



DOCTOR DISCUSSION GUIDE

Managing Plaque Psoriasis

Psoriasis can be treated, but each person with the condition needs to work with their doctor to find the treatment option that's right for them. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Lesions	The itchy, sometimes painful, raised, red, scaly, buildup of dead skins cells a person with psoriasis will have. They typically appear on the knees, elbows, and scalp.
Pruritus	The medical term for itching.
Psoriatic Arthritis	A form of arthritis that develops in people who have psoriasis. People are usually diagnosed with psoriasis first, then later get symptoms of arthritis such as joint pain and stiffness. Approximately 10–20 percent of people with plaque psoriasis also have psoriatic arthritis.
Koebner Reaction/Phenomenon	First described by Heinrich Koebner in 1876, the Koebner reaction occurs when the skin is damaged and responds by producing a lesion. The reaction is seen in conditions like psoriasis, eczema, and vitiligo.
Phototherapy	One possible treatment for plaque psoriasis involves exposing the skin to UV light at a phototherapy treatment center under a doctor's supervision.
Histology	The study of tissues, usually with the help of a microscope to examine samples to see if body tissues are damaged or diseased.
Biologics	A wide variety of drug treatments, such as vaccines, gene therapy, and blood components, that sometimes use living cells to treat, prevent, or cure many types of disease. Unlike conventional medication, biologics are made using biotechnology and usually need to be carefully stored and transported, as they can be vulnerable to heat and contamination.

