

A SCREENING TOOL FOR PSORIATIC ARTHRITIS

Psoriatic arthritis is a form of arthritis that can affect almost one-third of people with psoriasis and can lead to lasting damage to your joints.¹⁻⁵ But getting diagnosed and treated as soon as possible can prevent that damage and help you stay healthy.³⁻⁵

Answer the following five questions to find out if you're at risk for psoriatic arthritis. Then put a check mark next to the places on the diagram where your body feels tender or sore. Share this diagram with your healthcare provider at your next appointment.

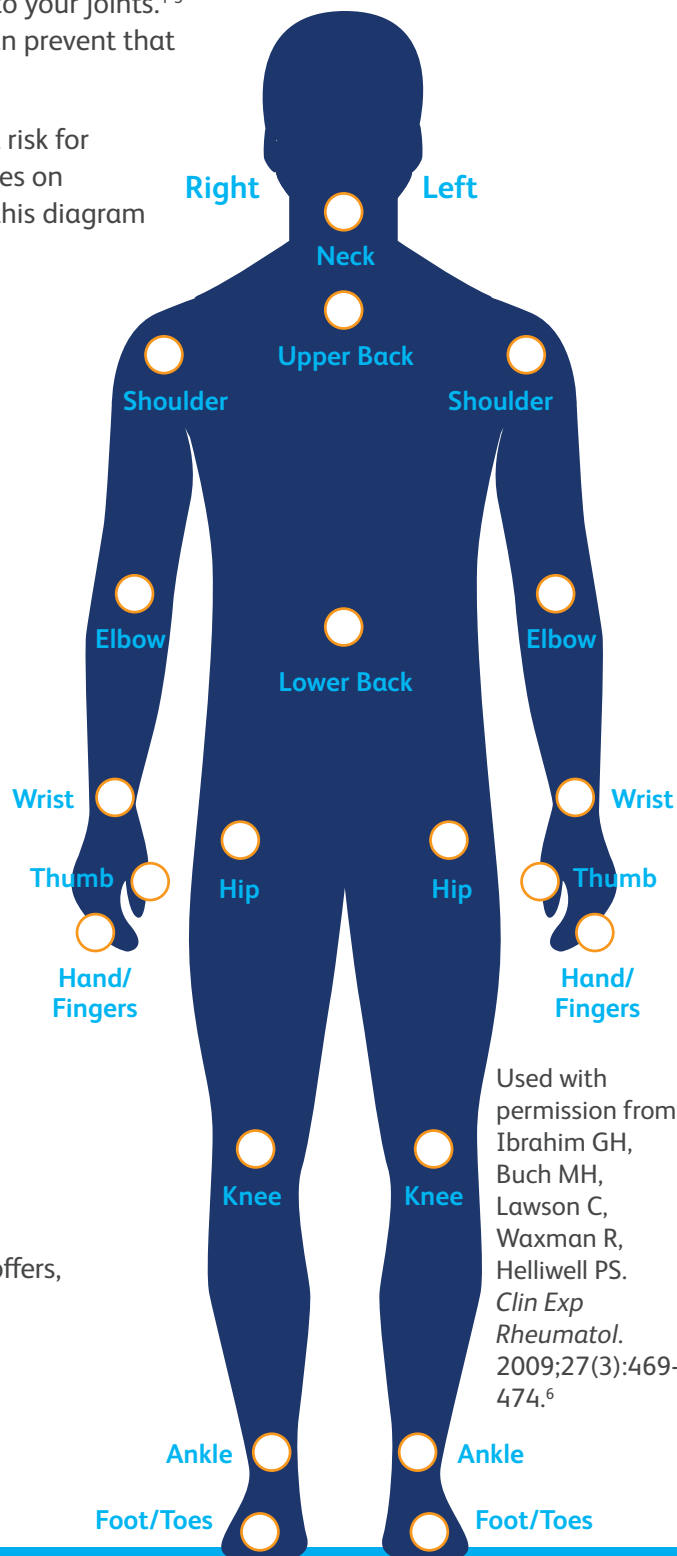
PEST questionnaire for PsA⁶

	Yes	No
1. Have you ever had a swollen joint (or joints)?		
2. Has a doctor ever told you that you have arthritis?		
3. Do your fingernails or toenails have holes or pits?		
4. Have you had pain in your heel?		
5. Have you had a finger or toe that was completely swollen and painful for no apparent reason?		


Total number of questions with a "yes" answer /5

If you answer yes to 3 or more questions, it indicates a referral to a rheumatologist should be considered.

This validated screening tool was approved for use by the National Psoriasis Foundation (NPF). For more information on psoriasis and psoriatic arthritis, and to learn about NPF's Patient Navigation Center and the many services it offers, visit www.psoriasis.org/about-psoriatic-arthritis/



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