

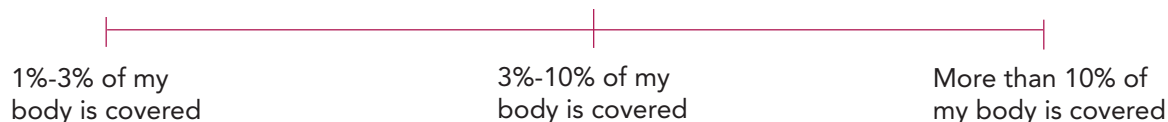
# Get the Most Out of Your Next Conversation

## About Your Moderate to Severe Chronic Plaque Psoriasis

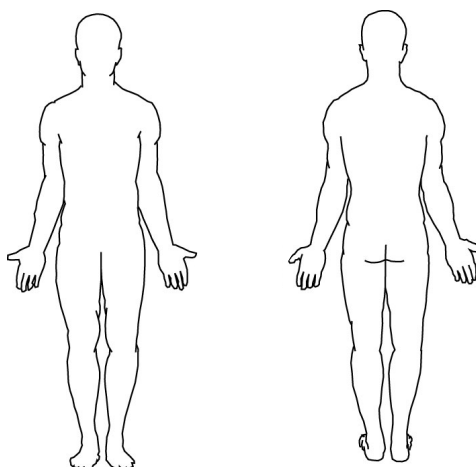
Partnering with your dermatologist is the first step toward clearer skin. It's important to track your symptoms and to keep your doctor in the loop about how your plaque psoriasis is affecting you.

**Before your next appointment, complete questions 1-8. Be sure to share your answers with your dermatologist.**

1. Many factors are involved in evaluating the severity of your plaque psoriasis. One of the first things your dermatologist will want to know is what percentage of your body's skin surface is covered with plaques. Using your handprint as a measurement tool, how much of your body is covered with plaques? The hand is equal to 1% of your body.



2. Where are your plaques?  
Please mark the diagrams shown at the right.



3. Sometimes people with plaque psoriasis feel the need to make accommodations or cover up their condition. On a scale of 1 to 10, tell your doctor how much plaque psoriasis affects the following, with 1 being mild and 10 being a severe impact.

a. Hair length/style		d. Work situations	
b. Clothing choices		e. Symptom management (applying topicals or creams)	
c. Social situations		f. Other _____	

4. How much time per day do you spend managing your psoriasis? \_\_\_\_\_

5. Which prescription treatments have you tried?

- Topical ointments/creams       Biologics       Other \_\_\_\_\_
- Systemics/prescription pills (eg, methotrexate)       Phototherapy/PUVA

6. How satisfied are you with your current therapies?



a. Please explain your answer.

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7. How often do you experience a psoriasis flare? \_\_\_\_\_

8. Do you also experience any joint pain or stiffness?  Yes  No

## HUMIRA as a Treatment Option

If you've tried other treatments and are still experiencing the symptoms of moderate to severe chronic plaque psoriasis, it's important to tell your dermatologist. He or she may suggest **HUMIRA** as a treatment option. **HUMIRA** works inside the body to target and help block a specific source of inflammation that may be contributing to your symptoms.

**Who is HUMIRA for?**<sup>1</sup> HUMIRA is a prescription medicine used to treat adults with moderate to severe chronic plaque psoriasis who are ready for systemic therapy or phototherapy, and are under the care of a doctor who will decide if other systemic therapies are less appropriate.

Find out if **HUMIRA** may be the right treatment option for you. Ask your dermatologist the following questions:

1. Am I a candidate for a biologic?
2. What are the benefits and risks of biologic treatments?
3. Could **HUMIRA** be right for me?
4. How can we work together to manage my treatment?

**Is there anything else you'd like to ask your dermatologist?**

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## Safety Considerations<sup>1</sup>

**Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some people have died from these infections. HUMIRA may increase the chance of getting lymphoma, including a rare kind, or other cancers.** HUMIRA can cause serious side effects including hepatitis B infection in carriers of the virus, allergic reactions, nervous system problems, blood problems, heart failure, certain immune reactions including a lupus-like syndrome, liver problems, and new or worsening psoriasis.

**Please see additional Important Safety Information on the next page.**

**Please click to see <http://www.rxabbvie.com/pdf/humira.pdf> for Full Prescribing Information and discuss with your doctor.**

**Reference: 1.** HUMIRA Injection [package insert]. North Chicago, IL: AbbVie Inc.





