



LIVING A HEALTHY LIFESTYLE WITH PSORIASIS OR PSORIATIC ARTHRITIS

A HEALTHY LIVING GUIDE FOR PATIENTS

A healthy diet and exercise can boost overall health and help control your weight. In addition, living a healthy lifestyle can help you manage your psoriasis or psoriatic arthritis. Speak with your care team to find ways to change your lifestyle.



EAT
HEALTHY



EXERCISE



TAKE CARE OF
YOUR JOINTS



STAY
POSITIVE

Maintain a Healthy Weight

Maintaining a healthy weight is important. If you are overweight or obese, you have a higher risk of developing psoriasis. Plaques often develop in skin creases and folds. Also, people with psoriasis or psoriatic arthritis are more likely to gain weight or be obese.¹

HEALTHY EATING



Nutrition Is Important for Everyone, Including People Living With Psoriasis or Psoriatic Arthritis

A healthy, balanced diet includes plenty of fresh foods, like fruits and vegetables.²

- **Eat more fruits, vegetables, and whole grains.** Boost your nutrition while limiting calories. Choose fresh fruits and vegetables and whole grains (like brown rice, oatmeal, and whole wheat breads and pastas).³
- **Limit sugar, fat, and salt.**²
- **Limit alcohol.** It may make your symptoms worse.¹
- **Stop smoking.** If you smoke, try to cut back or quit altogether.² Smoking can make your symptoms worse.¹

Supplements Are Not a Replacement for Medicines Your Doctor Prescribes⁴

You may be considering **supplements** (such as vitamins) or **alternative treatments** (such as herbals and home remedies). Here are some things to keep in mind:

- Speak to your health care team before taking supplements, over-the-counter medicines, or other remedies. Some may change the way your other medicines work.
- Be sure to continue treatments prescribed by your health care team.

Know Your Risk

People with psoriasis or psoriatic arthritis have a **higher risk** of some other diseases:

- Obesity
- Type 2 diabetes
- High blood pressure
- Cardiovascular disease
- Metabolic disease (a combination of high blood pressure, high insulin levels, and abnormal cholesterol levels)¹

These risks make it even more important to keep a healthy weight and eat right.

EXERCISE AND PHYSICAL ACTIVITY



Physical Activity Is Anything That Gets Your Body Moving⁵

Physical activity has many benefits⁶:

- Helps control weight
- Lowers risk of cardiovascular disease, type 2 diabetes, metabolic syndrome, and some cancers
- Improves mental health and mood
- Improves your ability to do daily activities
- Prevents falls, if you're an older adult

The Centers for Disease Control and Prevention recommends adults get **at least 2 hours and 30 minutes** of exercise every week.^{5,7} Activities should include:

- **Moderate-intensity aerobic activity** (such as brisk walking, dancing, canoeing, water aerobics, swimming, or riding a bike)⁷
- **Muscle-strengthening activity** (such as lifting weights, using a resistance band, pushups and sit-ups, heavy gardening, or yoga)^{5,7}

Start slowly: 10 minutes at a time is fine

You may feel that it is hard to fit in time to exercise. Remember, activity can be broken down into smaller chunks of time throughout the day. Just 10 minutes of moderate to vigorous effort at a time is fine!^{5,6}



SPEAK WITH YOUR HEALTH CARE TEAM BEFORE BEGINNING AN EXERCISE PROGRAM OR NEW PHYSICAL ACTIVITY

If You Have Psoriatic Arthritis, You May Benefit From Physical or Occupational Therapy

Physical or occupational therapy may help **strengthen muscles, protect joints** from further damage, and **increase flexibility**.⁸

- Talk to your health care team about how physical or occupational therapy may help you.
- Consider a walking aid or shoe inserts to help avoid stress on joints.
- Exercising in water may also avoid stress on joints and be more comfortable.⁸

TAKE CARE OF YOUR JOINTS



If You Have Psoriasis, You May Have Up to a 4 in 10 Chance of Getting Psoriatic Arthritis⁹

- **Take care of your joints.** Avoid straining your fingers and hands when doing everyday tasks, like opening jars, cooking, and opening doors.
- **Maintain a healthy weight.** Reduce strain on your joints, reduce pain, and increase energy and mobility.
- **Exercise regularly.** Use exercises that are less stressful on joints, like biking, swimming, and walking.
- **Use cold and hot packs.** Apply cold several times a day for 20 to 30 minutes at a time. Use heat to relax tense muscles and relieve pain.
- **Pace yourself.** Stay active, but rest when you are tired. Find time to relax throughout the day.³

Exercise Tips⁷

- ✓ Team up with a friend to get motivated and have fun.
- ✓ Pick activities you like and fit into your life.
- ✓ Find the time that works best for you.
- ✓ Mix it up, and try something new.
- ✓ Track your time and progress.
- ✓ Start slowly and build up over time.
- ✓ Build activity into your everyday life (take the stairs, park farther away, stand up and stretch throughout your day)—every little bit adds up!

