

Skin to live in

SERVICES IN DERMATOLOGY

PSORIASIS SUPPORT



NOVARTIS

PHARMACEUTICALS

NP4 code: XXXXX



Disclaimer

OK

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged.

It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages, and more recently with desktop publishing software like Aldus PageMaker including versions of Lorem Ipsum.

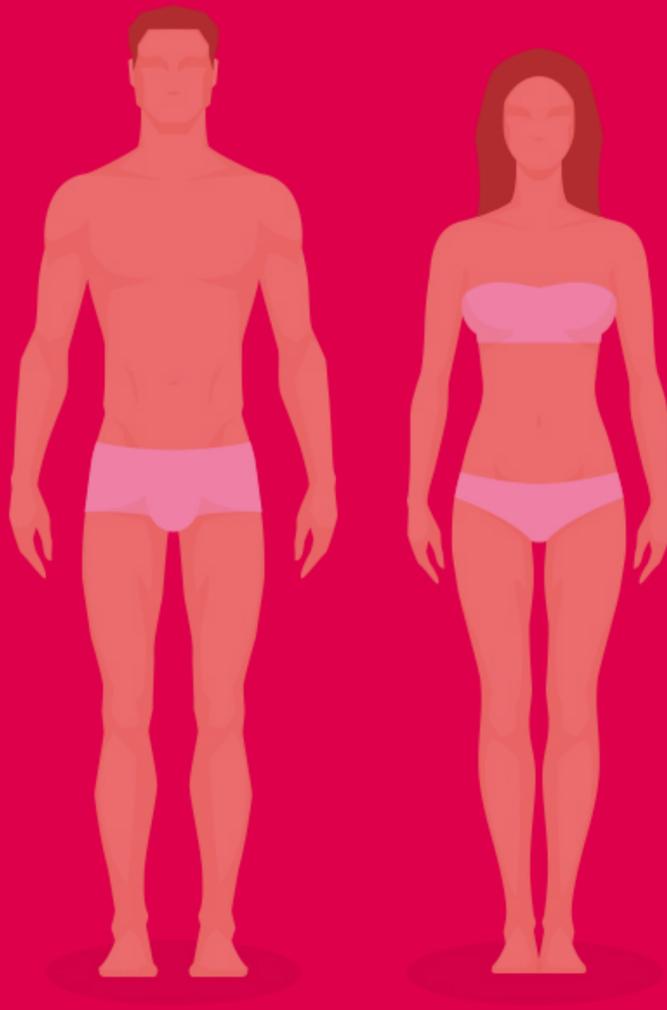
There are many variations of passages of Lorem Ipsum available, but the majority have suffered alteration in some form, by in-



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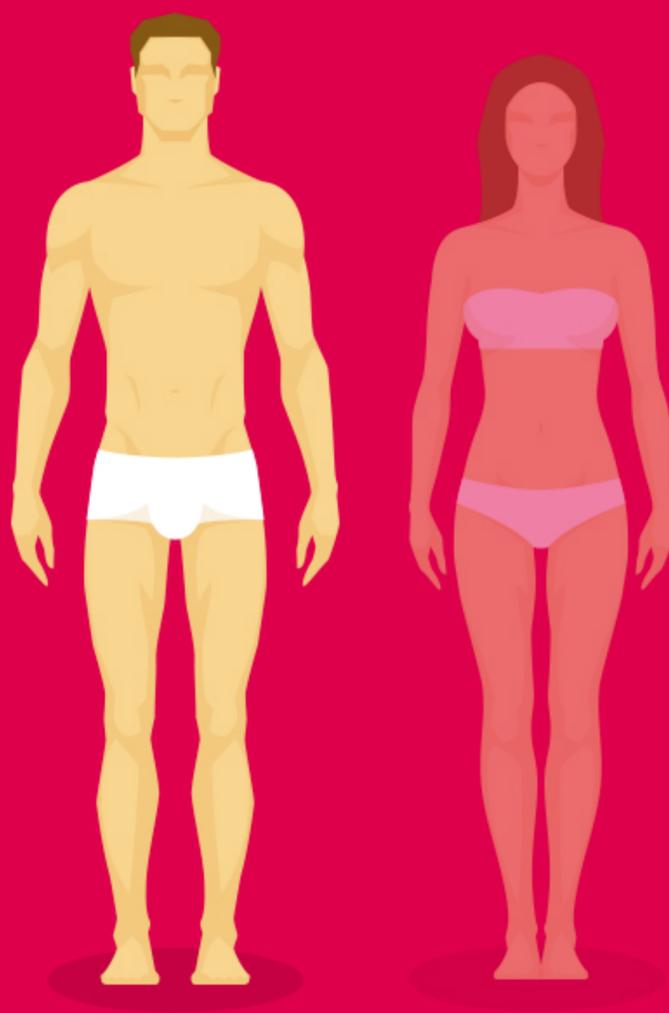
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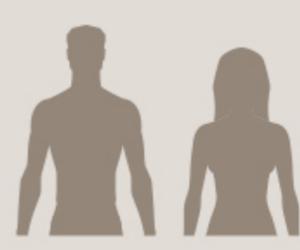


