

COMMUNICATING WITH YOUR DERMATOLOGIST

GETTING THE BEST CARE

Your dermatologist is an important source of information about your psoriasis and treatments. If you have any questions or concerns regarding your psoriasis or your treatments, speak to your dermatologist.

The following list of questions is designed to help you work with your dermatologist to determine the best treatment approach for you.

Here are some questions to ask yourself and ensure that you tell your dermatologist during your next appointment.

IS MY CURRENT TREATMENT WORKING?	NOTES
How long have you been taking/using your current treatment?	
Have you noticed an improvement in your symptoms?	
Have you experienced any side effects?	
Have you missed/stopped treatment? Why?	

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Here are some questions you may wish to ask your dermatologist to better understand the treatment approach for your psoriasis.

HOW EXPERIENCED IS MY DERMATOLOGIST?	NOTES
Have you previously treated patients with psoriasis?	
What is your overall approach to treating psoriasis?	
What is the treatment plan for my psoriasis?	
WHAT ARE MY TREATMENT OPTIONS?	NOTES
How severe is my psoriasis?	
What treatments can be given to patients with my level of severity?	
Is light therapy or systemic therapy an option for me?	
Are biologic agents an option for me?	
Are my psoriasis treatments subsidised?	
What will be the next step if my current/new treatment does not work?	

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STARTING NEW TREATMENTS	NOTES
How is the new treatment different from the last one?	
What are the possible benefits of this treatment?	
How long will it take to work?	
What are the possible side effects?	
Will this treatment make my skin more sensitive to sunlight?	
How long will I have to take/use the treatment for?	
If my symptoms disappear, can I stop taking/using the treatment?	
What happens if this treatment doesn't work?	
Can I take/use other treatments while I'm on this one?	

MY PSORIASIS

BODY AREAS AFFECTED

This section is designed to help you describe the areas of your body affected by psoriasis to your dermatologist. Print this document and shade in the affected areas. You may also wish to note which areas are the most problematic next to the region (i.e. very painful, affecting your ability to work). Take it with you to your next dermatologist appointment.

