

CONCLUSION

- Psoriasis negatively affects quality of life; many patients have feelings of helplessness, anger and frustration, embarrassment and self-consciousness
- Psoriasis negatively impacts daily life; many report having difficulties performing daily activities, including sleeping, using hands, walking, sitting or standing for long periods of time
- Psoriasis can be a large problem in the daily life of patients
- Psoriasis negatively impacts individuals in the workplace; psoriasis patients report losing time from work both due to their disease and to seeking treatment for their disease
- Psoriasis impacts individuals in public; some report difficulty receiving service due to their disease

REFERENCES

- 1 Nickoloff BJ, Nestle FO. Recent insights into the immunopathogenesis of psoriasis provide new therapeutic opportunities. *J Clin Invest.* 2004 Jun;113(12):1664-75.
- 2 Gladman DD, Antoni C, Mease P, Clegg DO, Nash P. Psoriatic arthritis: epidemiology, clinical features, course, and outcome. *Ann Rheum Dis.* 2005 Mar;64 Suppl 2:ii14-7.
- 3 Feldman SR, Koo JY, Menter A, Bagel J. Decision points for the initiation of systemic treatment for psoriasis. *J Am Acad Dermatol.* 2005 Jul;53(1):101-7.

METHODOLOGY

The National Psoriasis Foundation conducts survey panels twice each year to understand the experiences and opinions of people with psoriasis and psoriatic arthritis. These surveys help the Psoriasis Foundation gain awareness and document the impact of these diseases. This information is used to shape programs that help to meet the needs of the psoriasis community and to determine the need for additional research. The Psoriasis Foundation uses this data to educate medical professionals, legislators, insurance payors, doctors and the public about psoriasis and psoriatic arthritis.

Surveys were conducted in fall and spring of 2003, 2004 and 2005. Survey participants were identified from Psoriasis Foundation sources. Approximately 400 interviews were conducted for each panel, with half occurring over the phone and half online (total interviews = 2,642). Respondents were screened for a balance of gender and age. Severity was categorized according to self-reported body surface area (BSA) involvement, where respondents were asked the number of palms required to cover the patches of psoriasis on their body. The majority of respondents were screened for having moderate (>3% BSA) to severe psoriasis (>10% BSA). Approximately one-third of respondents were screened for having psoriatic arthritis. Respondents were asked a series of questions about the impact of psoriasis on their quality of life, daily activities and work. Descriptive data were generated to determine the demographic characteristics.

ABOUT THE NATIONAL PSORIASIS FOUNDATION

The National Psoriasis Foundation is a patient-driven, nonprofit organization that is the voice for more than 5 million people diagnosed with psoriasis and/or psoriatic arthritis.

Our mission is to improve the quality of life of people who have psoriasis and psoriatic arthritis. Through education and advocacy, we promote awareness and understanding, ensure access to treatment and support research that will lead to effective management and, ultimately, a cure.

For more information, please call 800.723.9166 or visit www.psoriasis.org

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PSORIASIS
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PSORIASIS IMPACTS DAILY LIFE AND CARRIES
A SUBSTANTIAL BURDEN
NATIONAL PSORIASIS FOUNDATION SURVEY PANELS
Liz Horn, Ph.D., National Psoriasis Foundation

