

Navigating Psoriatic Arthritis Care

Psoriatic arthritis (PsA) symptoms can change over time, and the treatment that works for you may change too. Understanding your options and talking openly with your healthcare provider can help you prepare for what's ahead.



Clear Horizons

Symptoms are well controlled. You can do most of the things you want to do, and your outlook is positive.



Shifting Skies

You're noticing some pain, stiffness, swelling or fatigue, but they aren't stopping you from most activities.



Passing Storms

Symptoms may be debilitating or are interfering with daily activities, sleep, work, or hobbies.

TREATMENT OPTION	POTENTIAL BENEFITS	THINGS TO CONSIDER
 NSAIDs Nonsteroidal anti-inflammatory drugs	Can provide relatively quick relief from joint pain and stiffness from PsA.	NSAIDs can help symptoms, but do not generally control the disease. Side effects and other conditions may limit their use.
 Conventional DMARDs	May help control inflammation and joint symptoms. Can also help prevent progression.	May take some time to work (weeks to months). Monitoring and lab tests may be needed.
 Biologic Medications	Target specific parts of the immune system and may improve joints, skin and other PsA symptoms.	Usually given by injection or infusion. Cost and insurance coverage may be considerations.
 Targeted Oral Medications	Oral medicines that target specific inflammatory pathways.	Benefits and risks vary by medication. Some require monitoring.
 Joint Injections	May provide targeted, temporary relief for an especially painful or inflamed joint.	Treat specific areas rather than PsA throughout the body. Frequency may be limited.



GOOD TO KNOW: Treatment choices aren't one-size-fits all. Your provider may consider which areas PsA affects, other health conditions, past treatments, and what matters to you.

Questions to Ask Your Provider

These questions can help guide a meaningful conversation about your PsA care and treatment plan.

- 1

Based on my symptoms right now, how well controlled is my PsA?
- 2

What is our treatment goal—and how will we know if I'm reaching it?
- 3

Is my current treatment helping protect my joints as well as controlling my symptoms?
- 4

What other treatment options could we consider if my symptoms stay “cloudy?”
- 5

How might each option affect both my joint and skin symptoms?
- 6

What side effects, monitoring, or lifestyle considerations should I know about?
- 7

How long should we give this treatment before deciding whether it's working?
- 8

What changes should prompt me to contact you before my next appointment?

BEFORE YOUR APPOINTMENT

Think about what has changed since your last visit...

- Pain
- Stiffness
- Mental Clarity
- Mood
- Sleep
- Fatigue
- Movement & Activity

Even Small Changes Can Help

Noticing patterns—good or bad—can help your provider see the bigger picture.



A Cloudy Day Doesn't Mean Your Outlook Has to Stay That Way

If symptoms are changing or getting in the way of daily life, talk with your healthcare provider about whether your treatment plan still fits your needs.