Getting Started

Skip



Home



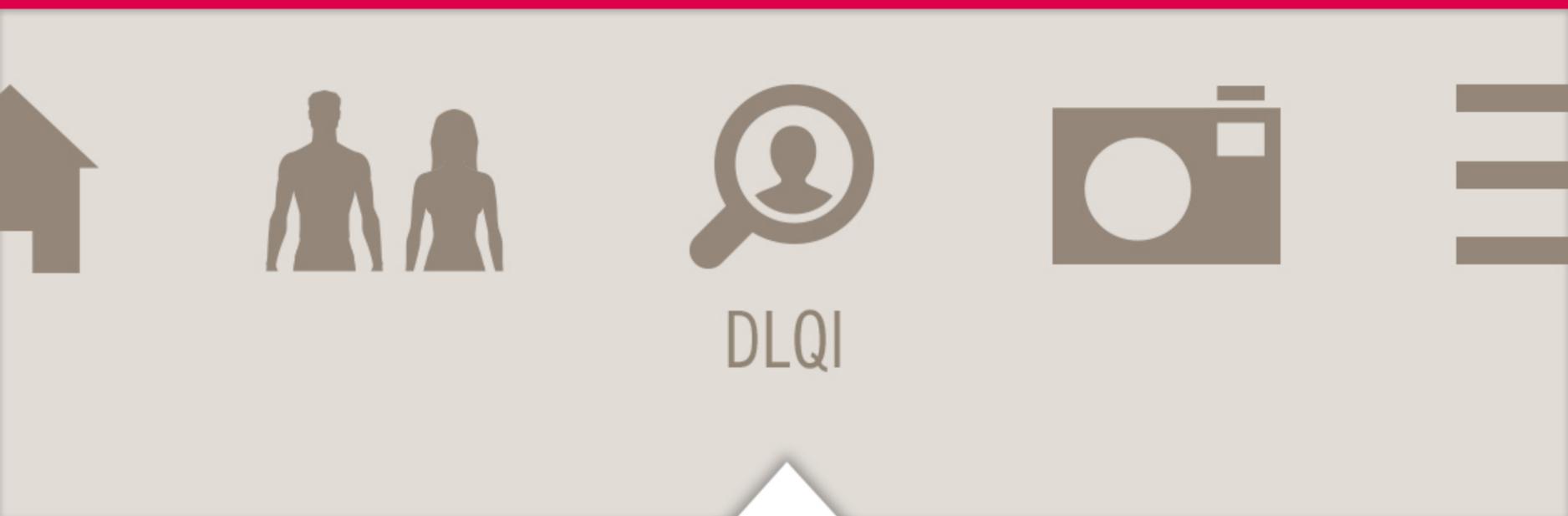
Review your latest scores from the Symptom Diary and DLQI and latest photos and notes

Review and share your ongoing progress.



Getting Started

Skip



Keep track of how psoriasis is affecting your life completing the weekly DLQI tracker



Getting Started

Close



MENU

Access handy resources within the App: reminders, lifestyle tips and much more.





LATEST DLQI SCORE



You haven't recorded your DLQI score yet, tap the DLQI icon to record your first score.



LATEST SYMPTOM DIARY SCORES



You haven't recorded your Symptom Diary scores yet, tap the tracker icon to record your first score.

