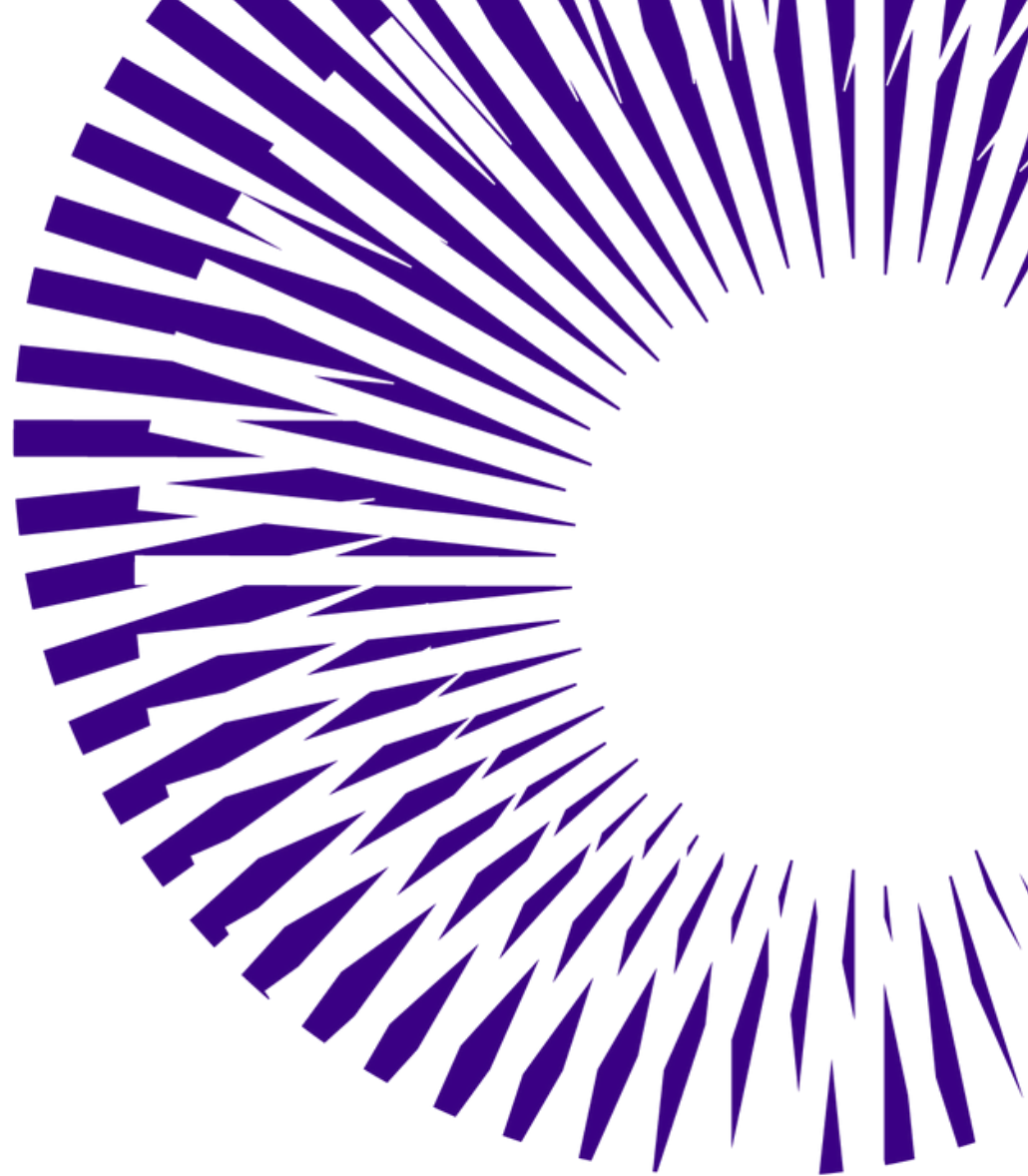


**PSORIATIC ARTHRITIS &**

**Intimacy**



## Illustration for the Good Care Project For Psoriatic Arthritis

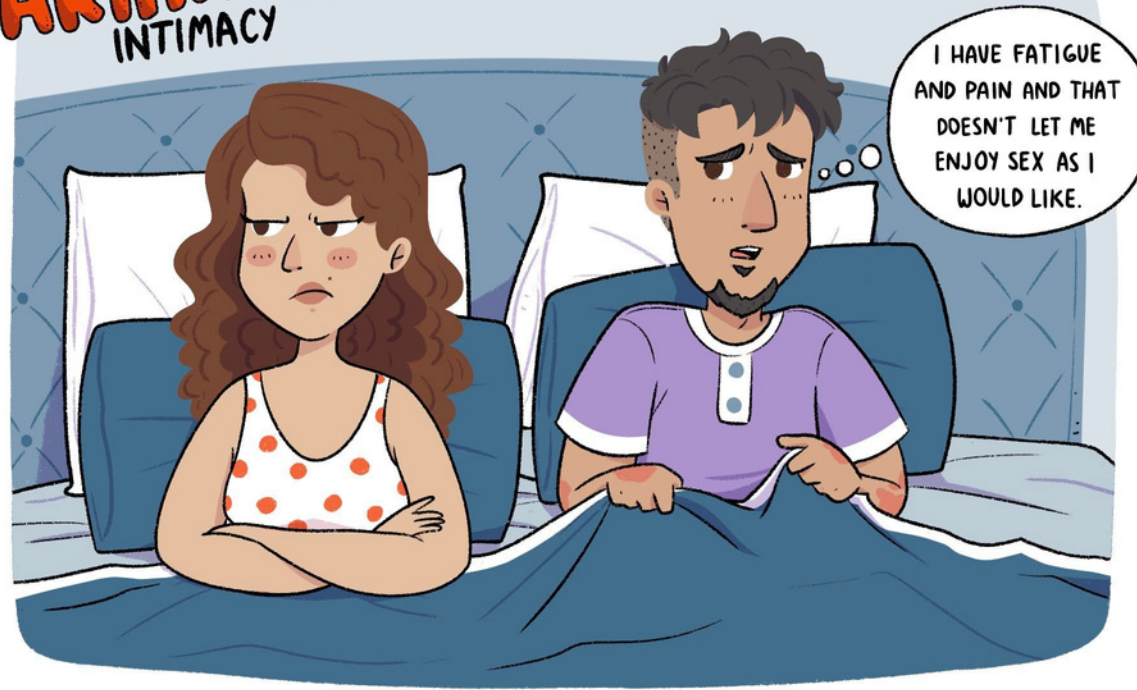
Recent progress in understanding the course of psoriatic arthritis (PsA) has led to breakthroughs in therapies. Yet the needs of many people living with PsA are still unmet. Through this project, IFPA aims to join forces with rheumatologists and the patient community to raise awareness of new treatment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



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Disclosure UCB Pharma has provided financial support through an unrestricted grant for the delivery of the First phase of the Psoriatic Arthritis Awareness project, also known as the "Good Care for the Psoriatic Arthritis" Project. UCB Pharma had no influence or input over the content, including the selection of project members and the development of all associated assets, such as videos, podcasts, and articles. The support from UCB Pharma was solely in the form of an unrestricted grant.

# 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.

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:

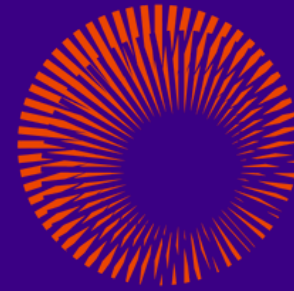
<https://ifpa-pso.com/projects/psoriatic-arthritis-awareness>



**IFPA**

GLOBAL LEADER IN FIGHTING  
PSORIATIC DISEASE

good  
care  
for Psoriatic Arthritis



[ifpa-pso.com](http://ifpa-pso.com)