



# TALK TO YOUR DOCTOR WITH CONFIDENCE

It's important to discuss with your doctor the symptoms that make you uncomfortable. Use this guide to prepare you for your appointment, and ask your doctor to help you tackle your skin condition head on. We're confident you'll get back to being you!



## STEP 1: IDENTIFY THE SYMPTOMS YOU'RE EXPERIENCING

Check off any of the statements that most apply to you, and talk about them with your doctor:

- My skin has raised reddish patches that are covered with a silver-to-white coating, and have caused scaling, itching, and/or pain. These patches tend to appear on my:
  - Elbows
  - Back
  - Knees
  - Other \_\_\_\_\_
- My skin has red to brownish-gray patches. These patches most often appear on my:
  - Hands and/or feet
  - Elbows, knees, ankles, and/or wrists
  - Neck
  - Upper chest
- I experience itching that can sometimes be severe.
- I have raised red skin that is sometimes painful.
- I have small raised bumps on my skin that have leaked fluid and crusted over.
- My skin is raw and sensitive from scratching.
- Some areas of my skin are thickened, cracked, or scaly.
- I experience blackheads or pimples on my face, forehead, chest, upper back, or shoulders. These pimples have sometimes led to:
  - Dark spots
  - Permanent scars on my face

## STEP 2: UNDERSTAND THE SEVERITY OF YOUR SYMPTOMS

When it comes to the discolored patches on my skin, I would categorize the severity of my skin condition as...

- Mild:**  
Symptoms cover less than 3% of my body  
  
**These are common symptoms of psoriasis.**
- Moderate:**  
Symptoms cover between 3% and 10% of my body  

- Severe:**  
Symptoms cover more than 10% of my body  


When it comes to my itchy, scaly, or thickened skin, or the raised bumps that sometimes leak fluid or crust over, I would categorize the severity of my symptoms as...

- Mild
  - Moderate
  - Severe
- These are common symptoms of eczema.**

When it comes to my red bumps, blackheads, whiteheads, pimples, or painful lumps, I would categorize the severity of my symptoms as...

- Mild
  - Moderate
  - Severe
- These are common symptoms of acne.**



