

Taking control of your Psoriatic Arthritis

A practical guide to treatments,
services and lifestyle choices



How can this booklet help you

This booklet is designed for people who have psoriatic arthritis.

It will help you understand your condition so that you can better manage your symptoms and continue to lead an active and healthy life.

This booklet offers information and practical advice to help you:

- understand what psoriatic arthritis is and what it means for you
- work with your healthcare team to manage the disease and reduce symptoms
- choose foods and activities that are appropriate to your situation
- understand how your medicines can help in the short and long term

- find support to cope with the emotional and lifestyle impacts of arthritis.

The information inside is based on the latest research and recommendations, and has been reviewed by Australian experts to make sure it is current and relevant to your needs. So go ahead — take control of your psoriatic arthritis!

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Rheumatology
Association



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Understanding psoriatic arthritis

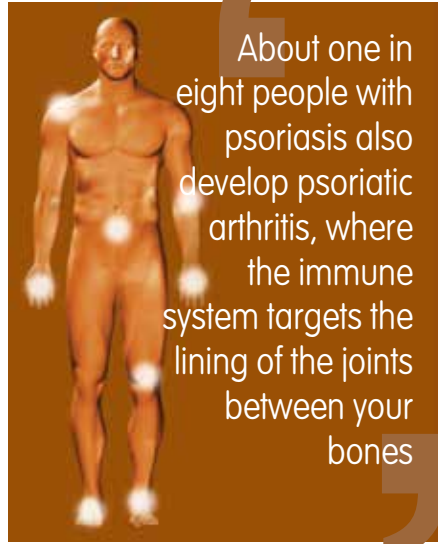
What is psoriatic arthritis?

Psoriasis is a condition which results in red, scaly patches on the skin, especially the knees, elbows and scalp. About one in eight people with psoriasis also develop psoriatic arthritis, where the immune system targets the lining of the joints between your bones. Sometimes the arthritis appears before or at the same time as the psoriasis, but for most people the joint problems occur after the skin condition.

While psoriatic arthritis tends to affect different people in different ways, early symptoms may include swelling, heat, tenderness, pain or stiffness in your joints. It affects men and women equally and can occur at any age.


What causes psoriatic arthritis?

At present, the causes of psoriatic arthritis are not fully understood. While there is no clear pattern of inheriting psoriatic arthritis, genes do seem to be an important contributor in up to two out of every five people who develop the disease. Psoriasis and psoriatic arthritis can also be



About one in eight people with psoriasis also develop psoriatic arthritis, where the immune system targets the lining of the joints between your bones

triggered by other factors, including smoking and a range of infections and viruses.



Whatever starts the process, the main problem in psoriatic arthritis is that your body's immune system begins to target your joints. Usually the immune system protects you against infections, but in psoriatic arthritis it mistakenly treats the tissue of your joints as 'foreign'. The resulting inflammation can lead to the painful symptoms of arthritis and permanent damage to your bones and joints if untreated. However, damage to your joints can be reduced with early treatment.

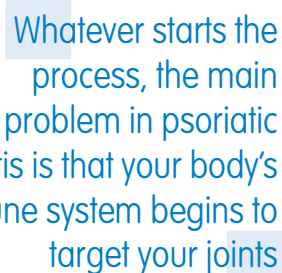
How will psoriatic arthritis affect me?

Psoriatic arthritis affects different people in different ways. Sometimes the same joints on both sides of the body are affected, while for some people the different joints across the body can be affected. Occasionally, a finger or toe can swell like a small sausage — this is called dactylitis. The spine (backbone) may also become inflamed, resulting in pain and stiffness — this is called spondylitis.

Psoriatic arthritis may also lead to pain in places where muscles and tendons attach to your bones (enthesitis), especially at the back of

the heel and in the sole of the foot. As well as the skin rash, you could possibly develop red, sore eyes, or swollen fingers or your fingernails may become thick and change colour.

Whatever your symptoms, many people find that the disease comes (flares) and goes (remission) over many years, and some people never need treatment. For a small number of people, the symptoms and disability may slowly worsen over time.



Whatever starts the process, the main problem in psoriatic arthritis is that your body's immune system begins to target your joints

The disease cannot be 'cured' at present, but for most people it can be controlled with ongoing care. Remission — the control of symptoms and a return to normal function — is the goal of treatment and can be achieved for many people with psoriatic arthritis.

