



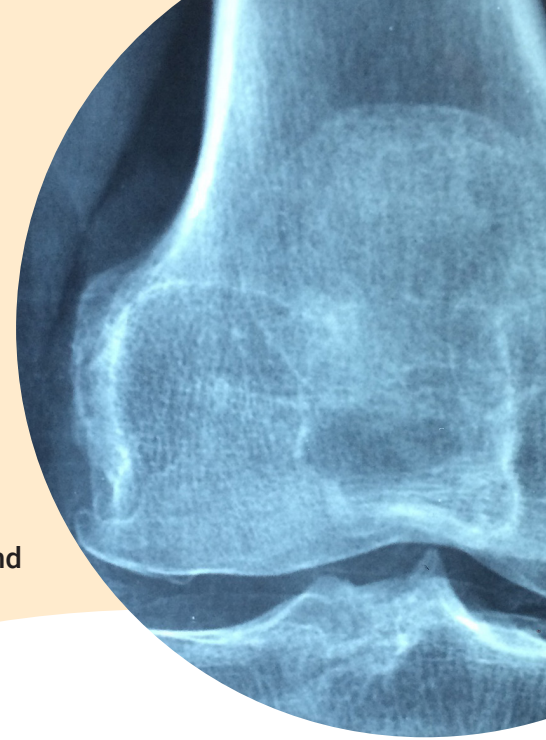
# About Psoriatic Arthritis



## What Is Psoriatic Arthritis (PsA)?

PsA is a chronic (long-term) inflammatory disease that leads to painful swelling in the joints and areas where tendons and ligaments attach to bones. PsA can get worse over time if not treated and can affect joints on one or both sides of your body. About 1 in 3 of people who get PsA already have a skin rash called psoriasis when they are diagnosed.<sup>1,2</sup>

PsA and psoriasis are autoimmune diseases. Your immune system normally protects your body from illness and disease. When you have PsA, your immune system is overactive and by mistake it attacks healthy cells and tissue. This leads to inflammation in your joints and other problems.<sup>1,2</sup>



## Signs and Symptoms of PsA

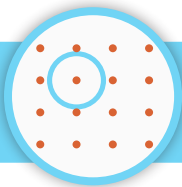
The signs and symptoms of PsA can come and go and be anywhere between mild and severe. Symptoms can also be very different from one person to another.<sup>2,3</sup>

PsA can be divided into 6 domains or subtypes, each of which have different signs and symptoms. Many people will have symptoms from more than one domain.<sup>1-3</sup>

- **Skin disease:** Usually plaque psoriasis (red scaly patches of skin with silvery scales, often on the scalp, elbows, or knees) but can be other types.
- **Peripheral arthritis:** Inflammation in the joints of the hands, wrists, elbows, shoulders, feet, ankles, and knees. This leads to pain, stiffness, and swelling in the affected joints.
- **Axial arthritis:** Inflammation in the joints of your spine, causing pain and stiffness in the back and neck.
- **Enthesitis:** Inflammation in areas where tendons or ligaments attach to bones. The backs of the heels or the bottoms of the feet are commonly affected spots.
- **Dactylitis:** Sausage-like swelling in the fingers or toes.
- **Nail disease:** Lifting, pitting, thickening of the nails; discolored nails.

Other signs and symptoms may include<sup>4,5</sup>:

- Pain and redness of the eyes; blurry vision (uveitis)
- Fatigue (feeling tired), lack of energy
- Reduced range of motion, which makes it hard to move comfortably
- Morning stiffness
- Other diseases and conditions, called comorbidities, that commonly occur with PsA. Examples are heart disease, obesity, and depression



## Who Is at Risk of Getting PsA?

Anyone can get PsA, but the following factors increase the chances of developing it<sup>2,4</sup>:



Having psoriasis



Having a parent or sibling that has psoriasis or PsA



Age—most often PsA starts between the ages of 30 and 50 in both men and women



## How Is PsA Diagnosed?

While there's no single test to tell if you have PsA, your doctor can use several tools to diagnose the condition. During an exam, your doctor may<sup>1,3</sup>:

- Ask about your family history of psoriasis or PsA
- Evaluate other related health conditions you may have
- Perform a physical exam to check for signs of psoriasis or PsA
- Use MRI scans or X-rays to look for changes in your joints
- Use results from lab tests to rule out other problems that may be causing joint pain
- Do an assessment of your symptoms to determine your PsA subtypes
- Ask you how PsA is impacting your pain level, quality of life, and daily function



## Early Diagnosis Is Important!<sup>4,5</sup>

If you have psoriasis and notice joint pain, let your doctor know. Although there is no cure for PsA, it's important to diagnose and treat it early to ease pain and inflammation, and to help prevent permanent joint damage.

If your doctor is not an expert in diagnosing and treating PsA, you may need to visit one who is. This type of doctor is called a rheumatologist (roo-muh-toh-uh-jist).



## References

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