ABSTRACT

Psoriasis is a chronic disease that significantly impacts daily life and carries a substantial burden. To better understand the impact of this disease, the National Psoriasis Foundation has conducted surveys twice each year, beginning in 2003, of individuals with psoriasis and psoriatic arthritis. These survey panels are composed of approximately two-thirds of respondents who report having been diagnosed with psoriasis, and approximately one-third of respondents who report having been diagnosed with both psoriasis and psoriatic arthritis. In addition, more than one-quarter of respondents without a psoriatic arthritis diagnosis report having joint pain or stiffness lasting more than three months. Psoriasis dramatically impacts quality of life, with approximately one-half of respondents reporting strong feelings of anger and frustration, helplessness, self-consciousness and embarrassment with their psoriasis (Koo-Menter Psoriasis Instrument, PQOL-12). Psoriasis negatively impacts daily life, with respondents reporting problems sleeping, using their hands, walking, sitting for long periods, standing for long periods and interference with sexual activities because of their psoriasis. More than one-third of respondents consider their psoriasis to be a large problem in everyday life. Psoriasis also negatively impacts ability to work. Approximately one-third of respondents report psoriasis negatively affects their job. Respondents report missing days from work because of their psoriasis, and many of those days missed are to receive treatment. These surveys provide additional evidence that psoriasis can negatively impact quality of life. The National Psoriasis Foundation encourages clinicians to incorporate the impact of psoriasis on patients' quality of life in their treatment decisions.

ABOUT PSORIASIS

- Common, chronic, systemic, inflammatory disease of the skin and joints
- Approximately 2% to 3% of the population worldwide has psoriasis, affecting all ages, genders and ethnicities¹
- Often appears between the ages of 15 and 25¹
- Characterized by raised, sensitive, painful, disfiguring, erythematous and pruritic lesions, appearing on any part of the body
- Heterogenous disease that waxes and wanes over the patient's lifetime. Patients experience a broad range of symptoms and disease severity with episodic flares and few spontaneous remissions
- Complex genetic disease that is frequently passed from one generation to the next, although the mechanism of inheritance is unknown



ABOUT PSORIATIC ARTHRITIS

- Inflammatory joint disease found in up to 6% to 42% of patients with psoriasis, depending on the population studied²
- Characterized by stiffness, pain, swelling and tenderness of the joints and surrounding ligaments and tendons
- Enthesitis, dactylitis and nail disease are frequently seen in psoriatic arthritis
- Symptoms range from mild to very severe. Possibly as many as 67% of patients seen in psoriatic arthritis clinics have erosive or deforming arthritis²
- Joint symptoms are preceded by skin symptoms in the vast majority of patients by approximately 10 years, although joint symptoms can arise concurrently or even prior to skin symptoms



- The exact causes of psoriasis and psoriatic arthritis are unknown, although genetic, environmental and immunologic factors all influence disease susceptibility
- Psoriasis and psoriatic arthritis are serious, lifelong and life-altering conditions, and there is no cure

SURVEY RESULTS

- Approximately two-thirds of respondents have been diagnosed with psoriasis, while approximately one-third of respondents have been diagnosed with both psoriasis and psoriatic arthritis
- More than one-quarter (~28%) of respondents without a psoriatic arthritis diagnosis have reported joint pain or stiffness lasting more than three months
- Approximately two-thirds of respondents have moderate (>3% BSA) to severe psoriasis (>10% BSA)



