

Start the conversation

As you begin to think about treatment options for your psoriasis, remember that they generally fall into two categories: treatments that are applied to the surface of the skin (such as topicals or light therapy) and treatments that work from the inside of the body (like oral and injectable, biologic medications).

Ask your doctor which treatment option could be right for you.

But first, bring these questions to your next appointment with your dermatologist.



- 1 Can you tell me about available treatment options?
- 2 Are any of these options more effective than what I've tried so far?
- 3 What are the side effects of the options we're considering?
- 4 What's the difference between treatments that are applied to the skin and those that are oral or injected?
- 5 Are there any treatments that don't require lab monitoring?

Have a few questions of your own? Want to talk about a specific treatment? Add your notes here.

Top things to consider



Dosage



Efficacy



Side Effects