How will my doctor diagnose psoriatic arthritis?

There is no single test for psoriatic arthritis. Because early diagnosis and correct treatment can reduce the impact of the disease, most people with psoriatic arthritis should visit a specialist doctor (a rheumatologist) as early as possible. Specialists look at the results from many tests to help them decide whether a person has psoriatic arthritis. Your rheumatologist will:

- talk to you about your symptoms, including where and when you feel joint pain
- carefully check your skin and nails for signs of psoriasis, and ask about any family history of skin problems

- examine your hands, feet, spine and other joints for swelling, heat or tenderness
- take a blood sample to check whether your body's immune system is activated and to ensure that you don't have other conditions such as rheumatoid arthritis
- send you to a radiologist for an x-ray of the affected joints.

Because early diagnosis and correct treatment can reduce the impact of the disease, most people with psoriatic arthritis should visit a specialist doctor (a rheumatologist) as soon as possible

What about pregnancy?

It is possible for women with psoriatic arthritis to have children. Some arthritis medicines can still be used during pregnancy if necessary, but many can harm the foetus and should not be taken while trying to conceive, when pregnant, or during breastfeeding.

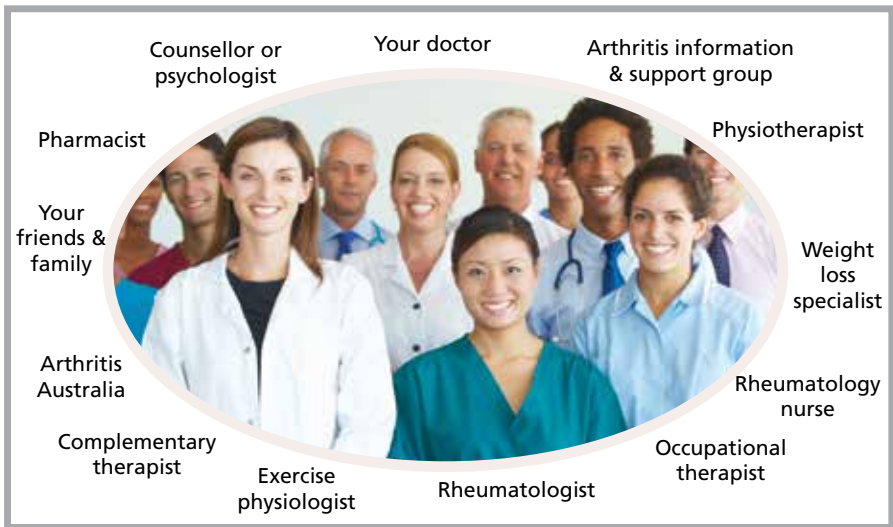
Whether you are male or female, discuss your pregnancy plans with your doctor so that your medications can be reviewed. Talk to your doctor for more advice on psoriatic arthritis and pregnancy.

Arthritis Australia's new website www.empowered.org.au presents a detailed section on pregnancy, including hearing directly from women with arthritis about their journeys to motherhood.

Arthritis, pregnancy and the path to parenthood details the experiences of Suzie May, a young Australian woman with rheumatoid arthritis, and other men and women from around the world as they fulfil their goal of becoming parents, despite their arthritis. This practical guide can help you understand the potential challenges you may face and give you strategies to overcome these challenges. The book is available at www.arthritisaustralia.com.au



Who can help?



The good news is that psoriatic arthritis can be effectively managed – and a team approach is the best way to combat it. This involves you and your healthcare professionals together with support from family, friends and community organisations.

How can you help?

Remember, you are the most important member of your healthcare team. By understanding your condition and learning to manage it, you can carry on living a normal life. Work closely with your healthcare team to develop a management plan for your arthritis, including medicines and other treatments. This will help you be actively involved in your care and decision-making about treatments. With the right treatment and advice, psoriatic arthritis doesn't

have to get in the way of working, travelling, relationships, pregnancy or parenting.

Understand how your treatments will help and how to get the most out of them.

Contact your State/Territory Arthritis Office on 1800 011 041 for guidance. They can provide information and introduce you to support groups, exercise programs and other arthritis management services.

