

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 psoriasis medications so far (check all that apply):

- Topicals Phototherapy/PUVA Oral Medications

Injections/Infusions:

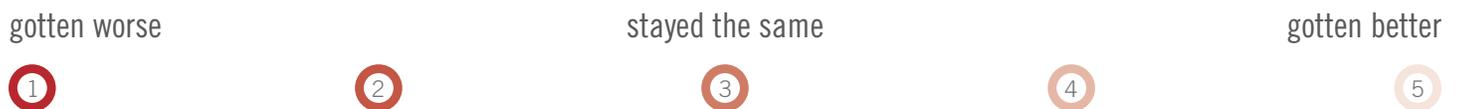
- Enbrel®* (etanercept) Raptiva®* (efalizumab) Other Injection/Infusion
 Humira®* (adalimumab) Amevive®* (alefacept)

*Indicated trademarks are registered trademarks of their respective owners.

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

- Convenience of treatment Control over flare-ups
 Effectiveness of treatment Frequency of flare-ups
 Frequency of treatment Time spent on treatment
 Consistency of results over time 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:



I have also experienced pain, stiffness, and swelling in my joints (these symptoms may be attributed to psoriatic arthritis):

- Yes No

This is how satisfied I am with my current treatment:



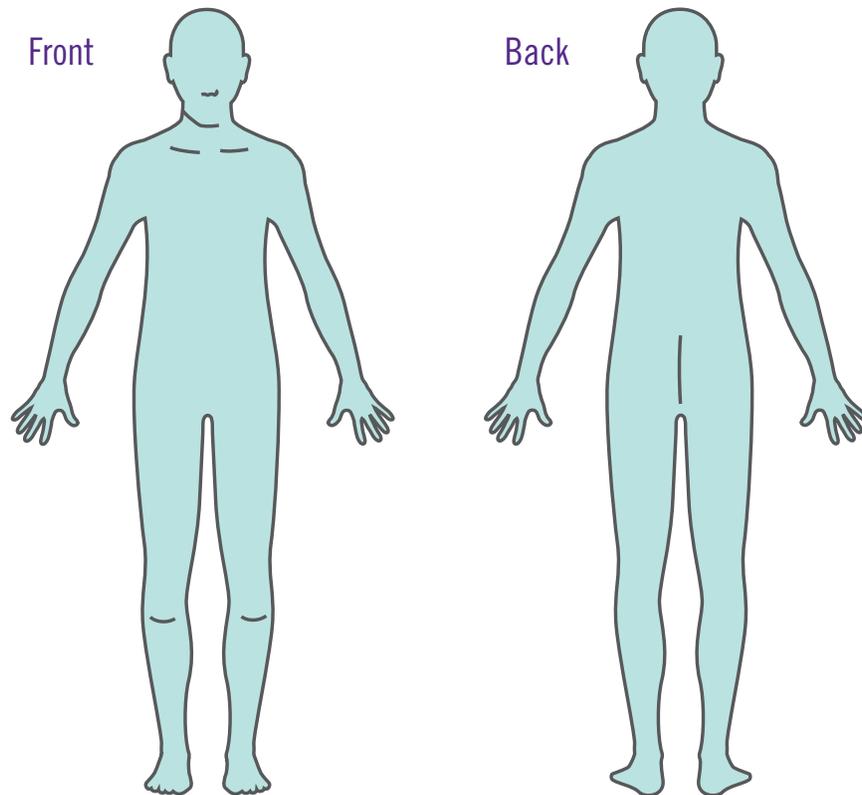
Why I chose my answer: _____

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 skin or joint symptoms since your last visit. You should also include any flare-ups that you have had in between visits. This will help your doctor get a clearer picture of your condition.

Think about all your symptoms, including plaque thickness, scaling, and redness, as well as any joint pain, stiffness, and swelling. 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:
