

# Come prepared for a better conversation with your doctor.



To provide the best care for you, your doctor needs to know about your symptoms and how much psoriatic arthritis affects your daily life. These questions will help guide your discussion.

Answer these questions before each appointment to review with the doctor who treats your psoriatic arthritis.

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1. How well do you feel your psoriatic arthritis symptoms are controlled?

Completely  
uncontrolled

Not  
controlled

Well  
controlled

Very well  
controlled

2. How would you rate the severity of your joint pain?

Very severe

Severe

Moderate

Mild

Very mild

3. How often do your psoriatic arthritis symptoms limit your ability to do daily activities?

Never

1-3 times a  
month

1-2 days per  
week

Almost daily

4. Have you missed work or school or been unable to perform daily activities due to psoriatic arthritis?

Yes

No

Not  
sure

5. Is there anything that is very important to you that you can no longer accomplish because of psoriatic arthritis? Make a note of it here.