For more information about psoriasis visit:
www.skintolivein.com



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Lifestyle

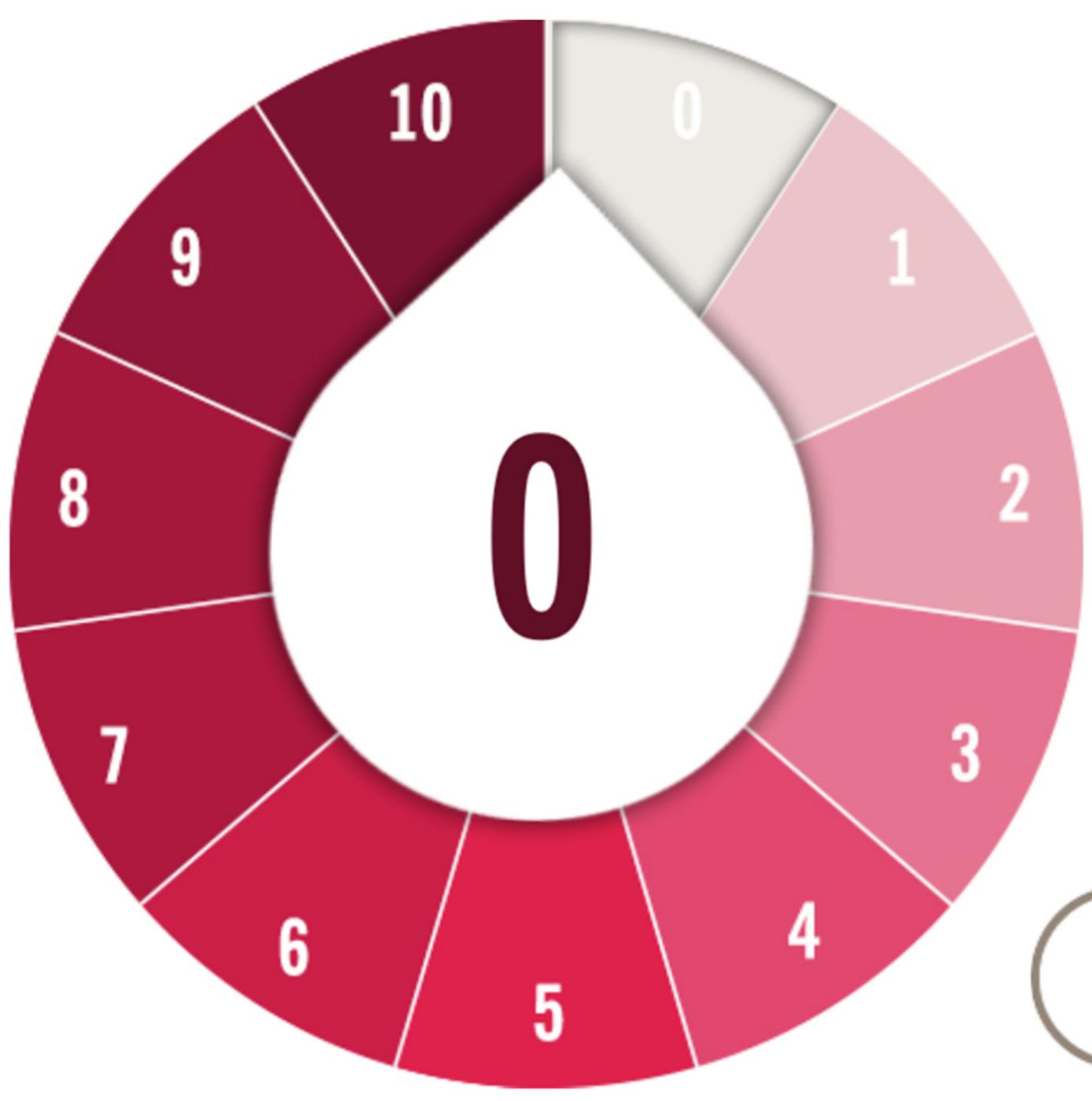


My Profile



1 of 6 ITCHINESS

Overall, how severe was your psoriasis-related itching over the past 24 hours?



About the Psoriasis Symptom Diary

What is the psoriasis symptom Diary?

