



PSORIASIS ARTHRITIS

illustration book

Illustration for the Good Care Project For Psoriatic Arthritis

Recent progress in understanding the course of psoriatic arthritis (PsA) has led to breakthroughs in therapies. Yet the needs of many people living with PsA are still unmet. Through this project, IFPA aims to join forces with rheumatologists and the patient community to raise awareness of new treatment guidelines, and ultimately improve quality of life for people with PsA around the world.



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PSORIATIC ARTHRITIS &

Mental Health



PSORIATIC ARTHRITIS & MENTAL HEALTH



PSORIATIC ARTHRITIS CAN HAVE A SIGNIFICANT IMPACT ON AN INDIVIDUAL'S MENTAL HEALTH, LEADING TO FEELINGS OF DISCOURAGEMENT, FRUSTRATION, SHAME AND LOW SELF-ESTEEM.

EVERY DAY TASKS LIKE STARTING THE DAY IS A MAJOR CHALLENGE FOR PEOPLE WITH ACTIVE PSORIATIC ARTHRITIS BECAUSE OF MORNING STIFFNESS AND FATIGUE.



PSORIATIC ARTHRITIS CAN IMPACT MENTAL HEALTH, LEADING TO ANXIETY ABOUT THE FUTURE AND THE ABILITY TO PERFORM DAILY TASKS.

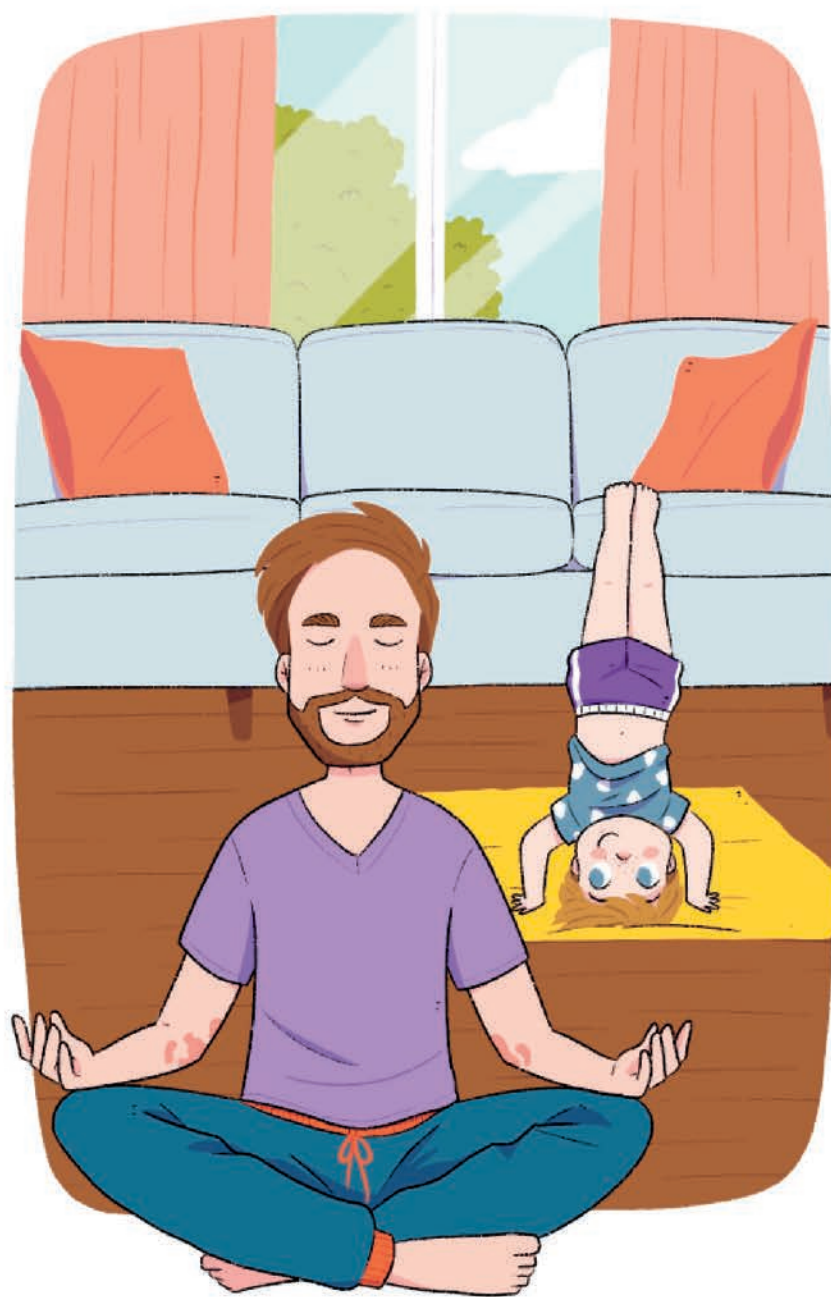
BECAUSE OF PAIN AND STIFFNESS IN THE ARMS, WRISTS OR HANDS, THEY HAVE MORE DIFFICULTY IN PERFORMING ACTIONS SUCH AS BUTTONING A SHIRT OR TYING SHOELACES.