PSORIASIS NEGATIVELY AFFECTS PATIENTS' QUALITY OF LIFE

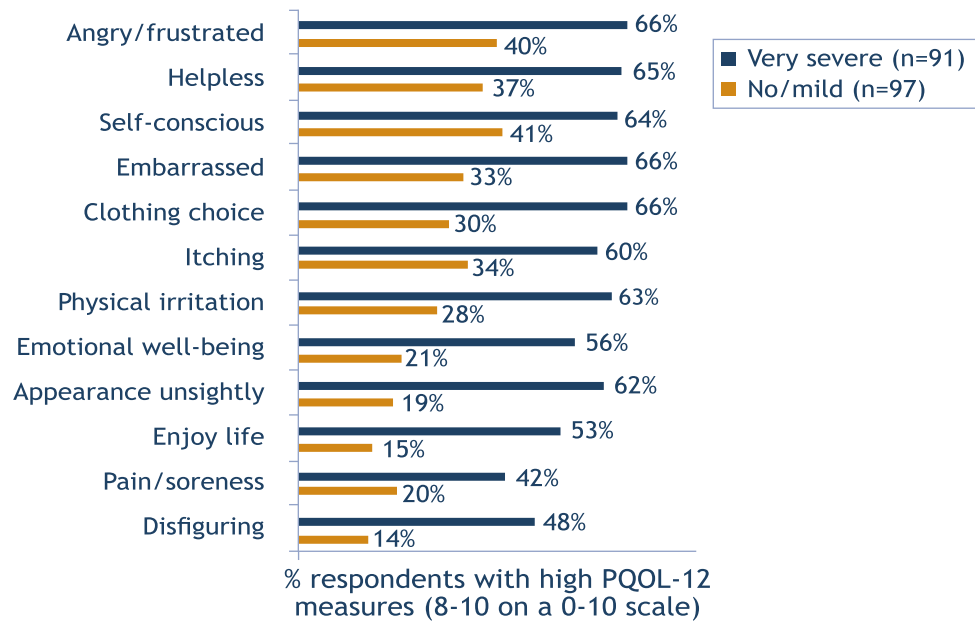


Figure 1: Psoriasis impacts some patients with mild disease to the same degree as those with very severe disease. Respondents were asked to rate questions (Koo-Menter Psoriasis Instrument, PQOL-12) from 0 to 10, where 0 means not at all and 10 means very much.³ Responses are shown from respondents with very severe disease (>20 palms) compared to respondents with mild disease (<3 palms). (Example question: How angry or frustrated do you feel with regard to your psoriasis?) n=number of respondents. Spring Survey Panel 2004.

PSORIASIS NEGATIVELY AFFECTS PATIENTS' DAILY ACTIVITIES

- Nearly one-half of respondents (48%) report problems sleeping in the past month due to their disease
- Nearly one-third of respondents (29%) report their disease interfered with their sexual activities in the past month
- Approximately one-third of respondents report problems using their hands (36%) and walking (31%) in the past month due to their disease
- Nearly one-third of respondents report problems sitting (31%) and standing (31%) for long periods of time in the past month due to their disease

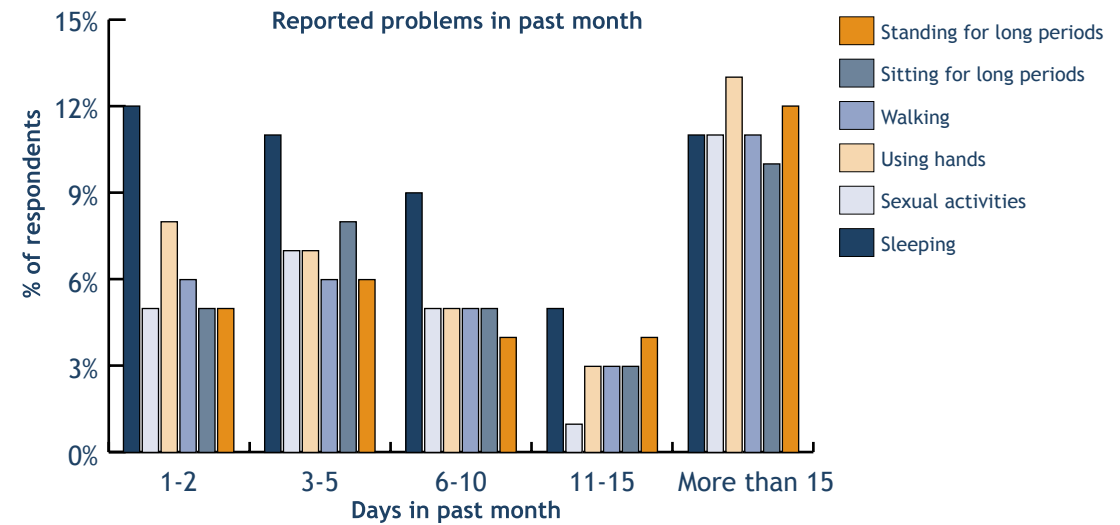


Figure 2: Psoriasis impacts daily activities for many patients. Respondents were asked how many days in the past month their disease affected their sleeping, sexual activities, using hands, walking, sitting for long periods and standing for long periods. Spring Survey Panel 2005.

