



# Psoriatic arthritis symptom diary

A diary for people with psoriasis to share their symptoms and how they are feeling with their doctor during regular visits.

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# Psoriatic arthritis information

## What is it?

The same disease that causes your psoriasis can also affect your joints. Known as psoriatic arthritis, or PsA, this chronic inflammatory disease causes inflammation and swelling in the joints, leading

to pain and stiffness. The hands and feet are often the first affected, resulting in sausage-like swelling of fingers or toes.<sup>1-3</sup>



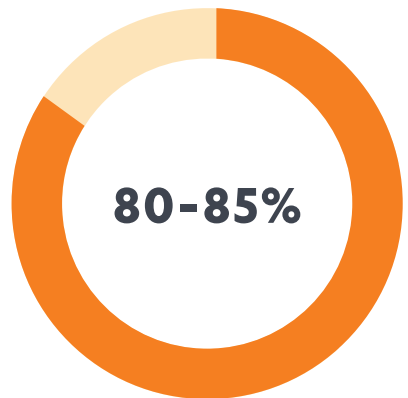
## Who does it affect?

Did you know almost

**1**  
**3**



people with psoriasis could develop **psoriatic arthritis**?<sup>1,2</sup>



Approximately **80–85%** of people who develop psoriatic arthritis already have psoriasis, but it is possible to develop psoriatic arthritis first<sup>5</sup>



Psoriatic arthritis can affect men and women **at any age**<sup>1,4</sup>

## What are the signs and symptoms?

Signs and symptoms vary from person to person, and are not exclusive to psoriatic arthritis:<sup>1-4,6</sup>



## Using this diary

The aim of this diary is to help capture any signs or symptoms that may be the results of PsA. Diagnosing and treating PsA earlier can help with the relief of pain and inflammation. It may also help prevent joint damage over time.<sup>2,5</sup> So regular discussion with your doctor is always advised.

It is important however not to become preoccupied, constantly looking out for signs or symptoms. The key is just to make a note,

if and when they appear, allowing you to have more accurate discussions at your psoriasis consultations. Just remember to bring the diary with you!

The following pages will allow you to capture information on:

- **Any specific joint pains**
- **Experience of morning stiffness**
- **Signs of nail disease**

# Monitoring specific joint pain

Any day you experience pain or swelling in specific joints, please capture the date and level of discomfort (1 being minimal pain and 5 most pain possible).

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# Monitoring morning stiffness

Any mornings you experience stiffness in your joints or tendons as you wake up, please note the date and level of stiffness (1 being minimal stiffness and 5 being completely stiff).

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