

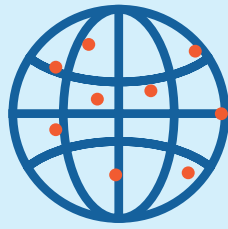
## Key Findings

# PSORIASIS: Journey to Stability

## About Psoriasis

**125 million**  
(or 2-3% of the world's population)  
has psoriasis

most common form  
**plaque psoriasis**  
≈ 90% of patients



**1 million Canadians**  
have psoriasis

Up to **30%** have or will have arthritis

### Mild



**<3%**  
of the body.\*

Generally involves isolated patches on the knees, elbows, scalp, hands and feet.

Typically little effect on the quality of life.

\*To assess the area of involvement, consider that your palm covers about 1% of the skin's surface

### Moderate



**3-10%**  
of the body.\*

Generally appears on the arms, torso, scalp and other regions. Often results in concern about others' reaction to visible lesions.

Generally affects the quality of life.

### Severe



**>10%**  
of the body.\*

May affect large areas of skin. Psoriasis of the face and palms/soles may be considered as severe.

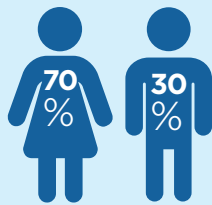
Typically has a severe impact on the quality of life.

## Respondents' Experiences on their Journey to Stability

**286**

survey responses from individuals living with or affected by psoriasis

Of the respondents, approximately:



Majority of respondents have lived with psoriasis for

**20+**  
years

Majority of respondents were in the age range of:

**51-65**  
years

### Top 5

Attributes Affected by Psoriasis



**69%**

Lack of self-esteem



**58%**

Interrupted or loss of sleep



**49%**

Anxiety



**47%**

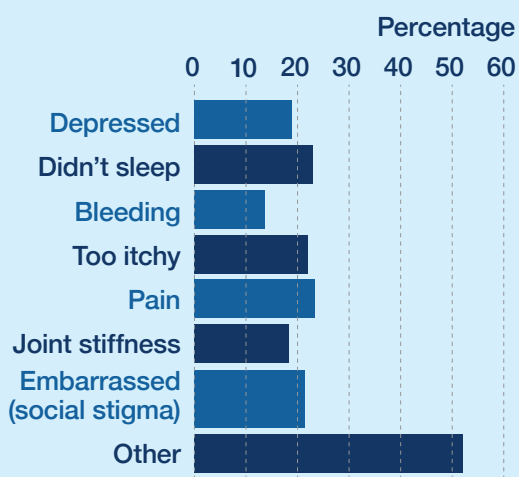
Depression



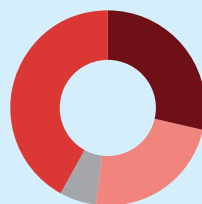
**46%**

Avoid intimacy

### Reasons for Missed Work Days

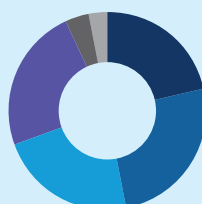


### Description of Psoriasis



- 41.96% – moderate psoriasis
- 28.67% – severe psoriasis
- 23.43% – mild psoriasis
- 5.94% – other

### Length of Time Individuals Have Lived With Psoriasis



- 22% – < 1 year
- 26% – 2 – 10 years
- 23% – > 10 years
- 24% – Still not controlled
- 4% – Can't recall
- 3% – Didn't answer

## What Needs to Change

- Reduce the length of time to access medications that control symptoms.
- Expand educational outreach to health care professionals, patients, and loved ones.
- Develop educational resources, especially on treatment options, including biologics and biosimilars.
- Support physicians' and patients' therapeutic choices.