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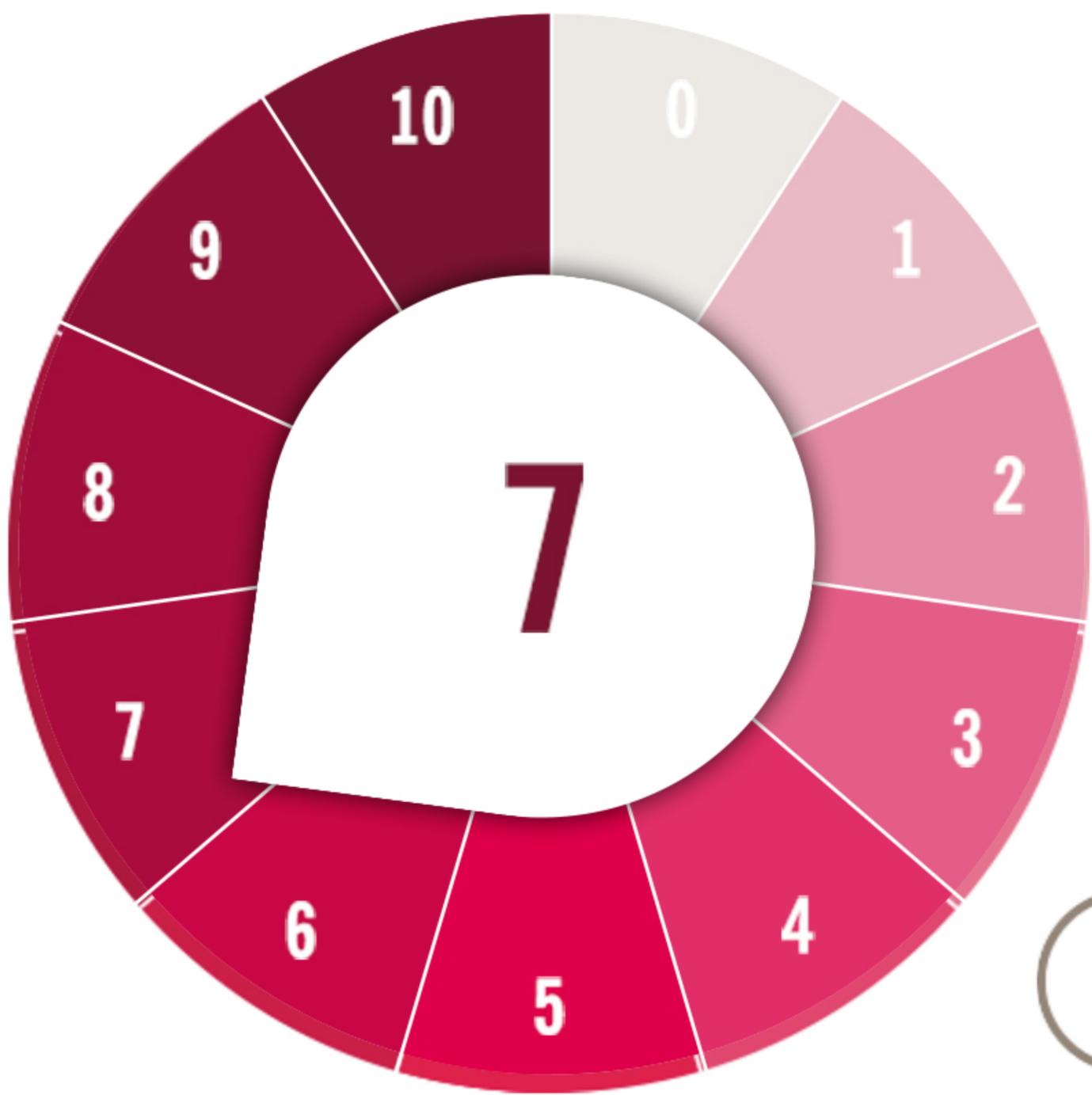
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What will my psoriasis Symptom Diary scores tell me?



2 of 6 STINGING

Overall, how severe was your psoriasis-related itching over the past 24 hours?