MANY PARENTS WITH PSORIATIC ARTHRITIS DO NOT WANT TO BE A BURDEN TO THEIR FAMILY. IT IS DIFFICULT TO UNDERSTAND THAT BECAUSE OF THE DISABILITY, IT SHIFTS FROM THE ROLE OF CAREGIVER TO BEING CARED FOR BY THEIR CHILDREN.





THE EMOTIONAL EFFECTS OF PSORIATIC ARTHRITIS CAN CAUSE INDIVIDUALS TO ISOLATE THEMSELVES, WITHDRAW FROM OTHERS, OR HAVING ANXIETY ATTACKS. STRESS, ANXIETY, AND DEPRESSION CAN ALSO TRIGGER MORE PSORIATIC FLARE-UPS, WORSENING DISEASE SYMPTOMS.



PEOPLE WITH PSORIATIC
ARTHRITIS CAN ACHIEVE
MENTAL WELL-BEING
THROUGH ACTIVITIES LIKE
YOGA, MINDFULNESS, OR
MEDITATION.

IT'S IMPORTANT FOR PATIENTS TO MAINTAIN RELATIONSHIPS WITH FRIENDS AND FAMILY,
WHO CAN PROVIDE EMOTIONAL SUPPORT.

LEARN ABOUT TREAT TO TARGET RECOMMENDATIONS, TREATMENT GUIDELINES AND
THE IMPORTANCE OF A HOLISTIC APPROACH TO PSORIATIC DISEASE MANAGEMENT THAT
CONSIDERS THE PATIENT'S PHYSICAL AND EMOTIONAL WELL-BEING:

