

Two-Minute Appointment Prep

Take charge and use this Doctor Discussion Guide to record your symptoms, take notes, and have a conversation with your doctor.

Treatment History

I have tried the following plaque psoriasis medications so far (check all that apply):

- Topicals Phototherapy/PUVA Oral Medications

List of injections/infusions that I have tried:

- _____ _____ _____
 _____ _____ _____

If I could, I would change the following aspects about the treatments I've tried (check or write down all that apply):

- Convenience of treatment Consistency of results over time _____
 Effectiveness of treatment Time spent on treatment _____
 Frequency of treatment Number of treatments used at one time _____

My symptoms, such as plaque thickness, scaling, and redness, have changed with my current treatment in the following way:

- gotten worse stayed the same gotten better
- 1 2 3 4 5

This is how satisfied I am with my current treatment:

- not satisfied very satisfied
- 1 2 3 4 5

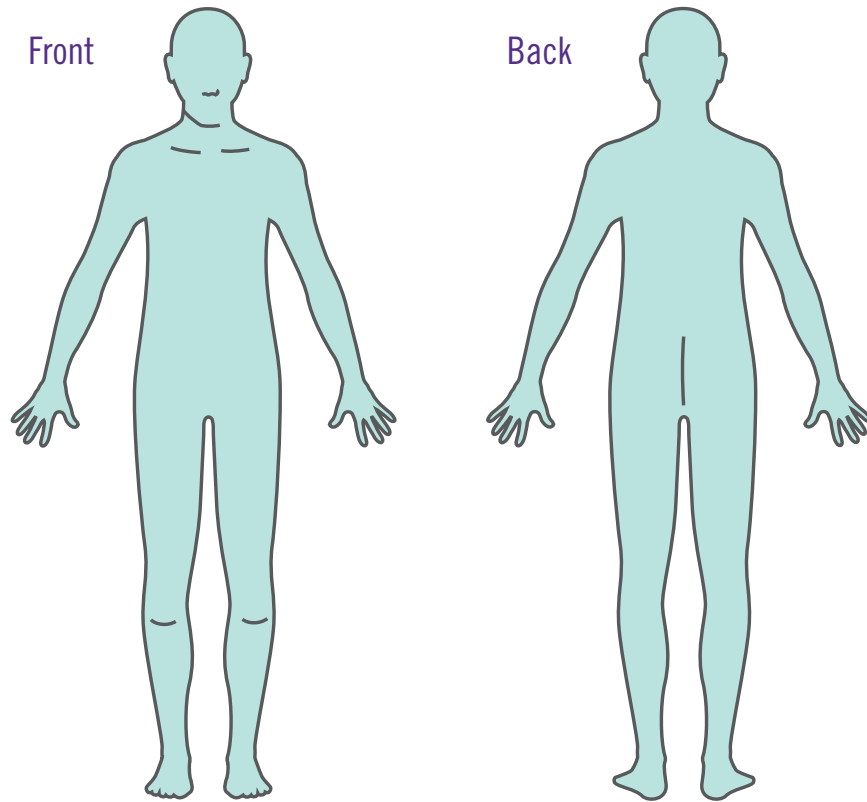
Why I chose my answer: _____

Use the second page to take additional notes for your next appointment.

Record Your Symptoms

Circle or color in all the areas of your body affected by symptoms since your last visit. This will help your doctor get a clearer picture of your condition.

Think about all your symptoms, including plaque thickness, scaling, and redness. Feel free to write down notes and share them with your doctor.



Check the questions you'd like to ask your doctor at your next appointment:

- _____ What treatments may help provide relief from my symptoms of plaque thickness, scaling, and redness?
- _____ What are the dosing schedules of treatments for plaque psoriasis?
- _____ What should I expect from my treatment (symptom relief/side effects)?
- _____ Is there anything else I can do to help manage my plaque psoriasis?

Notes for my next appointment:
