

Preparing for your specialist Dermatology appointment

Talk to your dermatologist about how plaque psoriasis affects you

Moderate to severe plaque psoriasis comes with some common symptoms, but these symptoms affect people differently. Your dermatologist therefore needs to know exactly how plaque psoriasis affects *you*. Use this sheet to help guide the conversation with your dermatologist.

Think about your symptoms over the past week or two.

Are your red, scaly plaques bothering you?	Yes	No	Unsure
Do your plaques make you want to cover up or overdress every day?	Yes	No	Unsure
Are you getting the results you want from your current treatment?	Yes	No	Unsure
Do you have joint pain, swelling, or morning stiffness?	Yes	No	Unsure

Be sure to tell your dermatologist if you have joint pain along with your skin symptoms. That could be a sign that you have a related condition, called psoriatic arthritis.

Questions to ask your dermatologist about your condition:

Is my condition considered mild, or is it moderate to severe?

Can you tell me more about how my plaque psoriasis is related to my immune system?

What causes my plaque psoriasis to flare up?

Does your plaque psoriasis make everyday activities harder?

Talk to your doctor and ask if ENBREL may be right for you.

Add other questions here:

ENBREL® (etanercept)

25 mg powder for injection plus diluent; 25 mg solution for injection (Auto-injector) and 50 mg solution for injection (pre-filled syringe and Auto-injector)

ENBREL (etanercept) is a prescription medicine containing 25 mg or 50 mg of etanercept. It is used to treat rheumatoid arthritis, juvenile idiopathic arthritis (JIA), psoriatic arthritis in adults, ankylosing spondylitis in adults, non-radiographic axial spondyloarthritis in adults and plaque psoriasis in children and adults. Enbrel has risks and benefits. Use strictly as directed. Consult your doctor to see if ENBREL is right for you. If symptoms continue or you have side effects, see your doctor, pharmacist or healthcare professional. Do not take ENBREL if you are allergic to any of its ingredients, if you have a serious infection, have a blood infection or are at risk of one, or are currently taking an interleukin-1 antagonist, such as Kineret. Caution is needed if you are being treated for diabetes, are taking Orencia, Endoxan or Salazopyrin, have heart failure, cancer, multiple sclerosis or inflammation of the nerves of the eyes, during vaccination or in children who have not completed their immunisation program, if you are pregnant or planning to become pregnant or are breastfeeding. Tell your doctor if you are taking any other medicines. Common side effects: injection site reactions, allergic reactions, infections. Tell your doctor immediately if you experience any of the following as these may be signs of serious side effects: tiredness, headaches, shortness of breath, stomach pain and/or diarrhoea, dizziness, nose bleeds, paleness, bruising more frequently, skin rash, blisters or ulcers on your skin, seizures, numbness or tingling in your body, weakness in your limbs, swelling of your face, lips, tongue, arms or legs; itchiness and hives. ENBREL is fully funded on special authority. A pharmacy charge and normal doctor's fees apply. Further information on ENBREL and the **Consumer Medicine Information is available from** <http://www.medsafe.govt.nz> or Pfizer New Zealand Ltd, Auckland, www.pfizer.co.nz, Ph. 0800 736 363. V10321. PP-ENB-NZL-0176 May 2021
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