Arthritis Australia has developed a new website www.empowered.org.au with a range of resources designed to help you live, and live well, with psoriatic arthritis. You can also see Arthritis Australia's range of information sheets for more about treatments for psoriatic arthritis at www.arthritisaustralia.com.au

Working with your GP

How can my GP help?

Your GP is an important partner in managing your psoriatic arthritis. They can also help you to access other specialists, health professionals and services. Your GP will probably make the initial diagnosis and then refer you to one or more specialists, including a rheumatologist and a dermatologist.

Once your psoriatic arthritis is fully assessed, your GP or specialist may prepare a care plan to manage the services and treatments you require. They will also see you regularly to check on your treatment and its progress.

Your GP may also employ a practice nurse, who may coordinate your care and access to services.

How do I find a GP?

If you don't have a regular GP, speak to your local practice or medical centre.

When should I see my GP?

- You should visit your GP at least every 3–4 months once your treatment is underway

- Visit your GP immediately if you notice a sudden worsening in symptoms, particularly eye problems (pain, redness and blurry vision), knee pain, or severe back or neck pain.

Your GP is an important partner in managing your psoriatic arthritis



Seeing a specialist

How can the specialist help?

Rheumatologists are doctors who specialise in diseases of the joints such as psoriatic arthritis.

All people with psoriatic arthritis should visit a rheumatologist, and in some cases they will organise your ongoing care.

The rheumatologist will probably start you on medicine to slow down the disease and reduce pain, and may suggest treatment such as physiotherapy if you are having problems moving your joints or spine.

Because every person's psoriatic arthritis is different, your specialist will probably select different treatments over time to find the best one for you.

Many people with psoriasis are also referred to a skin specialist (**dermatologist**). Your dermatologist may offer a range of treatments including tablets, skin creams or ultraviolet (UV) light therapy for your skin problems.

If you suffer any eye problems, you may be referred to an eye specialist (**ophthalmologist**).

All people with psoriatic arthritis should visit a rheumatologist, and in some cases they will organise your ongoing care

See www.empowered.org.au to learn more about rheumatologists, including what to expect at your first appointment and how to work with your specialist.

How do I find a specialist?

- Your GP will refer you to a specialist — they will then stay in touch to coordinate your care
- Your GP may recommend a specialist, or you can ask for a referral to a particular specialist
- You can also contact the Australian Rheumatology Association on (02) 9252 2356 or visit www.rheumatology.org.au to find a rheumatologist (but you will still need a referral from your GP)
- To find a dermatologist, you can contact the Australasian College of Dermatologists on (02) 8741 4101 or visit www.dermcoll.edu.au
- To find an ophthalmologist, ask your GP or optometrist for a referral, or contact The Royal Australian and New Zealand College of Ophthalmologists on (02) 9690 1001 or visit www.ranzco.edu

When should I see my specialist?

- At first you will probably see your specialists to confirm your diagnosis
- One or both specialists may start your treatment and check on your progress over time
- Because psoriatic disease tends to come and go, you may only need to visit your rheumatologist or dermatologist when the symptoms flare up.

Your GP can refer you to a specialist and a dermatologist — they will then stay in touch to coordinate your care

Other health professionals

How can other health professionals help?

Some people with psoriatic arthritis may need to visit a **physiotherapist** (physio). These practitioners can use various treatments, including exercise therapy and hydrotherapy (water exercise), to keep your joints as flexible and pain-free as possible. They will also show you exercises and pain relief techniques to practise at home.

You might also visit an **occupational therapist** (OT), or they may come to your home or work. OTs can provide advice on how to do things in a way that reduces joint strain and pain. They may also suggest changes to your house, such as new taps, or aids, such as splints, that can make life easier and protect your joints.

A **podiatrist** can help take care of your feet. They may find ways to reduce the pain in your toes, knees or hips, perhaps by providing shoe inserts or advice on footwear.

An **exercise physiologist** can give you advice about exercise, including how to get started safely and the best type of exercise for your health and ability.

A **rheumatology nurse** can help you learn more about your condition, understand your treatments and provide support.

See the section on **Seeking support** if you would like information on health professionals who can help you to cope with the emotions you may be feeling, such as psychologists and counsellors.

A **pharmacist** can give you information about your medicines, side effects and interactions, as well as helping you to manage your medicines (eg. checking dosage, managing repeats).

