

MY PSORIASIS SYMPTOM PROFILE

Name: _____ Date: _____

Make sure to share with your doctor

It may take time for the treatment to affect your psoriasis, and it may not work for everyone, so even if you are not seeing any changes, it's still important to keep a record of your psoriasis each week. In this way, the symptom profile may help you and your doctor better understand your treatment results, but only your doctor can evaluate if your treatment is effective.

STEP 1

Indicate the areas where you have plaque psoriasis by shading the front and back of the figures below.

Circle the color of your plaque psoriasis.

NONE

LIGHT
PINK

RED

INCREDIBLY
RED

STEP 2

Bring this symptom profile with you to your next doctor's appointment.

