

PsO SYMPTOM TRACKER

Tracking your plaque psoriasis (PsO) symptoms can be a helpful way to see how they're progressing and being aware of how your PsO affects you is the first step to managing your condition well. By answering the questions below, you can use your responses as a helpful resource when speaking with your doctor about how you're feeling and the symptoms that you're experiencing.

YOUR PLAQUE PSORIASIS HISTORY

How long have you been experiencing symptoms?

- Less than 1 year 1-2 years 3-4 years 5 years or more

Are you currently receiving treatment for plaque psoriasis?

- Yes No

If you're currently receiving treatment, are your symptoms being sufficiently addressed?

- Yes No Somewhat

If you're currently receiving treatment, how long have you been on treatment?

- Less than 1 year 1-2 years 3-4 years 5 years or more

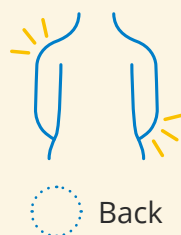
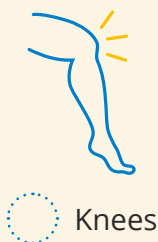
How many treatments have you tried previously?

- No previous treatment 1 other option 2-3 other options 4 or more other options

YOUR SYMPTOMS

Now let's focus on your PsO Symptoms.

Identify the areas of the body where you may be experiencing plaque psoriasis skin symptoms.



How red are the areas you selected as potentially affected by plaque psoriasis?

- No redness Light Pink Pink Red Dark Red

How thick are the areas you selected as potentially affected by plaque psoriasis?

- No thickness
- Slightly raised above the skin
- Thick and visibly raised above the skin

How scaly are the areas you selected as potentially affected by plaque psoriasis?

- Not Scaly
- Slightly scaly
- Scaly
- Flaky
- Very Flaky

How itchy are the areas you selected as potentially affected by plaque psoriasis?

- Not itchy
- Slightly itchy
- Very itchy

Over the past month, have you experienced any of the following symptoms?

- Pain in one or more joints
- Swollen fingers, toes, knees, or heels
- Throbbing in one or more joints
- Pitted, crumbling nails
- Swelling in one or more joints
- Fatigue
- Tenderness in one or more joints

These symptoms could be a sign of psoriatic arthritis. If you've experienced any of the above symptoms, please tell your doctor and ask about psoriatic arthritis.

NOTES SECTION



Use the below section to write out any other notes you'd like to highlight about your current experience with plaque psoriasis.

Be sure to bring this tracker with you the next time you meet with your doctor to help make for a more open and supportive conversation.
