

# WHAT IS PSORIATIC ARTHRITIS (PsA)?



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)



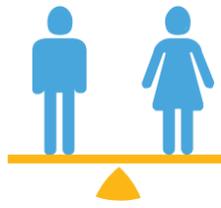
Fatigue

## 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

**20+**  
Years of age

PsA usually appears between ages 20 and 50

**90,000**

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

## TREATMENT

Possible treatment options include:



Medication



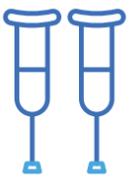
Physiotherapy



Occupational Therapy



Complementary Therapy

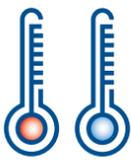


Surgery

## 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](https://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](https://arthritis.ca).

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