<https://ifpa-pso.com/projects/psoriatic-arthritis-awareness>

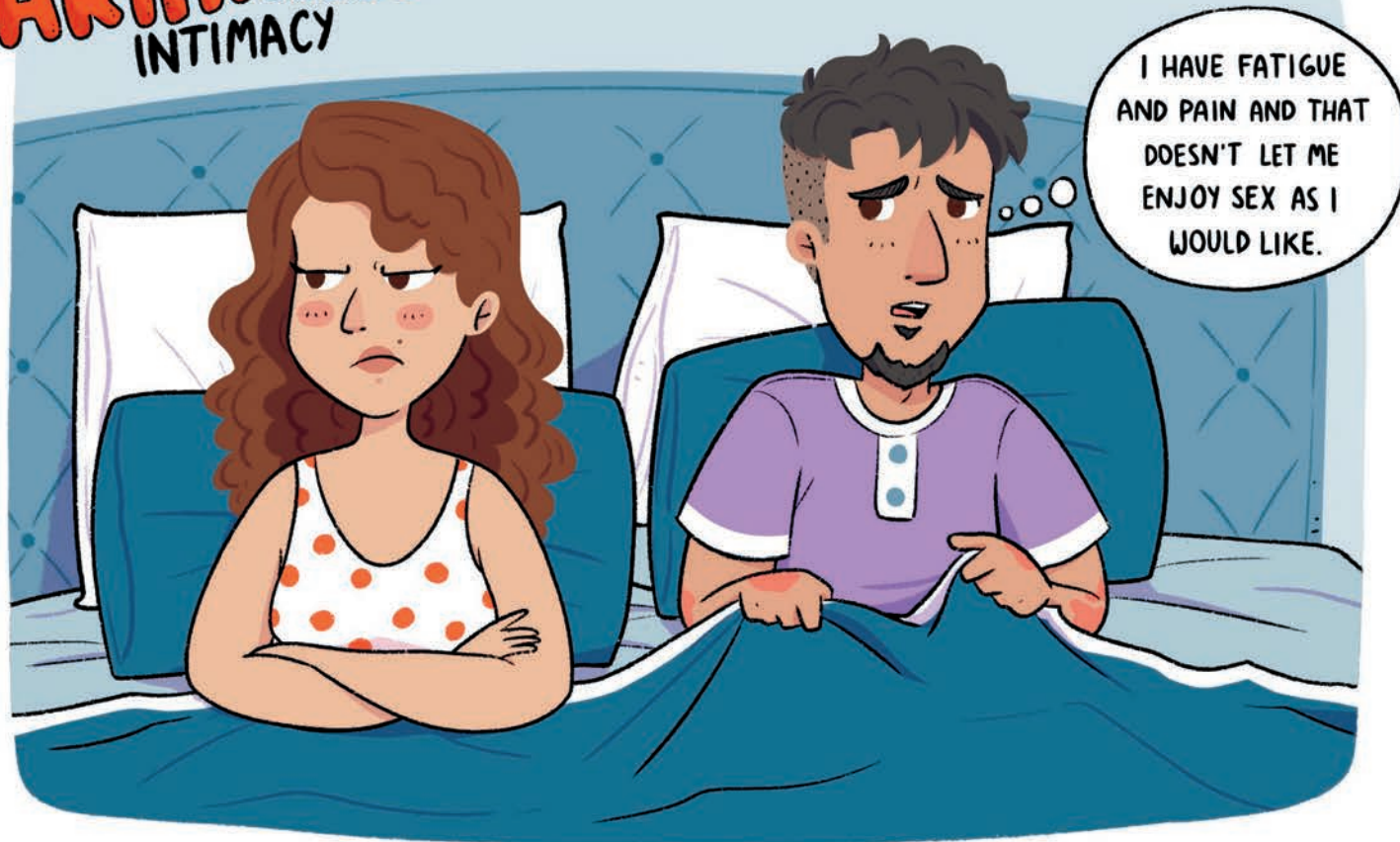




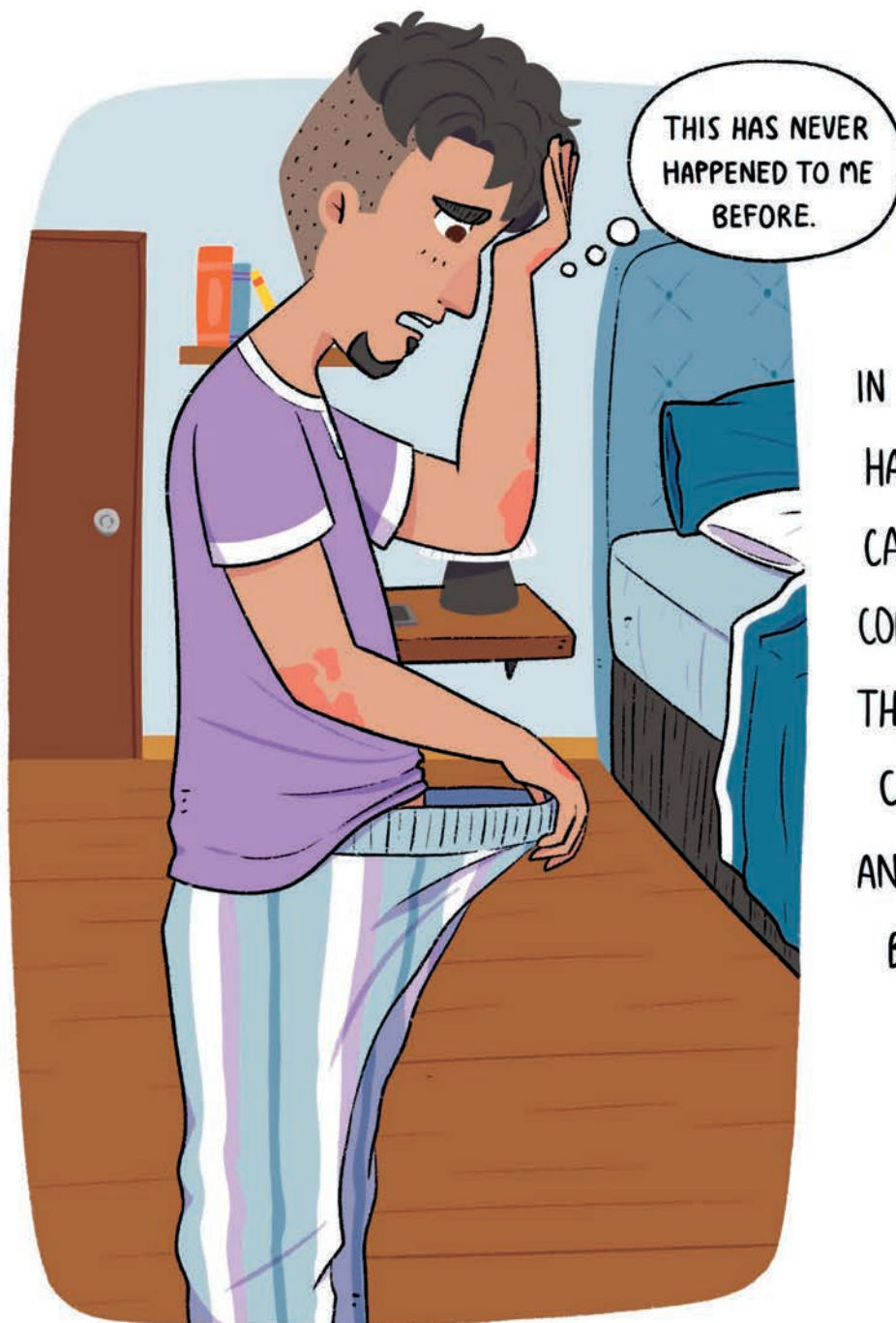
PSORIATIC ARTHRITIS &

Intimacy

PSORIATIC ARTHRITIS & INTIMACY



PSORIATIC ARTHRITIS CAN HAVE A SIGNIFICANT IMPACT ON SEXUAL HEALTH. STUDIES CONDUCTED IN THE LAST 40 YEARS HAVE SHOWN THAT SEXUAL DIFFICULTIES ARE COMMON IN PATIENTS WITH PSORIATIC ARTHRITIS, WITH UP TO 70% OF PATIENTS REPORTING SUCH DIFFICULTIES.



IN CASE YOU NOTICE THAT YOU HAVE ERECTILE DYSFUNCTION, CAUSED BY ANY TREATMENT TO CONTROL PSORIATIC ARTHRITIS, THERE ARE MEDICATIONS THAT CAN BE USED TO SOLVE THIS AND SHOULD BE RECOMMENDED BY YOUR HEALTH PROVIDER.