☰ Symptom Diary

Thank you for completing your Symptom Diary scores this week



Your next Symptom Diary entry is due to be completed in **7 days on 10th February**



Add photos



Add notes



Now calculate your DLQI score



Thank you for completing your Symptom Diary for this week



7

ry



Add photos

Symptom Diary



Add notes

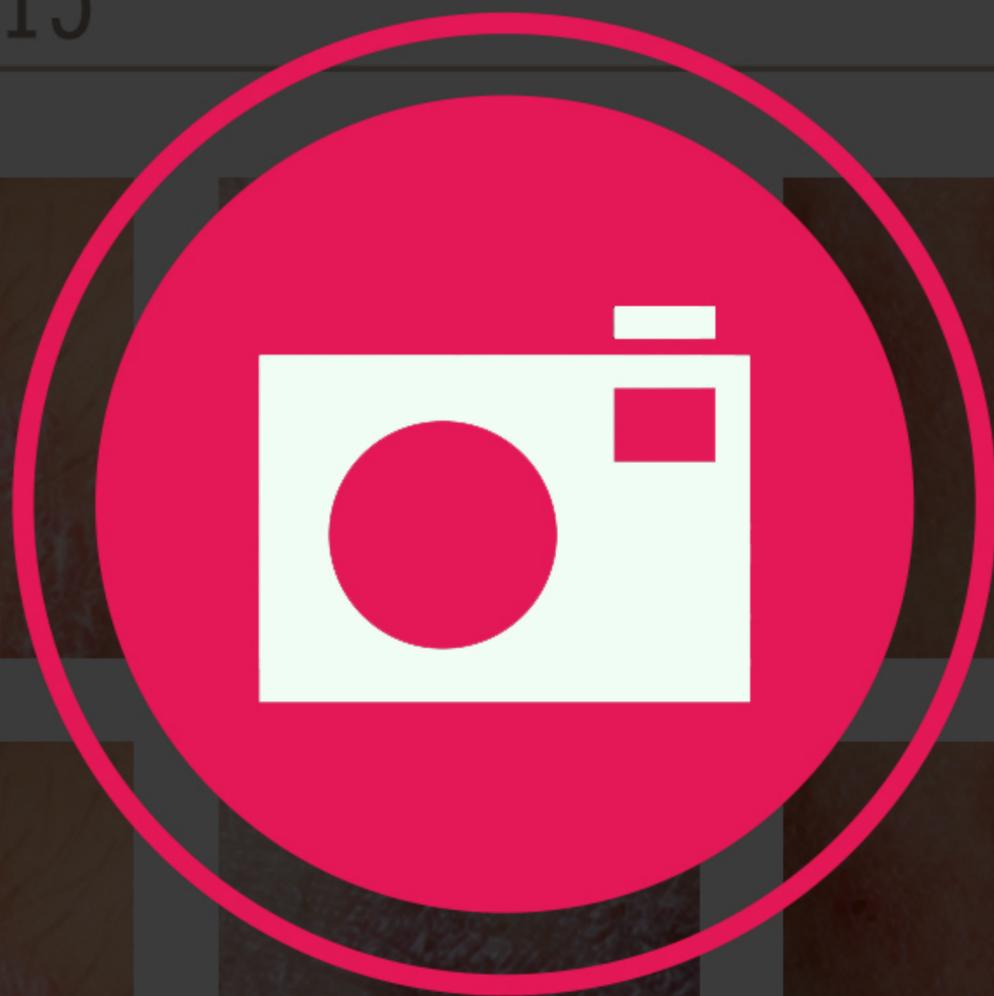
Great start! You've successfully completed your first Symptom Diary!



Now calculate your DLX score



3 FEB 2015



Psoriasis Photographer

You've taken your first psoriasis photo. Well done!



