

Challenging But Treatable Body Areas

in Plaque Psoriasis



Lilly

What is plaque psoriasis and where can it show up?

Plaque psoriasis is a condition in which your skin becomes inflamed and scaly. Patients with fair skin tone, plaques are red or pink, in patients with darker skin tone, plaques are dark brown. Plaques of salmon color are commonly seen in Hispanics and that of violet in African Americans.

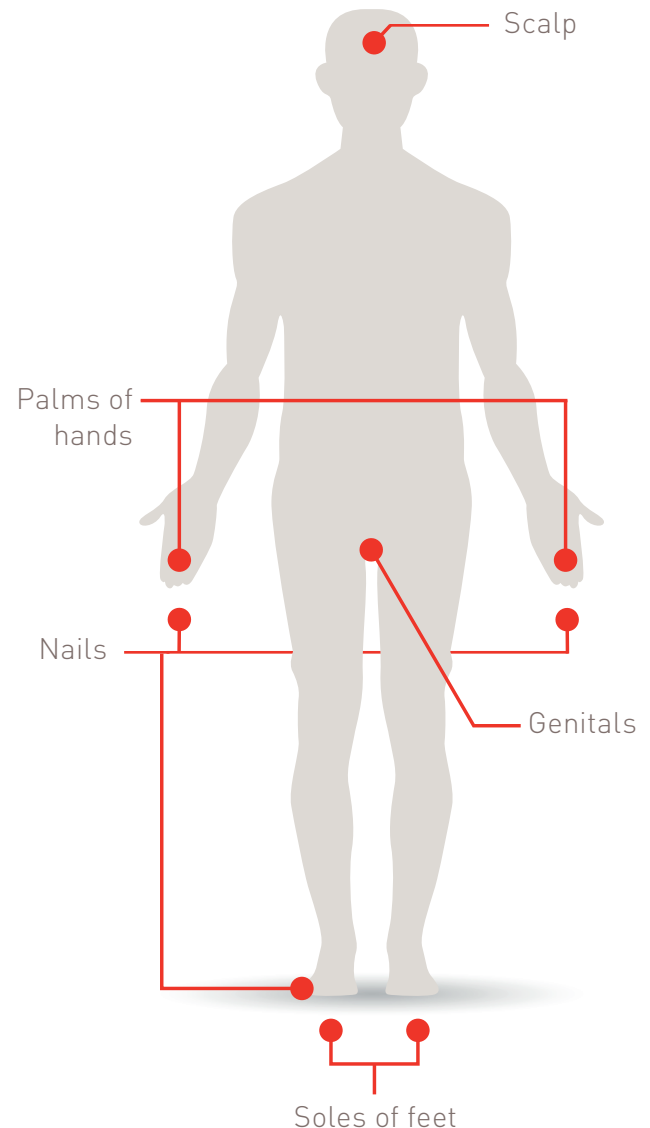
These patches are called **“plaques.”** Plaques often show up on the elbows, knees, scalp, and back.

But **you can get plaque psoriasis almost anywhere on the body.** Some parts of the body can be more challenging to treat than others.

Plaques of psoriasis on difficult-to-treat areas of the body may only cover a small area, but can have a significant impact on your life.

Psoriasis in challenging-to-treat areas can affect your quality of life as much as psoriasis covering large areas.

Psoriasis in which parts of the body can be challenging to treat?



What are the symptoms of plaque psoriasis in each area?

What is scalp psoriasis?

- Plaque psoriasis on the scalp is often red and scaly.
- The scalp can be itchy. This may lead to flaking and bleeding.
- Some people feel embarrassed about their scalp psoriasis symptoms.



About **half** of people with psoriasis have scalp symptoms at some time in their life

What is nail psoriasis?

- Nail psoriasis can change how fingernails and toenails look. For example, it can cause nails to look yellow or have small pits.
- Nails with psoriasis can be painful. This can make it difficult to do daily tasks.
- People with nail psoriasis often say they are concerned about how their nails look.