IF YOU FEEL THAT PSORIATIC ARTHRITIS OR MEDICAL TREATMENTS TO CONTROL IT ARE AFFECTING YOUR SEXUAL HEALTH, WE RECOMMEND THAT YOU DISCUSS THIS WITH YOUR HEALTH PROVIDER SO THAT YOU CAN WORK TOGETHER TO FIND A SOLUTION.





THE SEX LIFE OF A PERSON WITH PSORIATIC ARTHRITIS CAN BE DIFFICULT DUE TO PAIN, FATIGUE AND STIFF JOINTS THAT MAKE MOVEMENT AND BODY POSITION DIFFICULT.

COMMUNICATION WITH YOUR PARTNER WILL ALLOW YOU TO DISCOVER WHICH POSITIONS AND TECHNIQUES OFFER YOU BOTH THE GREATEST LEVEL OF PLEASURE WITH THE LEAST AMOUNT OF DISCOMFORT.



IN ORDER TO IMPROVE THE
QUALITY OF SEXUAL
INTERCOURSE, IT IS IMPORTANT
TO EXPERIMENT AND FIND
ELEMENTS THAT HELP THE
SITUATION.

TAKING INTO ACCOUNT THE
AFFECTED JOINTS, YOU CAN
TRY DIFFERENT POSITIONS
THAT ALLOW YOU TO ENJOY
SEXUAL INTERCOURSE.