Visit www.empowered.org.au to hear more about building your healthcare team and receive practical tips from various health professionals. Different people will have different preferences about the type of health professional or therapist they wish to see. There is no 'right' or 'wrong' but ensure your health professional is qualified and registered. You can check the registration of many types of health professionals with the Australian Health Practitioner Regulation Agency (AHPRA) at www.ahpra.gov.au or by calling 1300 419 495.

How do I find a health professional?

- Your GP or specialist can provide a referral, or you can contact a private therapist directly (see page 26 for information about finding a private therapist).
- If you have private health insurance, your health fund may cover part of the cost of seeing certain private health professionals.
- If your GP refers you to a health professional as part of a care plan, you may be able to have five sessions per year funded by Medicare. Ask your GP for more information.
- Most health professionals are available in the public health system (such as at a community health centre or public hospital). There is often a waiting list and you will usually need a referral from your GP. Their services are usually free or low cost.

When should I see a health professional?

- You may be referred to one or more therapists by your GP or specialist if your joint problems begin to interfere with your ability to move about or work normally
- Ask your GP or rheumatologist about seeing a health professional if you notice your physical condition or abilities change.

Healthy moves for your joints

While healthcare professionals can offer a range of treatments for your psoriatic arthritis, there are many things you can do too. The Australian Government's Healthy Active website provides straightforward suggestions for good eating and activity levels — visit www.healthyactive.gov.au


Quitting smoking is an important first step to help your joints — call the Quitline on 13 78 48 or visit www.quitnow.gov.au Talk to your doctor or other care team members before making lifestyle changes.

Eating well

What foods are good or bad for psoriatic arthritis?

There is very little evidence that particular foods are good or bad for people with psoriatic arthritis, and there is certainly no diet proven to 'cure' it. Eating a balanced diet that is low in saturated fat, sugar and salt, but high in fruit, vegetables and cereals is good for most people. This can help you lose weight (if required), which may reduce the strain on your joints and help reduce the possibility of psoriasis in skin folds.

Both vitamin A and vitamin D can help the skin problems of psoriasis, but only at very high doses which are likely to cause side effects. Rather than taking potentially harmful doses of these vitamins, speak to your doctor or specialist about medicines which can take their place.



Quitting smoking is an important first step to help your joints

The Australian Government provides advice about the amount and kinds of foods that we need to eat for health and wellbeing, including Australian Dietary Guidelines, at www.eatforhealth.gov.au

For help in working out the best things to eat, you can ask your GP to refer you to a dietitian or find one directly via the Dietitians Association of Australia — call 1800 812 942 or visit www.daa.asn.au

For more information about diet and suggestions from a dietitian visit www.empowered.org.au

Fish oils

Current research suggests eating foods rich in Omega-3 fats can help reduce inflammation in some forms of arthritis. While these effects are modest compared with medicines, omega-3 fats do not have serious side effects. Foods rich in omega-3 fats include oily fish like sardines and salmon, plus canola oil and walnuts. If you cannot eat these foods regularly, daily fish oil supplements that provide around 2.7 g of omega-3 (EPA plus DHA) may be a useful substitute.



Keeping active

What exercise should I be doing?

Regular physical activity benefits everyone, whether or not you have psoriatic arthritis. It helps to reduce your pain, strengthen your muscles, maintain joint function and improve your sleep and overall health.

Regular physical activity benefits everyone, whether or not you have psoriatic arthritis

Inflammation in your muscles, tendons and other tissues may make it harder for you to stand up straight, turn and bend, or take a deep breath. Your physio or exercise physiologist can suggest suitable exercises to stretch and strengthen your muscles. These exercises will improve your posture and help to maintain flexibility. You should aim to do this stretching program every day, or at least five times per week. If you experience early morning stiffness, gentle stretching exercises under a warm shower will help.

In addition to your stretching exercises, it is important to do at least 30 minutes of moderate exercise on most days of the week for your general fitness. You can do this either in one go or break your exercise into smaller efforts (for instance, three 10-minute or two 15-minute blocks per day).

Activities that are likely to be good for your fitness include walking, swimming, water exercise, low-impact aerobics and riding a bike or exercise bike. Your physio or exercise physiologist can also suggest specific exercises and stretches that are appropriate for your situation.

Ask your physio or exercise physiologist to create a special

exercise program you can do at home or at the local gym or swimming pool.