About **80%-90%** of people with psoriasis have nail symptoms at some time in their life

Thinking about your treatment

- Hair makes applying treatments directly to the affected skin difficult.
- The skin on the face can be very sensitive, so it is important to find the right treatment.

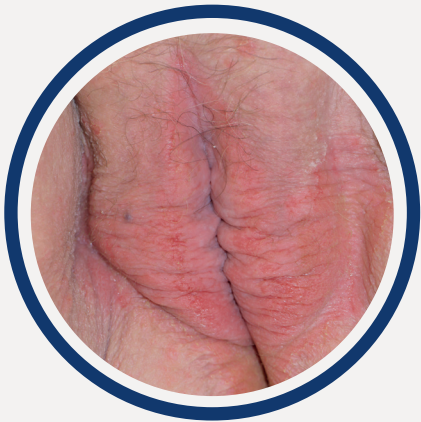
Thinking about your treatment

- Treatments for nail psoriasis can take a long time to start showing results.
- Nails grow and recover slowly, so symptoms may not go away quickly.
- If you notice nail symptoms, talk to your doctor so that you can be diagnosed and treated.

What are the symptoms of plaque psoriasis in each area?

What is genital psoriasis?

- Plaque psoriasis in the genital area is often bright red, smooth, and shiny.
- It is usually itchy and sore. It can be easily irritated because of its location.
- Some people are embarrassed by their genital psoriasis. They also claim that it has a significant impact on their quality of life.



About **two-thirds** of people with psoriasis have symptoms on their genitals at some time in their life

What is palmoplantar psoriasis?

- Plaque psoriasis on the palms of the hands and soles of the feet is called palmoplantar psoriasis.
- Palmoplantar psoriasis can look different on the hands and feet. It can become thick and cracked, and can be painful as well.
- People with this type of psoriasis often want treatment to make their hands or feet look and feel better.



About **12-16%** of people with psoriasis have symptoms on their hands and feet at some time in their life

Thinking about your treatment

- Genital psoriasis can be mistaken for other skin conditions, so it may not be diagnosed correctly.
- Tell your doctor about your symptoms, so you can get the right diagnosis and the right treatment.

Thinking about your treatment

- Psoriasis symptoms on the hands or feet can strongly affect daily life.
- Plaques on the hands or feet can interfere with your daily activities and tasks.
- It is important to find an effective treatment quickly.

What should you do if you have plaque psoriasis in a challenging-to-treat area?

Talk to your doctor if you think you have plaque psoriasis in one of these areas.

Plaque psoriasis can sometimes be mistaken for other skin conditions. Your doctor may want to rule out other conditions first. Do not be afraid to ask whether plaque psoriasis may be causing your symptoms. The sooner you get a diagnosis, the sooner it can be treated.

What do you want from treatment?

Everyone wants psoriasis treatment to result in completely clear skin. But many people with plaque psoriasis want to improve certain other symptoms first. For example, many people want itching to stop very quickly.

Use these questions to help you decide what you want from treatment:



What symptom bothers you the most? (For example: pain, itching, flaking, redness, or size of plaques)



Which of your affected areas bothers you the most?



Does your plaque psoriasis impact your daily plans? If so, how?



Would you like to see your plaque psoriasis improve in time for a specific event in your life?

What should you do next?



Could it be plaque psoriasis?

Plaque psoriasis looks different on different parts of the body. To find out if you have psoriasis in a specific area, talk to your doctor.



Tell your doctor about your symptoms

Even if you have symptoms on a very small area, it is important to tell your doctor about them. Psoriasis symptoms should not be ignored.



Psoriasis can be challenging, but it is treatable

If you have plaque psoriasis in one of the challenging-to-treat areas described in this brochure, you can find a treatment to manage it. Psoriasis in challenging-to-treat areas can take longer to improve. Be patient, and do not stop taking your medicine.

Always talk to your doctor.





Get more information

Learn more about treating psoriasis: www.psoriasis.org/treatment-targets

Phone: 503-244-7404 or 800-723-9166

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