

How might psoriasis affect your loved one?



As well as their skin, your loved one may also find that psoriasis affects their:¹⁻⁴



Mood



Appearance



Everyday activities

Some people with psoriasis, may also suffer from heart conditions, diabetes, obesity or depression.⁵



Myth:

Medication is enough to treat psoriasis



Fact:

Lifestyle changes can significantly reduce the impact of psoriasis⁶

Psoriasis is associated with a number of disorders which can be lessened by making lifestyle changes, including:⁶



Following a healthy diet



Increasing physical activity



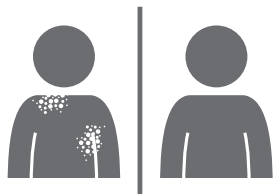
Quitting smoking



Decreasing alcohol consumption

Myth:

Clear skin is the only goal in psoriasis treatment



Fact:

Improving overall physical, mental and social wellbeing is as important as improving overall skin appearance⁷

The impact of psoriasis extends beyond the physical symptoms⁷

Treatment plans should consider an approach that addresses all aspects of the disease:⁷

- Physical
- Mental and social wellbeing



Myth:

Psoriasis symptoms are only skin deep



Fact:

Psoriasis can have a substantial emotional impact⁸

More than **10%** of people with psoriasis suffer from clinical depression and twice as many have depressive symptoms⁸



Talk to your loved one about how making lifestyle changes could help them to reduce the impact of psoriasis



Adverse events should be reported. Please check the patient information leaflet that comes in the pack with the medicine for details of how to report any possible side effects. You can also fill in a form at www.gsk.com/en-gb/contact-us/report-a-possible-side-effect/

References

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