WITH CREATIVITY, PATIENCE AND PLANNING, PEOPLE AFFECTED BY PSORIATIC ARTHRITIS CAN ENJOY SEXUAL INTIMACY.

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PSORIATIC ARTHRITIS &

Reproductive

Health

PSORIATIC ARTHRITIS & REPRODUCTIVE HEALTH



IT IS COMMON FOR WOMEN WITH PSORIATIC ARTHRITIS TO GIVE UP THE DECISION TO HAVE CHILDREN BECAUSE OF THEIR DISEASE.

IT IS IMPORTANT THAT THEY RECEIVE SUPPORT SO THAT THEY CAN BALANCE THE MANAGEMENT OF THE PATHOLOGY WITH THEIR FAMILY PLANNING, SO THAT THE DISEASE DOES NOT DECIDE FOR THEM.



PATIENTS SHOULD SEEK
RELIABLE SOURCES OF
INFORMATION TO CLARIFY
THEIR DOUBTS AND FEEL
PREPARED TO MAKE
DECISIONS ABOUT MEDICAL
TREATMENT AND MATERNITY.

IT IS IMPORTANT THAT THE PATIENT FEELS CONFIDENT ENOUGH TO DISCUSS THE ISSUE WITH THE HEALTH PROFESSIONAL AND EXPLAIN HIS OR HER FAMILY PROJECT, IN THIS WAY, THE BEST PLANNING WILL BE SEARCHED FOR IN EACH CASE.

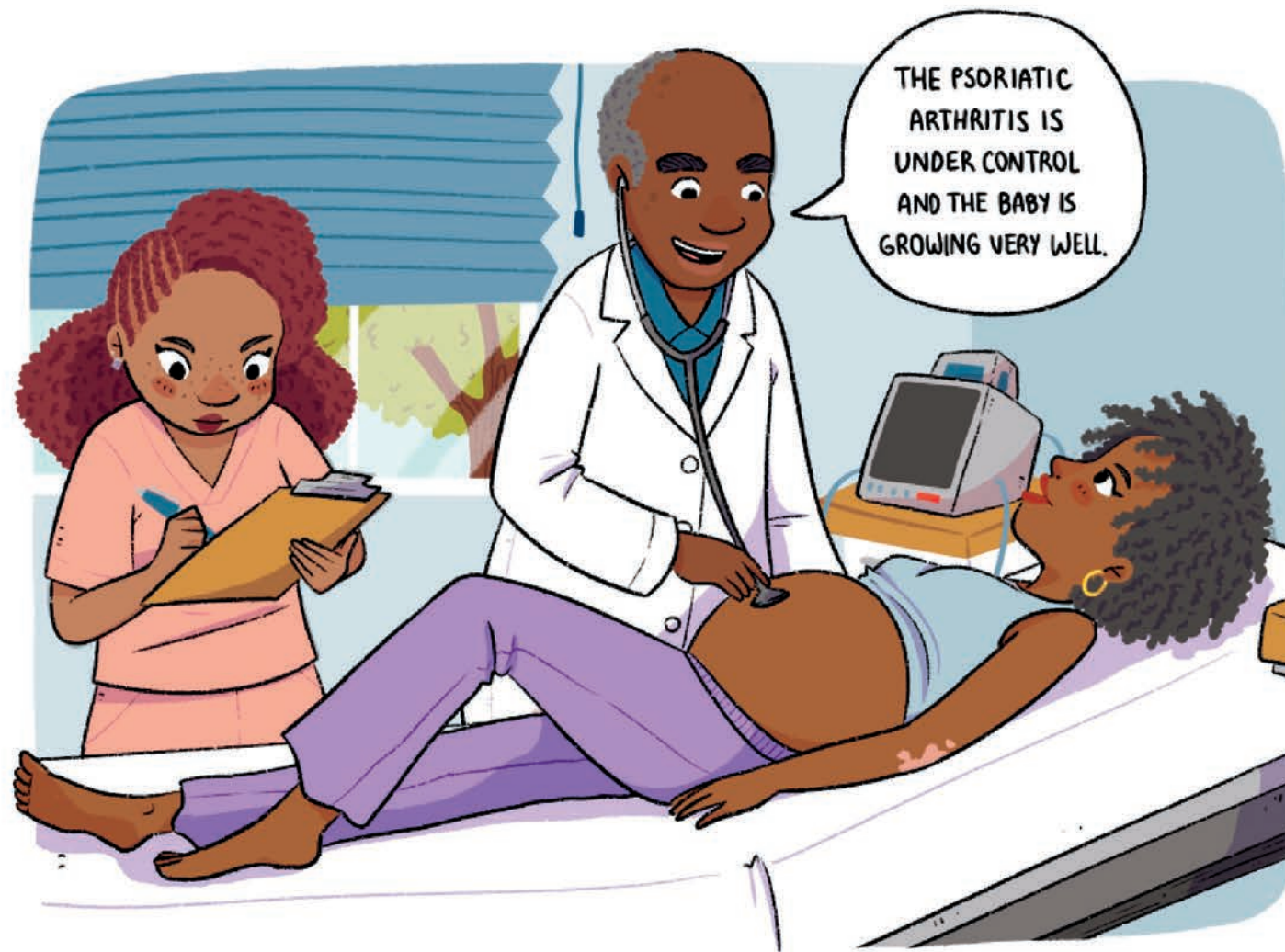
SOME OF THE THERAPY ARE OKAY TO USE WHEN SOMEONE IS PREGNANT, BUT OTHERS CAN HURT THE GROWING BABY. AND THERE ARE SOME TREATMENTS THAT MIGHT END UP IN THE MOTHER'S MILK AND COULD AFFECT THE BABY IF THEY ARE BREASTFED.



