Set goals. Take control.

In 2016, the National Psoriasis Foundation Medical Board published a new set of treatment targets for psoriasis. This had never been done in the U.S. These targets or goals for managing psoriasis are called “Treat to Target.” Under Treat to Target, you and your health care provider work together to set specific targets or goals for managing your disease.

You and your health care provider can read the Medical Board’s paper at psoriasis.org/treat-to-target.

What are the treatment targets for psoriasis?

<table>
<thead>
<tr>
<th>Time after starting a new treatment plan</th>
<th>Treatment target</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 months</td>
<td>Less than 1% of your body affected by psoriasis*</td>
</tr>
<tr>
<td>6 months</td>
<td>Less than 1% of your body affected by psoriasis</td>
</tr>
</tbody>
</table>

*It may be acceptable to have less than 3% of your body affected by psoriasis (or have experienced 75% improvement) at this time.

How do I use the treatment targets?

You can use the treatment targets to start talking with your health care provider about setting your personal goals for managing your psoriasis. We recommend speaking with a dermatologist (skin doctor) or a medical professional who has experience treating people with psoriasis. This will also help to determine the treatment plan most appropriate for you.

After 3 months on a treatment plan, check in with your health care provider to see if your psoriasis has met the treatment target or your personal treatment goal.

- **You’ve hit the target!** You’re down to having 1 percent or less of your body covered in psoriasis.
- **You haven’t hit the target yet.** If you’re down to having your psoriasis cover 3 percent or less of your body surface area (or you’ve experienced 75 percent improvement), you’re getting an acceptable response from your treatment plan. If that’s the case, you and your health care provider may decide to stick with your treatment plan for another 3 months. Hopefully you’ll hit the target after you’ve been on your treatment plan for a total of 6 months.

How do I know what percentage my body is affected by psoriasis?

As a rule of thumb, the entire hand (the palm, fingers and thumb) is equal to about 1 percent of your body surface area (BSA).
What do I do if I haven’t hit the target after 6 months?

If you still haven’t hit the target after 6 months on your treatment plan, talk with your health care provider about your treatment options. You and your health care provider may decide to change the dose, add a treatment or switch to a new treatment plan.

Remember, there are many safe and effective treatment options for psoriasis. Keep working with your health care provider to find the best treatment plan that will help you meet your goal. Finding the treatment that gives the most relief from symptoms may take time. No one treatment works for everyone. Some work for a while and then stop. Some work better combined. Speak with your health care provider about potential benefits and potential side effects or risks if you have concerns.

What to do after hitting the target?

Once you’ve reached that 1 percent goal, you should check in with your health care provider every 6 months to make sure you’re still experiencing the same amount of clearance.

You should also speak with your health care provider about what your maintenance treatment plan should be. Your treatment plan may stay the same or lessen in dosage to maintain your clearance. Your health care provider may also recommend treatments for managing occasional flares. This could include topicals or other options.

Are the treatment targets for everyone?

Note that depending on your personal situation, these treatment targets may not be best suited for you. But you can still use them to speak with your health care provider to set your personal goals for treatment.

Some situations where you may have to set personal goals based on the treatment targets include if you:

- are pregnant
- are trying to conceive
- are under the age of 18
- have both psoriasis and psoriatic arthritis

Are there treatment targets for psoriatic arthritis?

Other organizations have developed treatment targets for psoriatic arthritis. We recommend that you speak with your health care provider or a rheumatologist (arthritis doctor) about treatment targets that are most appropriate for your psoriatic disease.

What should I do next?

- Speak with your health care provider about treatment targets and setting personal goals for managing your psoriasis.
- Contact our Patient Navigation Center to find providers, prepare for appointments, discuss treatments and get help with accessing treatments [find contact information below].

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