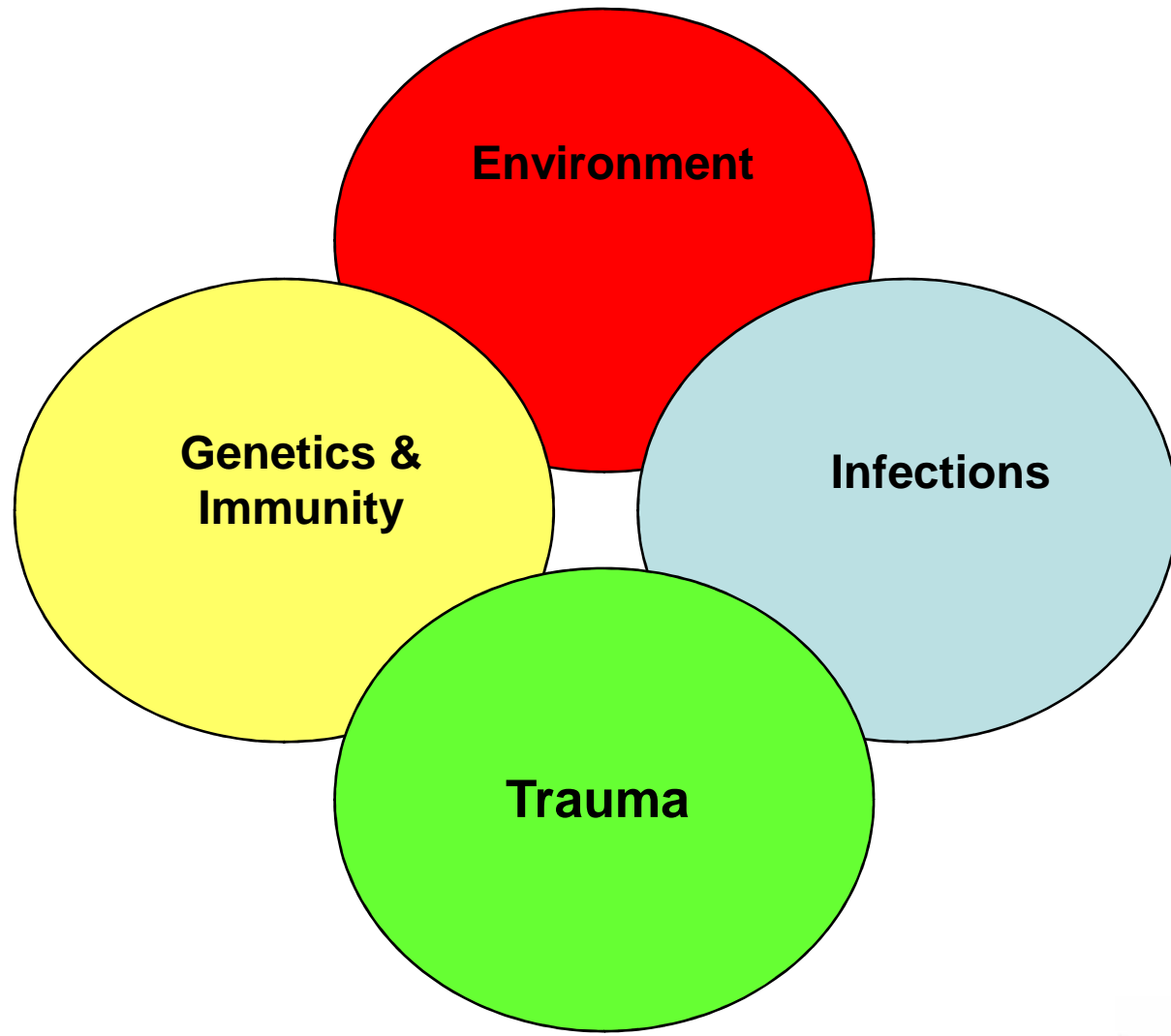
About Psoriatic Arthritis

❖ Who gets it?