MODERATE EXERCISE, ADAPTED TO THE PATIENT'S POSSIBILITIES, IS RECOMMENDED AT EACH STAGE OF PREGNANCY.

ANYTHING THAT CONTRIBUTES TO FEEL BETTER, REDUCE STRESS AND STAY ACTIVE CAN REDUCE THE DISCOMFORT OF THIS STAGE.





IT IS IMPORTANT TO HAVE THE DISEASE UNDER CONTROL AND TO PLAN THE BEST CONDITIONS FOR THE PREGNANCY TO HAVE THE LOWEST POSSIBLE RISK FOR THE MOTHER AND THE CHILD.

BECAUSE OF THE PAIN OR LIMITATIONS OF THE DISEASE, SOME ACTIVITIES SUCH AS CHANGING DIAPERS, FEEDING OR HOLDING THE BABY MAY BE DIFFICULT. DON'T HESITATE TO ASK FOR HELP IN CARING FOR YOUR CHILD AND ALSO IN CARING FOR YOURSELF IF YOU NEED IT.

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PSORIATIC ARTHRITIS &

Children



PSORIATIC ARTHRITIS & CHILDREN



IN CHILDREN, PSORIATIC ARTHRITIS OFTEN INVOLVES SWELLING AND PAIN IN THE JOINTS, MAKING IT DIFFICULT FOR THEM TO MOVE AND PARTICIPATE IN DAILY ACTIVITIES.