Ask your State/Territory Arthritis Office about appropriate exercise programs in your local area, including community groups, sports centres or gyms who run programs specifically for people with arthritis.

What if it hurts to exercise?

The level and type of exercise you will be able to do varies from person to person – while some people can aim to keep or improve their fitness through exercise, others may be aiming to remain mobile.

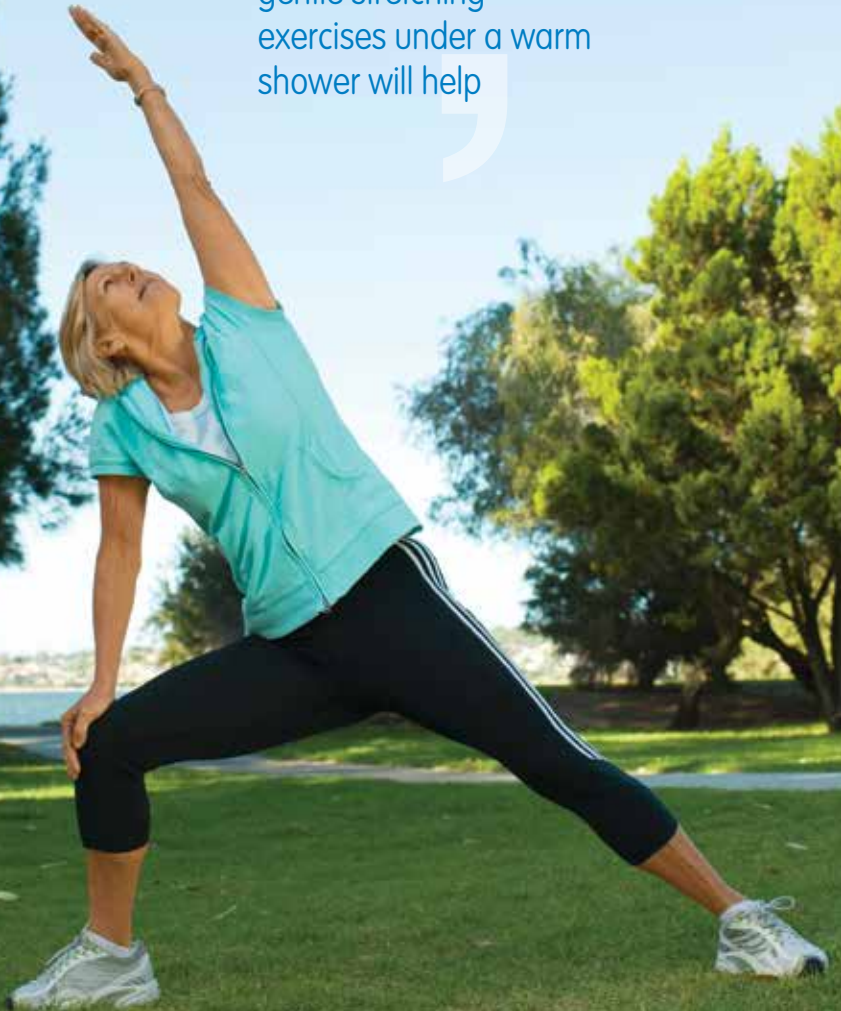
Some people will experience pain in their soft tissue and muscles when first exercising. If pain feels unusual or severe, or lasts for more than two hours after you have stopped an activity, it is probably best to avoid or change that activity. Applying a heat or cold pack to a sore joint may ease swelling and/or pain.

Try to plan your exercise for times when you are experiencing the least pain — generally when you are least tired and your medicine is having maximum effect.

For more information about staying active and suggestions

from a physiotherapist visit www.empowered.org.au

If you experience early morning stiffness, gentle stretching exercises under a warm shower will help



Making the most of medicines

Will medicine cure my psoriatic arthritis?

At present, there is no 'cure' for psoriatic arthritis. However, early use of the right medicines can slow down any damage caused by the disease, relieve pain and stiffness, and reduce the possibility of long-term disability. The aim of treatment is to achieve remission — the absence of any symptoms and a return to normal function of your joints.

What is the right medicine for me?

All medicines have risks and benefits, so before you start treatment talk to your doctor or specialist about how each medicine should be helping you and what risks it might have. Make sure your doctor knows about any other health problems that you or your family members have, as this can help them choose the best medicine for you.