PSORIASIS NEGATIVELY AFFECTS JOBS

- 26% with psoriasis report psoriasis negatively affects their job
- 48% report psoriatic arthritis negatively affects their job
- 17% have missed work; 10% have missed one to two days of work in the past month due to their disease
- Of those who have missed work in the past month, 74% report missing days of work for psoriasis and/or psoriatic arthritis treatment

Figure 3: Psoriasis impacts work. Respondents were asked if their disease negatively affects their job. Respondents were also asked if they missed work in the past month due to their disease. Fall Survey Panel 2004.

PSORIASIS REPORTED TO BE A LARGE PROBLEM IN EVERYDAY LIFE

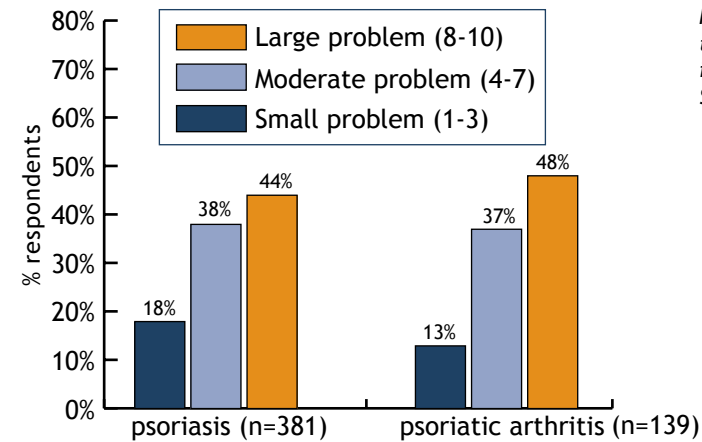


Figure 4: Nearly half of respondents report their disease to be a large problem in their lives. Respondents were asked to rate how much of a problem their disease is in everyday life from 1 to 10, where 1 means not at all and 10 means very much. Spring Survey Panel 2004.

RESPONDENTS REPORT PROBLEMS RECEIVING SERVICE DUE TO THEIR DISEASE

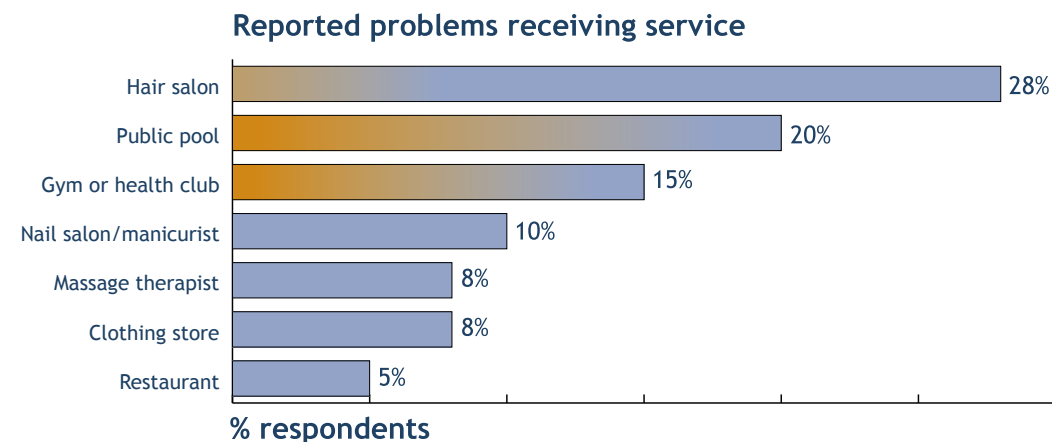


Figure 5: Respondents report problems receiving service due to their disease. Respondents were asked if they had problems receiving service at specific places due to their disease. Fall Survey Panel 2005.