Psoriatic arthritis (PsA) is a type of inflammatory arthritis and an autoimmune disease. It causes swelling, pain and inflammation in the joints. In most people, psoriatic arthritis starts after the onset of a skin disease called psoriasis, though not everyone with psoriasis will develop PsA.

**SIGNS AND SYMPTOMS**

**Signs and Symptoms of PsA**
Talk to your doctor if you experience any of the following for longer than six weeks:

- Painful, swollen joints
- Red, scaly skin patches or rashes
- Swollen fingers or toes
- Foot pain in the heel or sole
- Morning pain/stiffness (an hour or more)
- Fatigue

**THE FACTS**

**PsA by the numbers**

- Up to 3 out of 10 people with psoriasis will develop PsA (both men and women)
- PsA affects both men and women in equal numbers
- PsA usually appears between ages 20 and 50
- Up to 90,000 Canadians have or may have PsA

**HOW IS PsA DIAGNOSED?**

There is no single test for PsA. The symptoms of PsA can be similar to other forms of inflammatory arthritis, so your doctor may perform one or more tests to confirm diagnosis:

- Physical examination
- Blood tests
- X-ray
- Ultrasound
- MRI
- Medication
- Physiotherapy
- Occupational Therapy
- Complementary Therapy
- Surgery
- Applying Heat and Cold
- Physical Activity
- Eating Well
- Proper Skin Care
- Joint Protection
- Meditation

**TREATMENT**

Possible treatment options include:

- Medication
- Physiotherapy
- Occupational Therapy
- Complementary Therapy
- Surgery

**SELF-MANAGEMENT STRATEGIES**

- Physical Activity
- Applying Heat and Cold
- Eating Well
- Proper Skin Care
- Joint Protection
- Meditation

**Is there a cure?**

There is no cure for PsA yet – but when you are diagnosed early and start the right treatment, you can take control of your disease and help avoid severe damage to your joints. Most people with PsA can lead active and productive lives with the help of the right medication, exercise, rest, joint protection techniques, and in some cases surgery.

**Next steps**

Think you might have psoriatic arthritis? Visit arthritis.ca/SymptomChecker and try our tool to help you talk to your doctor about your symptoms.

For more information and tips on how to manage your PsA, visit arthritis.ca.

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