



EUROPEAN ACADEMY OF  
DERMATOLOGY AND VENEREOLOGY

## Information Leaflet for Patients

# CHRONIC DISEASE, CHRONIC FRUSTRATIONS

### The aim of this leaflet

*This leaflet is designed to help you understand more about the long-term nature (or chronicity) of psoriasis. It also includes advice on what not to do (including “physician shopping”).*

# CHRONIC DISEASE, CHRONIC FRUSTRATIONS

## The chronicity of psoriasis: what does it mean?

Psoriasis is an unpredictable disease: some will experience it continuously whereas others may suffer from periodic flares. Both situations are frustrating, especially as a definitive cure does not yet exist, leading to a lot of trial and error. This may include visiting several physicians in a year, or trying non-medical treatments. As described earlier, psoriasis is chronic as your immune system continues to overproduce “attack” commands. Therefore, it is crucial that you aim to keep the inflammation to a minimum and the disease under control. This can be achieved when you have a good relationship with your clinician, where long-term collaboration and good communication are key to success. There are a variety of treatments to consider together with your clinician. However, this should not stop you from using non-medical treatments, but you must understand why you should use those under medical supervision, since comorbidities may develop as well.

So, psoriasis is a chronic inflammatory illness, which means that there is always a little bit of inflammation present in your body. This chronic inflammatory state in your body allows for other inflammatory diseases to develop, such as metabolic syndrome, Crohn’s disease, and depression,<sup>3</sup> well-known comorbidities (other coexisting diseases) of psoriasis. Therefore, keeping psoriasis under control may be key to keep comorbidities at bay. A healthy lifestyle is an essential part of avoiding comorbidities. Should you suffer from anything else, do not hesitate to talk about this with your physician; this may help him/her to recognize and treat comorbidities in a timely manner.

may be able to freely choose your physician and change whenever you like. However, as psoriasis takes time to treat, many may switch between physicians too quickly before seeing actual treatment results. You may look for another physician when a treatment fails or isn’t well tolerated. However, it is important to know that in most countries, psoriasis is treated according to a “treatment pathway” (i.e. you have to try available treatments in a certain order before being allowed to go to the more intense (and more costly) treatments).

Why is this relevant to “physician shopping”? Each physician will usually want to start at the beginning of the treatment pathway. So if you change frequently between physicians, chances are high that you will be starting the pathway over and over again, instead of walking it through entirely with one doctor. It is very important to feel comfortable with your physician. Moreover, it is essential to be able to share the burden of psoriasis and the treatments together with your physician. After all, your doctor can only take the next step with you if you tell him/her that the previous treatment didn’t work or wasn’t comfortable for you. This will be key to finding the right therapy for you! ■

### Comorbidities



## What shouldn't you do? “Physician shopping” to find the right therapy...

Most people with psoriasis risk to go “shopping” amongst physicians/clinicians. Depending on the country you live in, you

*While every effort has been made to ensure that the information given in this leaflet is accurate, not every treatment will be suitable or effective for every person. Your own clinician will be able to advise in greater detail.*

PRODUCED BY THE EADV PSORIASIS TASK FORCE  
WITH THE COLLABORATION OF THE FLEMISH PSORIASIS LEAGUE



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