



PSORIASIS ARTHRITIS TOTAL APPROACH TO HEALTH

Psoriatic arthritis is a chronic (lifelong) inflammatory disease that can cause pain, stiffness and swelling in and around the joints. Psoriatic arthritis is related to psoriasis, a chronic (lifelong) skin disease that can cause dry, red, scaly patches on the skin. The pain associated with these conditions, and their effect on outward appearance, can have a negative impact on a person's physical, psychological and emotional well-being.

The Psoriatic Arthritis Total approach to Health (PATH) program is a patient education initiative, brought to you by Abbott, in partnership with the National Psoriasis Foundation. PATH is designed to support people living with psoriatic arthritis and their loved ones by providing them with information and tools to manage this complex disease.

PATH takes a holistic approach to psoriatic arthritis by addressing the importance of early diagnosis and treatment, and includes elements that affect disease management, such as exercise, stress, nutrition, and weight control.

A TOTAL HEALTH APPROACH

PATH focuses on the multiple facets of psoriatic arthritis – physical and emotional, and skin and joints – as well as various means to address them.

People who participate in the PATH program receive information on:

- **Exercise/Physical Activity:** The importance of and benefits associated with strength and flexibility, and ways to incorporate activity despite physical limitations
- **Healthy Living:** The impact of nutrition, weight control and an overall healthy lifestyle on the daily lives of patients
- **Stress Management:** Suggestions for managing stress and the mental and emotional effects that can be associated with psoriatic arthritis
- **Skincare and Style:** Recommendations for how best to approach outward appearance and tips on hair, nails, skincare and clothing

GENERAL FACTS ABOUT PSORIASIS ARTHRITIS

Common symptoms of psoriatic arthritis include pain and swelling in one or more joints, usually the wrists, knees, ankles, fingers or toes. When nails are affected by psoriatic arthritis, they may look like they are pulling away from the finger or toe and even have pits.

Psoriatic arthritis can result in irreversible damage to the joints, and can cause permanent disability. Early diagnosis and treatment of psoriatic arthritis can prevent joint damage. In most cases, people with psoriatic arthritis develop psoriasis first, but some people develop the arthritis before they notice psoriatic lesions on the skin. People with psoriasis who also have joint pain or stiffness in the morning should inform their doctor about these symptoms.

Due to the outward effects of psoriatic arthritis, the condition can greatly affect a person's emotional and psychological well-being. People with psoriatic arthritis may experience feelings of helplessness and frustration.

The physical and emotional effects of psoriatic arthritis may reduce an affected individual's overall quality of life. For example, some people with psoriatic arthritis may have trouble with daily activities including using their hands, standing for long periods of time and walking. Psoriatic arthritis may also limit job performance, social interactions and intimacy.

FOR MORE INFORMATION

Additional information about PATH, including tips and tools for implementing a total health approach to psoriatic arthritis, can be accessed online through the National Psoriasis Foundation Web site at www.psoriasis.org/PATH