

WHEN PSORIASIS COULD BE PSORIATIC ARTHRITIS

Psoriasis is an autoimmune condition that primarily affects the skin. An overactive immune system causes skin cells to grow too rapidly¹.

The inflammation that causes psoriasis can also cause other health problems, including psoriatic arthritis¹. About 30% of people who have psoriasis (PsO) also develop psoriatic arthritis (PsA)².

Most people who develop PsA have severe PsO, but not all³. Some people don't realize they have PsO because skin symptoms are very mild and may be hidden in hairlines or around ears.

If you have one or more of these symptoms, ask your doctor about psoriatic arthritis. You might need a referral to a doctor who specializes in joint diseases, including PsA, called a rheumatologist. There are many good medications and other treatments that can help control the disease so you can continue to live life on your terms.

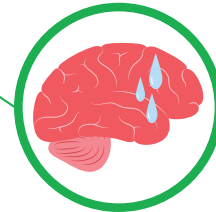
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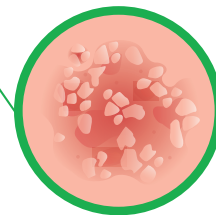
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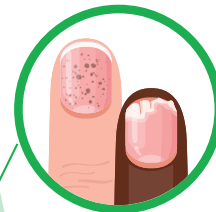
If you develop any of these symptoms⁴, you might have psoriatic arthritis:



Fatigue and lack of energy



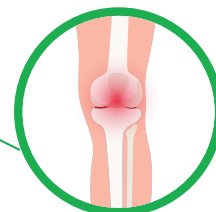
PsO that affects your nails or scalp



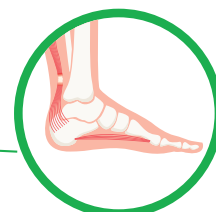
Nail problems, like pitting, crumbling or detaching



Swelling in one or more fingers or toes, so it looks like a sausage



Stiffness, pain and/or swelling in one or more joints



Tenderness in the back of the heel, sole of the foot or other places where tendons and ligaments attach to bone

1. National Institute of Arthritis and Musculoskeletal and Skin Diseases (October 2023). "Psoriasis." <https://www.niams.nih.gov/health-topics/psoriasis>. Accessed Dec. 9, 2024.

2. National Psoriasis Foundation, "Psoriasis Statistics," (Jan. 30/30/24). <https://www.psoriasis.org/psoriasis-statistics/>. Accessed Dec. 9, 2024.

3. NIH National Library of Medicine (1/21/24). "Psoriatic Arthritis." <https://www.ncbi.nlm.nih.gov/books/NBK547710/>. Accessed Dec. 9, 2024.

4. National Institute of Arthritis and Musculoskeletal and Skin Diseases (October 2023). "Psoriatic Arthritis." <https://www.niams.nih.gov/health-topics/psoriatic-arthritis>. Accessed Dec. 9, 2024.