



Psoriatic Arthritis



- The term **psoriatic disease** refers to the inflammation of joints and skin in people who have psoriasis and psoriatic arthritis.
- **Psoriatic arthritis** is a type of inflammatory arthritis that affects some people who have psoriasis, a chronic autoimmune skin condition. It causes pain, stiffness, and swelling in the joints and can lead to irreversible joint damage if left untreated. Psoriatic arthritis can also cause inflammation in other parts of the body, such as the eyes, heart, lungs, and kidneys.
- Often associated with several comorbidities that can significantly impact a person's quality of life. **Depression, Anxiety, Diabetes** and **Inflammatory Bowel Disease**.
- There is a lack of understanding about the nature and impact of this condition, as well as its manifestations and related symptoms.
- Despite this, PsA management still involves some uncertainties and unclear guidelines, making it difficult to achieve a successful outcome.
- Various forms of **treat-to-target** strategies are advocated in the **latest guidelines** from **GRAPPA, EULAR, and ACR**.





GRAPPA Guidelines Treat to Target approach (T2T)

- T2T began as a strategy to manage diabetes and heart disease, but it has now become one of the most widely accepted treatments for rheumatoid arthritis (RA) and other inflammatory diseases.
- PsA is not as commonly treated with T2T, but new guidelines from now recommend it.
- Many don't have symptoms in every domain, but each must be taken into account when formulating treatment targets.

What about comorbidities?

- Often associated with several comorbidities (associated conditions) that can significantly impact a person's quality of life – **Depression, Anxiety, Diabetes** and **Inflammatory Bowel Disease**.
- There is a lack of understanding about the nature and impact of this condition, as well as its manifestations and related symptoms.
- Despite this, PsA management still involves some uncertainties and unclear guidelines, making it difficult to achieve a successful outcome.
- The GRAPPA treatment guidelines take into consideration comorbidities to give the best possible care to prevent and treat associated conditions.





Information about Psoriatic Arthritis and 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

Link between Psoriatic Arthritis Stress, anxiety and depression

The emotional effects of psoriatic arthritis can cause individuals to isolate themselves, withdraw from others, or suffer from anxiety attacks. Stress, anxiety, and depression can also trigger more psoriatic flare-ups, worsening arthritis symptoms.

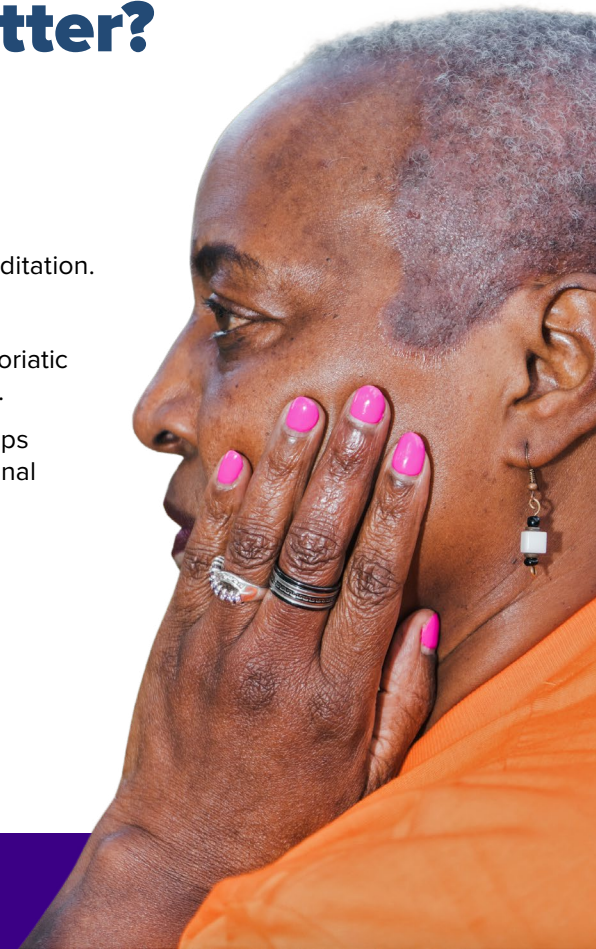
The process of seeking input from multiple doctors and undergoing multiple tests can be overwhelming and increase anxiety and stress levels.

Psoriatic arthritis can continue to impact mental health, leading to anxiety about the future and the ability to perform daily tasks. Reduced ability to socialize and participate in different activities can lead to isolation, which can be lonely, and the pain may be invisible to others.

How can I feel better?

Here are some tips to achieve mental well-being

- Through activities like yoga, mindfulness, or meditation.
- Psychological or psychiatric treatment.
- Joining a patient association for psoriasis and psoriatic arthritis can provide great psychological support.
- It's important for patients to maintain relationships with friends and family, who can provide emotional support.





Do the GRAPPA treatment guidelines support your Healthcare professional to talk about mental health?

The GRAPPA guidelines recognize the importance of addressing mental health as part of the treatment plan for psoriatic disease. In addition to psychological interventions, the guidelines recommend that healthcare professionals should consider pharmacological interventions to manage depression and anxiety, as appropriate.

Yes, the Group for Research and Assessment of Psoriasis and Psoriatic Arthritis (GRAPPA) guidelines do address the impact of psoriatic disease on mental

health. The guidelines recommend that healthcare professionals assess and monitor the patient’s mental health and well-being, including anxiety, depression, and quality of life.

The guidelines also suggest that psychological interventions and support, such as cognitive-behavioral therapy, stress management, and patient education, should be considered as part of the overall treatment plan for psoriatic arthritis.

Overall, the GRAPPA guidelines emphasize the importance of a holistic approach to psoriatic disease management that considers the patient’s physical and emotional well-being.

[Downloadable Assets can be found here.](#)

Intimacy and Reproductive Health

Psoriatic arthritis can also 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.

This is because you are living with psoriatic arthritis (PsA), a chronic inflammatory autoimmune disease that can be painful and often causes joint pain, swelling, stiffness, decreased range of motion, nail changes, skin rashes and fatigue. This impacts one’s daily life.





Women of Reproductive age may have different symptoms which require individualized treatment options

The GRAPPA treatment guidelines advocate for people living with PsA to discuss how they feel with their healthcare provider to try different options until they find what works for them.



An updated literature review informing the GRAPPA Treatment Recommendations

- The GRAPPA Treatment Recommendations are informed by a literature review that has been updated to include recent studies on the pharmacological treatment of psoriatic arthritis.
- When you are getting treatment, it's important to think about your family planning needs. This means considering your plans for having children or preventing pregnancy and making sure the treatment you receive is appropriate for your goals.
- Some of the therapy in the guidelines are ok 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.
- Remember to speak to your doctor about the particular treatment.

www.jrheum.org

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