HEALTHY STATE OF MIND



Psoriasis Can Affect Your Quality of Life

Coping with psoriasis and psoriatic arthritis can be challenging.¹ Psoriasis and psoriatic arthritis may increase your risk of¹:

- Low self-esteem
- Depression
- Social isolation
- Problems at work

If you have symptoms of depression or think you might be depressed, speak with a member of your health care team.

Some symptoms of depression are¹⁰:

- Sad, anxious, or “empty” feelings that don’t go away
- Feelings of hopelessness, guilt, or worthlessness
- Irritability or restlessness
- Loss of interest in activities or hobbies
- Being tired or having less energy
- Difficulty concentrating or making decisions
- Sleeping too much or too little
- Overeating or loss of appetite
- Thoughts of suicide
- Aches or pains, headaches, or digestive problems that don’t get better with treatment



TALK TO YOUR HEALTH CARE TEAM AND GET THE SUPPORT YOU NEED TO MANAGE ALL OF YOUR SYMPTOMS, BOTH PHYSICAL AND MENTAL

CHECKLIST FOR LIVING A HEALTHY LIFESTYLE WITH PSORIASIS OR PSORIATIC ARTHRITIS



Use this list as a reminder of what you can do to help manage your psoriasis or psoriatic arthritis.

Healthy Reminders

- ✓ Learn about your disease.¹
- ✓ Stick to your treatment plan. If you are having trouble with any of the therapies, speak with a health care team member.¹
- ✓ Don’t be shy or embarrassed—ask questions!¹
- ✓ Write down your symptoms and a list of all your medicines. Talk about them with your health care team.¹
- ✓ Learn your triggers and avoid them, as much as possible.¹
 - Infections and injury to the skin
 - Stress
 - Cold, dry weather or intense sunlight
 - Some medicines, smoking, heavy alcohol consumption
- ✓ Build a support team made up of people who care about you and want to help you. Join a support group.¹
- ✓ Remember to²
 - Eat healthy
 - Maintain a healthy weight
 - Walk or exercise regularly

WHERE CAN I FIND MORE INFORMATION OR SUPPORT?



Here are some sources of additional information and support.

→ **National Psoriasis Foundation**

<http://www.psoriasis.org>

Get information about psoriasis and psoriatic arthritis, learn about research, and find medical professionals. Contact NPF by phone: **800-723-9166**.

→ **TalkPsoriasis.org**

<https://www.inspire.com/groups/talk-psoriasis>

Join the National Psoriasis Foundation's online community for people affected by psoriasis or psoriatic arthritis.

→ **Mayo Clinic Patient Information**

<http://www.mayoclinic.org/diseases-conditions>

Learn about the disease, management, and lifestyle tips.

→ **Psoriatic Arthritis Info**

<http://www.psoriaticarthritisinfo.com>

Take a quiz, get a free health organizer, find a doctor, and learn about psoriatic arthritis.

References: **1.** Mayo Clinic. Diseases and conditions: psoriasis. <http://www.mayoclinic.org/diseases-conditions/psoriasis/basics/lifestyle-home-remedies/con-20030838?p=1>. Accessed June 24, 2015. **2.** Arthritis Foundation. Psoriatic arthritis self care. <http://www.arthritis.org/about-arthritis/types/psoriatic-arthritis/self-care.php>. Accessed June 24, 2015. **3.** Mayo Clinic. Diseases and conditions: psoriatic arthritis. <http://www.mayoclinic.org/diseases-conditions/psoriatic-arthritis/basics/definition/con-20015006?p=1>. Accessed June 24, 2015. **4.** National Psoriasis Foundation. Vitamins and supplements. <http://www.psoriasis.org/treating-psoriasis/complementary-and-alternative/diet-and-nutrition/vitamins-and-supplements>. Accessed June 24, 2015. **5.** Centers for Disease Control and Prevention. How much physical activity do adults need? <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>. Updated June 4, 2015. Accessed June 24, 2015. **6.** Centers for Disease Control and Prevention. Physical activity and health. The benefits of physical activity. <http://www.cdc.gov/physicalactivity/everyone/health/index.html>. Updated June 4, 2015. Accessed June 24, 2015. **7.** United States Department of Health & Human Services. HealthierUS.gov. Be active your way: a guide for adults. <http://www.health.gov/paguidelines/pdf/adultguide.pdf>. Published October 2008. Accessed June 24, 2015. **8.** American College of Rheumatology. Psoriatic arthritis. http://www.rheumatology.org/practice/clinical/patients/diseases_and_conditions/psoriaticarthritis.asp. Updated September 2012. Accessed June 24, 2015. **9.** Gottlieb A, Korman NJ, Gordon KB, et al. Guidelines of care for the management of psoriasis and psoriatic arthritis. Section 2: Psoriatic arthritis: overview and guidelines of care for treatment with an emphasis on the biologics. *J Am Acad Dermatol.* 2008;58(5):851–864. **10.** National Institute of Mental Health. Depression. <http://www.nimh.nih.gov/health/topics/depression/index.shtml>. Accessed June 24, 2015.