You should also make sure that you understand what side effects the medicine might have, including what to do or who to speak to if you experience any unwanted effects from your medication.

Each person responds differently to arthritis medicines, which means that you will need to work with your specialist and GP to find the best medications and doses for you. This can take time, but by finding the most effective medicines with the least side effects you can hope to really make a difference in controlling your psoriatic arthritis.



The aim of treatment is to achieve remission — the absence of any symptoms and a return to normal function of your joints

Your disease may also change over time, including which joints are affected, how much pain or disability you experience, and whether you have symptom-free periods. This means that you may need to change or add medicines over the course of your treatment — you may also be able to stop treatment when there are no symptoms (talk to your doctor before stopping any treatment).

Some medicines can only be used once other medicines are no longer effective in controlling your psoriatic arthritis.

How will the medicines help?

A group of drugs called NSAIDs (anti-inflammatory drugs) are generally the first medicines that are used to treat psoriatic arthritis. They can help relieve pain and reduce swelling and stiffness.

Corticosteroid drugs are very effective at controlling many symptoms, but they are usually used for short-to-medium term periods in conjunction with other medications.

If other treatments do not control your psoriatic arthritis, the

disease-modifying drugs called DMARDs can relieve symptoms and can also reduce the risk of long-term damage to your joints. Some DMARDs are also known to improve psoriasis as well as arthritis.



A group of drugs called NSAIDs (anti-inflammatory drugs) are generally the first medicines that are used to treat psoriatic arthritis

Another group of medicines called biological DMARDs are very effective in reducing symptoms and joint damage, but are often used only if other DMARDs have not worked.

Regular blood tests (every 1–3 months) may be necessary to test the effectiveness of the drugs you are taking and to check for any unwanted side effects.

What side effects do these medicines have?

To understand more about your medicines and any risks or side effects that they may have, read the Consumer Medicine Information (CMI) leaflet that is available from your doctor or pharmacist. CMI leaflets provide easy to understand information including what the medicine is for and how it is used; things to consider before using the medicine; and possible side effects and what to do if they occur. Speak to your GP or specialist, especially if you have concerns about the long-term effect of medicines, or whether they should be taken during pregnancy or breastfeeding.

The Australian Rheumatology Association and Arthritis Australia publish medicine information sheets. Call the Arthritis Infoline on 1800 011 041 for copies or visit www.rheumatology.org.au or www.arthritisaustralia.com.au

For detailed information about the medicines used to treat psoriatic arthritis, visit www.empowered.org.au

Biosimilars of biologic DMARDs are beginning to enter the Australian market. Biosimilars are copies of biologic medicines that are very similar, but not identical to, the original medicine. If you are taking a biologic medicine, you may be offered a biosimilar version by your pharmacist. To make sure you get the medicine that is right for you, talk to your rheumatologist about whether you should keep taking the same brand of biologic DMARD or whether it could be substituted. Visit www.arthritisaustralia.com.au to find out more.

What other treatments can help?

There are many promises made for non-medical 'cures' or treatments to ease psoriasis or psoriatic arthritis — some of these may work but many have not been proven to help. Acupuncture has been found to relieve long-term back pain, but not specifically back pain related to psoriatic arthritis.

Ensure your practitioner is qualified and registered. Most therapies have a professional association you can contact for more information or they can help you find an accredited practitioner. Some qualifications, for example Chinese Medicine Practitioners, can be checked at the Australian Health Practitioner Regulation Agency (AHPRA) www.ahpra.gov.au or by calling 1300 419 495.

Because herbal, homeopathic, Ayurvedic or Chinese medicines may affect the treatments prescribed by your doctor, please tell your GP and specialist what other treatments you are thinking about using.

You may feel concerned that your doctor or other members of your healthcare team will disapprove of complementary therapies. However it is very important to keep your healthcare team informed, even if they do not approve. Your healthcare team, particularly your doctor and pharmacist, can't give you the best professional advice without knowing all the treatments you are using. This includes vitamin supplements, herbal medicines and other therapies.

See Arthritis Australia's *Complementary therapies* information sheet for more about the safe use of these types of treatments at www.arthritisaustralia.com.au or visit www.empowered.org.au

Seeking support

Why me?

