

different treatments



- 1 There are a range of treatments available to **manage your symptoms and control your psoriasis and psoriatic arthritis**. Your doctor will be able to tell you which ones might be best for you.
- 2 Some treatments help manage your symptoms. If you have psoriasis, **simple** moisturising **creams** can help manage itchy, dry skin. **Painkillers** like paracetamol and naproxen can be used to manage your **pain** from your psoriatic arthritis.
- 3 Other treatments do not only help to relieve your symptoms but work to control your psoriasis and psoriatic arthritis in the longer term. These include **tablets and injections** (e.g., methotrexate, biologic injections) that aim to slow down the disease and stop any further damage. There are also **medicated creams** that control inflammation of psoriasis.
- 4 **There are lots of other ways you can help your psoriatic arthritis** (see our other postcards for some ideas), but these **should always be used in combination with your medical treatments**.



my different treatment plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

Different treatments work for different people and different times of their lives. Give things a go – you will be surprised!

