



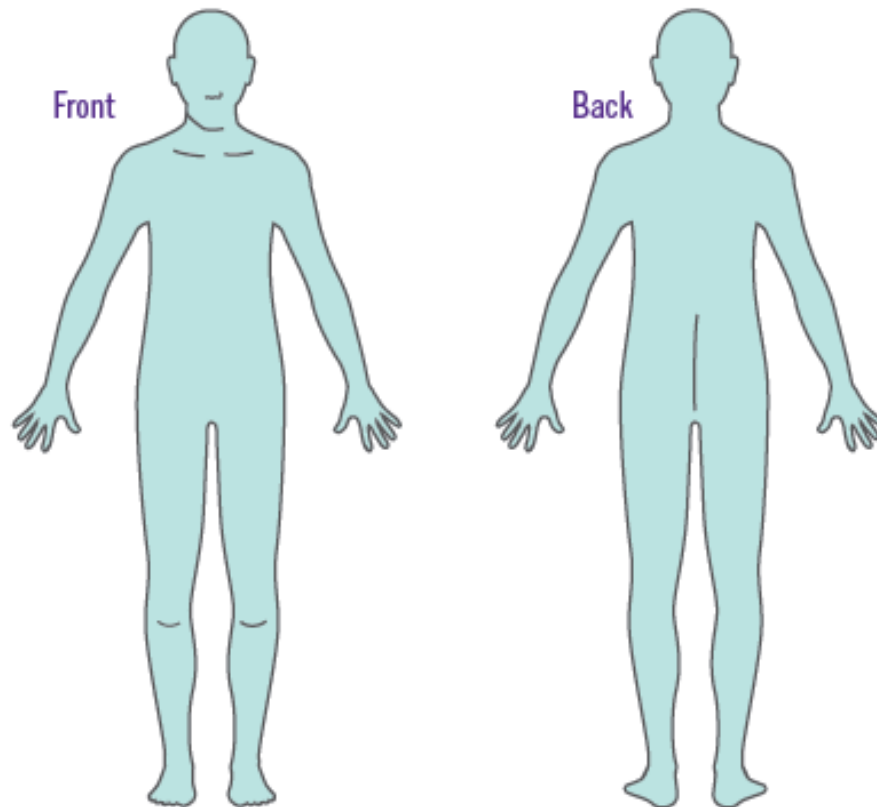
Record how your plaques have changed between appointments



Take this diagram and record with you next time you see your doctor.

Before each appointment:

- circle or colour in all the areas of your body affected by skin symptoms since your last visit.
- include any flare-ups that you have had in between visits.
- think about all your symptoms, including plaque thickness, scaling, and redness.



**Consider documenting your psoriasis
by taking a weekly selfie**

janssen  **Immunology**

PHARMACEUTICAL COMPANIES OF 

This educational resource is not intended to replace discussions with your healthcare team.
If you have any questions about your condition or treatment, please contact your doctor.

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