- While it may develop at any time, most people develop psoriatic arthritis between the ages of 30 and 50
- The ratio of men to women with psoriatic arthritis is approximately equal
- About 10 to 30 percent of people with psoriasis also develop psoriatic arthritis
- There is often no correlation between the severity of psoriatic skin lesions and psoriatic arthritis



The Cause of Psoriatic Arthritis is Unknown – Several Factors Have Strong Influence





Diagnosing Psoriatic Arthritis

- ❖ When you were first diagnosed, it is likely you had the typical scaling skin patches of psoriasis and significant joint pain and swelling
- ❖ Psoriatic arthritis can be difficult to diagnose
- ❖ Diagnosis is made by a complete history and physical
 - Medical history
 - Family history
 - Physical examination
 - Blood tests
 - X-rays of the affected joints
- ❖ Early diagnosis is crucial to obtain early treatment and help prevent long-term damage to joints and tissue
 - Psoriatic arthritis can be disabling and cause irreversible joint damage
 - Patients with psoriatic arthritis can develop joint erosions on X-ray and permanent deformities



Goals of Psoriatic Arthritis Treatment

- ❖ Start medical treatment as early as possible
- ❖ Relieve joint pain and swelling
- ❖ Minimize chances of permanent joint damage
- ❖ Restore joint function





Medications for Psoriatic Arthritis

- ❖ Relieve symptoms of pain and stiffness
 - Nonsteroidal Anti-Inflammatory Drugs (NSAIDs)
 - Includes medications such as aspirin, ibuprofen and naproxen
 - Some require a prescription
- ❖ Slow or change the course of the disease and relieve symptoms
 - Disease-Modifying Anti-Rheumatic Drugs (DMARDs)
 - Biologic agents
 - The newest class of systemic anti-rheumatic drugs
 - Proving to be very successful in treating psoriatic arthritis by reducing joint swelling and damage
 - Given by injection under the skin or intravenous infusion



Other Psoriatic Arthritis Treatments

- ❖ Rehabilitation and exercise
 - Helpful in restoring function to the affected joints
- ❖ Splints
 - May help support joints, allowing for rest and relief of pain and swelling
- ❖ Heat or cold therapy
 - Can provide short-term relief of local inflamed joints and tendons
- ❖ Surgery
 - Used when other medical therapy is unsuccessful in improving impaired motion and function from joint damage



Work With Your Doctor to Develop a Treatment Plan

- ❖ Physician-patient communication is critical to successful disease management
 - Important to communicate with both a dermatologist and a rheumatologist if skin and joint symptoms are present
 - Encourage information sharing about your diagnosis, available treatments and other ways to help manage your disease
 - Prepare questions regarding medications and treatment options prior to meeting with your doctor
 - Write down your doctor's advice or take someone with you on your visit for support
 - Ask for extra time with the doctor if you need it
 - Ask for written material to take home with you



Work With Your Doctor to Develop a Treatment Plan

- ❖ Review and discuss any emotional fluctuations you may be experiencing
 - You may be confused, frustrated or even angered by a diagnosis of psoriatic arthritis
 - Be sure to carefully manage the emotional stress that accompanies a chronic illness like psoriatic arthritis. This often aids the overall treatment plan
- ❖ It's important to discuss how psoriatic arthritis is influencing your life at home and work, daily activities, self-esteem and interaction with friends and family



Be Your Own Advocate

- ❖ Educate yourself about all your treatment and disease management options
- ❖ Find the right doctor to guide you in the right direction
- ❖ Keep in mind that you may need two different specialists to manage your symptoms – a rheumatologist for the joints and a dermatologist for the skin
- ❖ Consider the professional relationship to be a long-term partnership



The Total Health Approach

❖ Exercise/physical activity

- Importance of strength/flexibility and the benefits to joints
- Ways to incorporate activity despite physical limitations due to the disease
- Tips for getting back to exercise

❖ Healthy living

- Impact of alcohol, weight gain and smoking on lifestyle
- Smart approaches to diet/nutrition and adopting a healthy lifestyle



The Total Health Approach

❖ Stress management

- Healthy approaches to living with the mental and emotional effects of psoriatic arthritis
- Specific tactics for managing stress

❖ Skincare and style

- Tips for a positive experience when seeing aesthetic professionals
- Background on various services offered by skin care and aesthetic professionals
- Ideas for selecting clothing that is comfortable and minimizes the focus on skin flaking