

CAPP Info



Welcome to the Canadian Association of Psoriasis Patients (CAPP), a patient organization dedicated to helping psoriasis patients and their families, providing one-on-one support, bringing together the best of emerging psoriasis news, research results, and key information that can truly make a difference in how you live your life.



Check out our website, at www.canadianpsoriasis.ca. There you can share your stories, use valuable tools and resources and get the answers you need to better manage your psoriasis. [Watch videos](#) of real patients talking about their challenges. [Sign up](#) to receive this quarterly newsletter in your e-mail box. Coming issues will expand and deal with the risks and benefits of new treatments, what scientists have learned about psoriasis and why it really matters, and gaining access to restricted treatments.

Our website is being renovated. Watch for top psoriasis stories/news, new tools and keep coming back. Get involved. Join one of our committees. [Contact us](#). We're in it together.

When you only have a few minutes ...

How to make the most of your dermatologist appointment

The time you have with your dermatologist may be limited, so it's a good idea to prepare before your appointments.

1. Be sure to relay your complete medical history and any medications you are currently taking.
2. If you can, take a series of photos of your skin showing the progression of your condition. Be sure to date the photos.
3. Write down your questions in advance and take them to your appointment. This can help you remember the most important points to cover.
4. When you and your doctor discuss treatment options, be sure to ask:
 - what benefits each treatment is expected to

bring

- how each treatment might affect your life-style
- whether there are any side effects
- how long you might need to use any prescribed medication
- whether there is any chance the condition might return

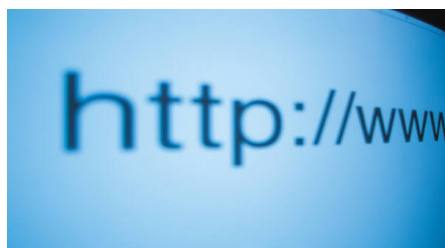
5. Take notes during the appointment so you'll remember what you and your doctor discussed.

Read more on preparing for your dermatologist appointment and get a handy checklist [here!](#)



How do I know this is the right treatment for me?

Occasionally, psoriasis patients have second thoughts after agreeing to a treatment plan with their health-care provider. They may find they are afraid of using the medication or realize they still have unanswered questions—or perhaps because emotions got the better of them during their appointment, they



felt they had to say “yes” despite misgivings. Don’t let this happen to you! Here are a few things you can do to put your mind at ease:



Make sure you have all the facts! The CAPP website is a great resource and provides up to date news and [information on treatment options](#), support and access to the care you need.



Share your concerns via an online discussion forum. CAPP has [Skinergy](#). It’s a site where

psoriasis patients can interact with each other in the privacy and comfort of their homes. Talk to one another, share experiences and post questions for other psoriasis patients to comment.



If you are still unsure go back to your dermatologist to ask for clarification and reassurance. Your dermatologist is there to work with you to ensure you are receiving the treatment option that is right for you!

Treatment options: Each patient is different.

Some patients are extremely risk adverse and others are not. Many patients may be more comfortable with therapies that have been around for a long time such as topical ointments or creams or UVB light therapy,



while others accept combinations of methotrexate, cyclosporine and biologics. The key to a successful therapeutic outcome is to use an approach that works for you. Every patient is different so talk to your dermatologist!

Did you know?

World Psoriasis Day—October 29 each year—is an annual day dedicated to people of all ages with psoriasis or psoriatic arthritis. According to the World Psoriasis Day website, the day was “conceived by patients for patients [and is] a truly global event that sets out to give an international voice to the 125 million people with psoriasis/psoriatic arthritis.” Activities will take place all over the world to raise awareness about psoriasis. Visit www.worldpsoriasisday.com for more information.



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