

PSO NEWSWORTHY

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Pso...did you know?

Join the Conversation

Take our Survey

It's your time...make the most of it

Millions of Canadians struggle with the impact of having psoriasis and some have even given up hope. In fact, 47% of psoriasis patients have not seen a healthcare provider in the past 12 months for their psoriasis (Source: Multi-national Assessment of Psoriasis and Psoriatic Arthritis Survey). To make matters worse, there is a decline in the number of dermatologists across Canada and getting in to see one can be a difficult process. Many patients wait a minimum of 6 weeks in urban areas and much longer (up to 2 years!) for those that reside in a rural community.

It's about you

When you finally have an appointment, it is important to ensure that you can make the most of the very limited



time you may get with your dermatologist. Follow these simple steps so you can leave your appointment armed with the information and advice that you came for.

Before your Appointment

Your medical history is an important piece for your dermatologist. Do your homework and write down your history and any concerns that you may have before going to your appointment. This will save you time and will give you confidence that you have provided your dermatolo-

gist with all the critical information he or she requires.

Make a list of :

- Your current medications;
- Your symptoms and when you began experiencing them, and whether they have worsened or improved; and
- Any questions you have about your condition.

Always take a note pad and pen and take notes. You will be glad to have the information after your appointment to refer back to and you avoid forgetting anything important.

Take a trusted friend or relative with you – they will be able to help you remember what was said.

During your appointment

It is important to have an open flow of communication with your dermatologist – you want to be sure that you have all your questions answered in a way that you understand and that you leave your dermatologist's office satisfied that you have all that you need. Don't be afraid to ask for clarification if you don't understand something, or ask for it be explained again more simply.

Be sure to ask what the long and short-term effects are of your diagnosis.

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Do you Follow Us?



#Pso Many Sides

October 29th is World Psoriasis Day and we will be launching an awareness campaign on the many sides of having psoriasis. Be sure to follow us on [Facebook](#) and [Twitter](#) using the hashtag #PsoManySides.



It's your time...(cont.)

Be sure to ask how the proposed treatments are likely to affect you, what side effects there may be and what lifestyle changes may be necessary to ensure a positive outcome.

Ask your dermatologist to write down any instructions to you so you can have them to reference in the future – ask for clarification for anything you are uncertain about.

Repeat back to your dermatologist the key points of your discussion to be sure you have everything.

Ask your dermatologist if there are any printed resources or internet sites that can be shared with you about your Psoriasis

If you are not comfortable with the proposed treatment plan, say so! It is important to be honest with your doctor so that you can find a treatment plan that works for you.

Before you leave, be sure to review your list and make sure that you have covered everything you planned. Unanswered questions could lead to delay as a future appointment may be weeks or even months away.

As is true for most things in life, preparation is key. Taking the time prepare for your appointment in advance will allow you to engage in a meaningful discussion with your dermatologist. You will come away ready to put your prevention and treatment plan into action!

Reprinted from CAPP website.

Take our Survey



We are partnering with the Canadian Psoriasis Network on a project to better understand the journey of living with psoriasis. We are inviting you to participate in a short survey, and encourage everyone living with, or

affected by psoriasis, to take part. We hope that the information we learn from you helps us determine how we can better support and advocate for Canadians living with psoriasis. [Take the Survey now](#) and you could be entered to win an iPad mini!

Myth Buster

Myth: Psoriasis is just a bad rash.

Fact: Psoriasis is so much more than a skin condition. It is a chronic autoimmune disease and it can be linked to higher risks of obesity, heart disease, high blood pressure and diabetes. 30% of those with psoriasis develop psoriatic arthritis and many patients struggle with the psychosocial impact of the disease such as stress, difficulties sleeping, and even suicidal thoughts!

Pso did you know?

Did you see our Pso did you know Facebook Campaign? Check out our [Facebook page](#) to see some interesting facts about living with psoriasis



Winter is Coming



It's hard to think about the cold and dry air that winter brings, but it is just around the corner. Many psoriasis patients have trouble managing their psoriasis in the winter. [Join us on Facebook](#) and share your tips and strategies on how you cope with all that winter brings. Join the Conversation!



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