It's perfectly normal to wonder why you have developed psoriatic arthritis, and to feel angry, sad, frightened or confused about it. By taking control of your arthritis and working with your healthcare team, you can approach the disease with a positive attitude. However, sometimes the condition can get you down, especially during a disease flare or if pain, stiffness and disability are affecting your everyday life.

It may also feel as though people around you – even close friends or family – don't understand what you're going through.

Stress is often a trigger for a flare of psoriasis, so seeking help with unwanted thoughts and feelings can also help reduce the physical impact of the disease.

Who can help?

There are many people who can help you deal with the emotional side of psoriasis and psoriatic arthritis. Your first step is to try to talk honestly with your partner, parents or children about how you feel. Give them a chance to talk too — they might



have worries or feel that they don't know enough about your disease and how it is affecting you.

Visit your GP if you are worried that unwanted feelings are too strong or have been there for a long time.

Visit www.empowered.org.au to hear directly from people with psoriatic arthritis and similar conditions on how they learned to deal with the emotional ups and downs of living with arthritis.

Your GP may be able to suggest ways of coping, or may prescribe medicines if you are especially worried or depressed.

They may also refer you to a counsellor or psychologist, who can talk to you about your worries, feelings and moods, then suggest practical ways to work through them.

If you want to contact a psychologist directly, call the Australian Psychological Society on 1800 333 497 or visit www.psychology.org.au

beyondblue provides information and advice about depression, anxiety, available treatments and where to get help. Visit www.beyondblue.org.au or call 1300 22 4636.

Lifeline provides a 24hr confidential telephone crisis support service for anyone across Australia experiencing a personal crisis. Call 13 11 14.

What other assistance is available?

There are many resources available to help people with psoriatic arthritis. Your doctor may put you in touch with a social worker, who can help explain the financial and health

services that are available to you. These can include any pensions or allowances that you might be entitled to, plus any financial assistance such as Health Care Concession Cards or low-cost treatment programs.

Your local council, community health centre, community group or religious organisation may also offer programs that include practical advice, activities, social networks or just someone to talk to.

There are Independent Living Centres in each state that provide advice on products and services, including aids and devices, that can help with day-to-day activities. Visit www.ilcaustralia.org.au or call 1300 885 886 to find your closest centre or more information.

Contact your State/Territory Arthritis Office to find out about their wide range of resources, management programs and support groups

Contact your State/Territory Arthritis Office to find out about their wide range of resources, management programs and support groups: call 1800 011 041 or visit www.arthritisaustralia.com.au

You may also find valuable support services from Psoriasis Australia — www.psoriasisaustralia.org.au or call 0481 346 160.

Arthritis Australia has a new website www.empowered.org.au that allows you to hear directly from people living with psoriatic arthritis and similar conditions and how they have managed to survive, and thrive, with arthritis.

What about information from other websites?

The web can be a useful source of information and support. However, not everyone who puts information on the web is a qualified health practitioner. Some organisations make unrealistic promises in order to sell their products.

Treatment options and practices from overseas may also not be relevant or approved in Australia.

Always check information from the web with a trusted member of your healthcare team.

The Australian Government's Health Direct website www.healthdirect.gov.au is an excellent starting point for web searches, as every site that Health Direct links to has been checked for quality and accuracy of information.



