

# PSORIASIS?

**TURN TO YOUR  
DERMATOLOGIST  
FOR ANSWERS.**

And the questions you ask could make a difference.

**At the Canadian Psoriasis Network, we know that being informed about psoriasis and pursuing the right treatment for you can help you achieve the quality of life you deserve.**

Our advice to helping you better manage your psoriasis is simple:

- **Try being proactive:** ask your dermatologist questions when you have them
- **Speak openly and honestly** with your dermatologist about your psoriasis and any symptoms you may be experiencing

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To help start a conversation with your dermatologist at your next visit, we have provided you with some **sample questions – just turn this page over to see them!**

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Canadian  
Psoriasis  
Network



Réseau  
canadien  
du psoriasis



# QUESTIONS?

## HERE ARE A FEW TO HELP YOU START.

If you are newly diagnosed with psoriasis, try these questions:

1. What kind of psoriasis do I have?
2. How severe is my psoriasis? Will this change over my lifetime?
3. What factors can make my psoriasis worse?
4. What are the treatment options available for me?
5. What should I typically include in my daily skin care routine?

If you have had psoriasis for a while, try these questions:

6. I've heard about comorbidities. Could you explain what they are?
7. Do I have psoriatic arthritis? If not, could I develop it in the future?
8. How long will I have to wait for a new treatment to work? Is there a timeframe to know if it's not working?
9. What are the possible side effects of my treatment?
10. What additional treatments are available?

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The Canadian Psoriasis Network is here to help, too.  
Visit us today to learn more about living well with psoriasis.

### **Canadian Psoriasis Network**

Become a member today!

[www.canadianpsoriasisnetwork.com](http://www.canadianpsoriasisnetwork.com)

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