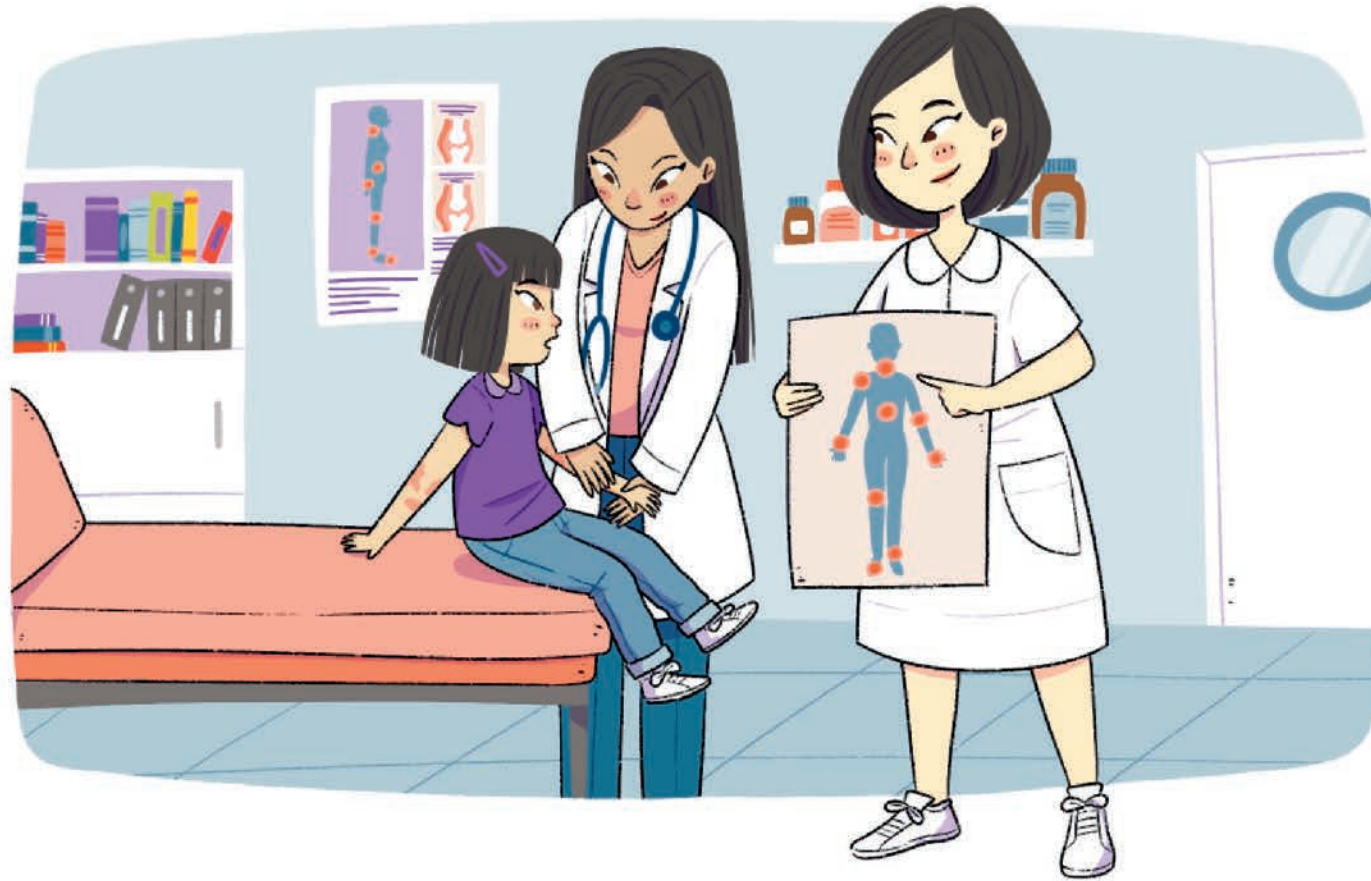
IT IS IMPORTANT TO ENCOURAGE THE AFFECTED CHILD TO EXPRESS HOW THEY FEEL AND WHAT THEIR CONCERNS ARE, AS IT IS COMMON FOR THEM TO HAVE FEELINGS OF FEAR OR FRUSTRATION.





THE SYMPTOMS OF
PSORIATIC ARTHRITIS ARE
USUALLY WORSE AFTER A
LONG PERIOD OF REST,
LEAVING A FEELING OF
STIFFNESS IN THE JOINTS.

PATIENTS MAY EXPERIENCE
FATIGUE AND ALSO BAD MOOD.



EARLY DIAGNOSIS AND APPROPRIATE TREATMENT CAN SLOW DOWN THE DISEASE AND EVEN ACHIEVE COMPLETE REMISSION OF SYMPTOMS.

HEALTH PROVIDERS MAY NEED TO PERFORM VARIOUS TESTS, INCLUDING PHYSICAL EXAMINATIONS, BLOOD TESTS, AND IMAGING SCANS, TO MAKE AN ACCURATE DIAGNOSIS.

THE PATIENT MUST FIND A GOOD BALANCE BETWEEN PHYSICAL ACTIVITY AND REST.
IT IS IMPORTANT THAT A CHILD LIVING WITH PSORIATIC ARTHRITIS STAY ACTIVE EVEN
WHEN THEY ARE NOT HAVING SYMPTOMS.





THE FAMILY IS A GREAT SUPPORT TO HELP WITH CHANGES IN THE PATIENT'S HABITS AND TO UNDERSTAND WHEN IT IS NECESSARY TO CHANGE PLANS DUE TO THE DISEASE.

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