Glossary of terms

Arthritis	are-thry-tiss	Inflammation of one of more joints. Psoriatic arthritis means that the joint inflammation occurs in people who also have psoriasis.
Corticosteroid	core-tick-o-ster-oyd	A type of medicine that is very effective in reducing inflammation.
Dermatologist	der-ma-tol-o-jist	A doctor who is a specialist in treating skin problems. Your dermatologist may supervise the treatment of your psoriasis.
Dietitian	die-et-ish-un	A health professional who can recommend what foods you should and should not eat.
DMARD	dee-mard	A range of medicines that are known as disease-modifying anti-rheumatic drugs. These help reduce joint damage and relieve symptoms, and some may also treat psoriasis.
Enthesitis	en-thee-sy-tiss	Inflammation of the places where your muscles and tendons join your bones.
Exercise physiologist	fizz-ee-o-lo-jist	A health professional who can suggest an exercise program tailored to your health and ability.
Inflammation	in-fla-may-shun	The body's response to damage or infection, which mistakenly attacks your joints and skin in psoriatic arthritis. Inflammation of joints can cause pain, swelling, warmth, redness and difficulty moving.
NSAID	en-sayd	A group of medicines known as non-steroidal anti-inflammatory drugs. These can reduce inflammation, swelling and joint stiffness.
Occupational therapist	OT	A health professional who looks at your activities at home or work, then suggests changes or devices to make everyday life easier on your joints.
Physiotherapist	fizz-ee-o-ther-a-pist	A health professional who uses treatments to keep your joints mobile, and can suggest exercises and devices for you to use at home.
Podiatrist	po-die-a-trist	A health professional who can suggest changes to the way you walk or provide special shoe inserts, to take the strain off your joints and reduce pain.
Psoriasis	sore-eye-a-siss	A disease where your immune system mistakenly attacks your own skin, leading to red, scaly patches.
Rheumatologist	roo-ma-tol-o-jist	A doctor who is a specialist in treating problems of the joints. Your rheumatologist will probably start and review most of your medicines and treatments.
Spondylitis	spon-dee-ly-tiss	Inflammation of the joints in the spine, which may lead to back pain and difficulty moving.

Useful resources

Australian resources

For more on living, and living well, with psoriatic arthritis
www.empowered.org.au

For access to quality online information about psoriatic arthritis, start at Health Direct
www.healthdirect.gov.au

For advice on healthy eating and appropriate exercise, visit Healthy Active
www.healthylife.gov.au

For advice on quitting smoking, contact the Quitline
www.quitnow.gov.au
Ph: 13 78 48

To find a rheumatologist, contact the Australian Rheumatology Association
www.rheumatology.org.au
Ph: (02) 9252 2356

To find a dermatologist, contact the Australasian College of Dermatologists
www.dermcoll.edu.au
Ph: (02) 8741 4101

To find a physiotherapist, contact the Australian Physiotherapy Association
www.physiotherapy.asn.au
Ph: 1300 306 622

To find an occupational therapist, contact Occupational Therapy Australia
www.otaus.com.au
Ph: 1300 682 878

To find a podiatrist, contact the Australasian Podiatry Council
www.apodc.com.au
Ph: (03) 9416 3111

To find an exercise physiologist, contact Exercise and Sports Science Australia
www.essa.org.au
Ph: (07) 3171 3335

To find a dietitian, contact the Dietitians Association of Australia
www.daa.asn.au
Ph: 1800 812 942

To find a psychologist, contact the Australian Psychological Society
www.psychology.org.au
Ph: 1800 333 497

Psoriasis resources

Psoriasis Australia is based in Melbourne and can assist with information and links to other support groups
www.psoriasisaustralia.org.au
Ph: 0481 346 160

International resources

The public area on the website of the American College of Rheumatology contains many useful resources
www.rheumatology.org/public

Arthritis Research UK also provides a wide variety of information for people with arthritis
www.arthritisresearchuk.org

Please keep in mind that some issues and treatments from overseas may not be relevant in Australia.

My contact details

My name:

Telephone:

My GP

Name:

Telephone:

My specialist

Name:

Telephone:

My support team

Name:

Telephone:

Name:

Telephone:

My medicines

Name	Dosage	Instructions

Arthritis Australia

Arthritis Australia is a not-for-profit organisation that provides support and information for all Australians affected by arthritis.

Contact your State/Territory Arthritis Office to find out about the range of awareness and education programs, support services and resources available.

Arthritis Infoline: 1800 011 041 www.arthritisaustralia.com.au

Arthritis ACT

Level 2B Grant Cameron
Community Centre
27 Mulley Street Holder ACT 2611
PO Box 4017 Weston Creek ACT 2611

Arthritis New South Wales

Suite 1.15 32 Delhi Road
North Ryde NSW 2113
Locked Bag 2216 North Ryde NSW 1670

Arthritis Northern Territory

Shop 18 Rapid Creek Business Village
48 Trower Road, Millner NT 0810
PO Box 452 Nightcliff NT 0814

Arthritis Queensland

1 Cartwright Street
Windsor QLD 4030
PO Box 2121 Windsor QLD 4030

Arthritis South Australia

118-124 Richmond Road
Marleston SA 5033

Arthritis Tasmania

19A Main Road
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Arthritis Western Australia

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