Top Tips for Photos

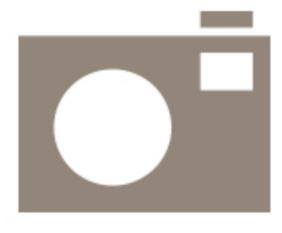
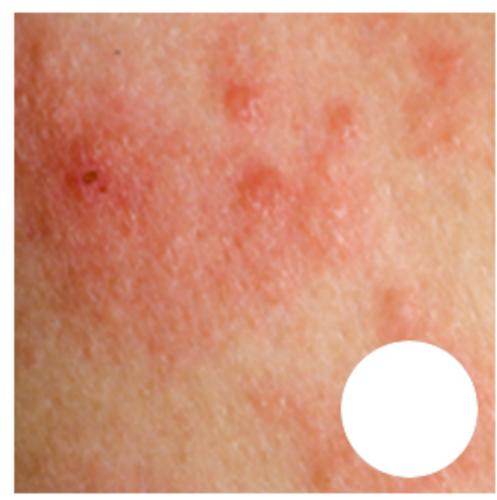
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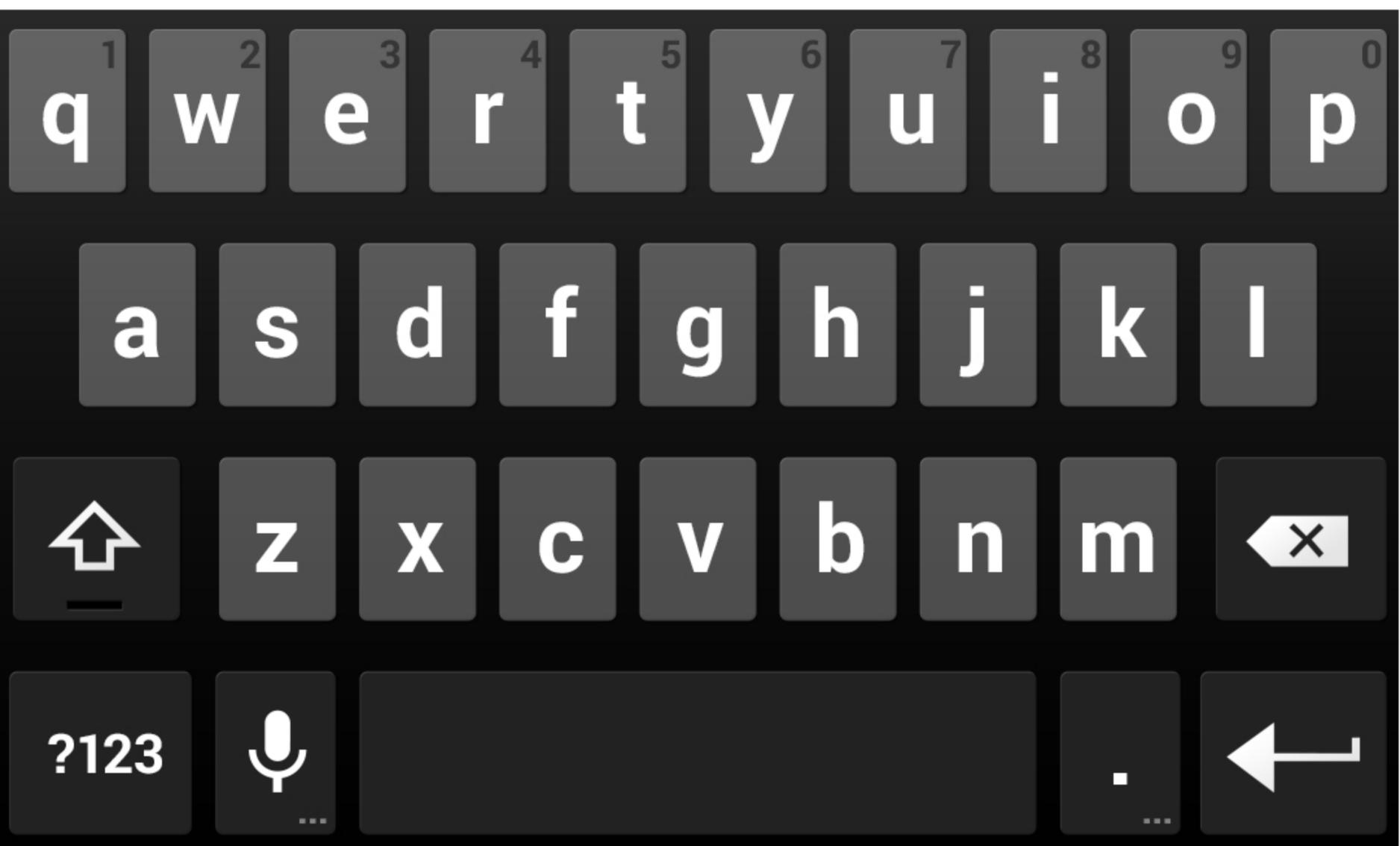
3 FEB 2015



3 FEB 2015

488

Test the app



1 of 10

Over the last week,
how **itchy, sore,**
painful or **stinging**
has your skin been?



- Very much
- A lot
- A little
- Not at all



2 of 10



Over the last week, how **embarrassed** or **self-conscious** have you been because of your skin?



Very much

A lot

A little

Not at all

○
○
○
○



3 of 10



Over the last week, how much has your skin interfered with you going shopping or looking after your home or garden?



Very much

A lot

A little

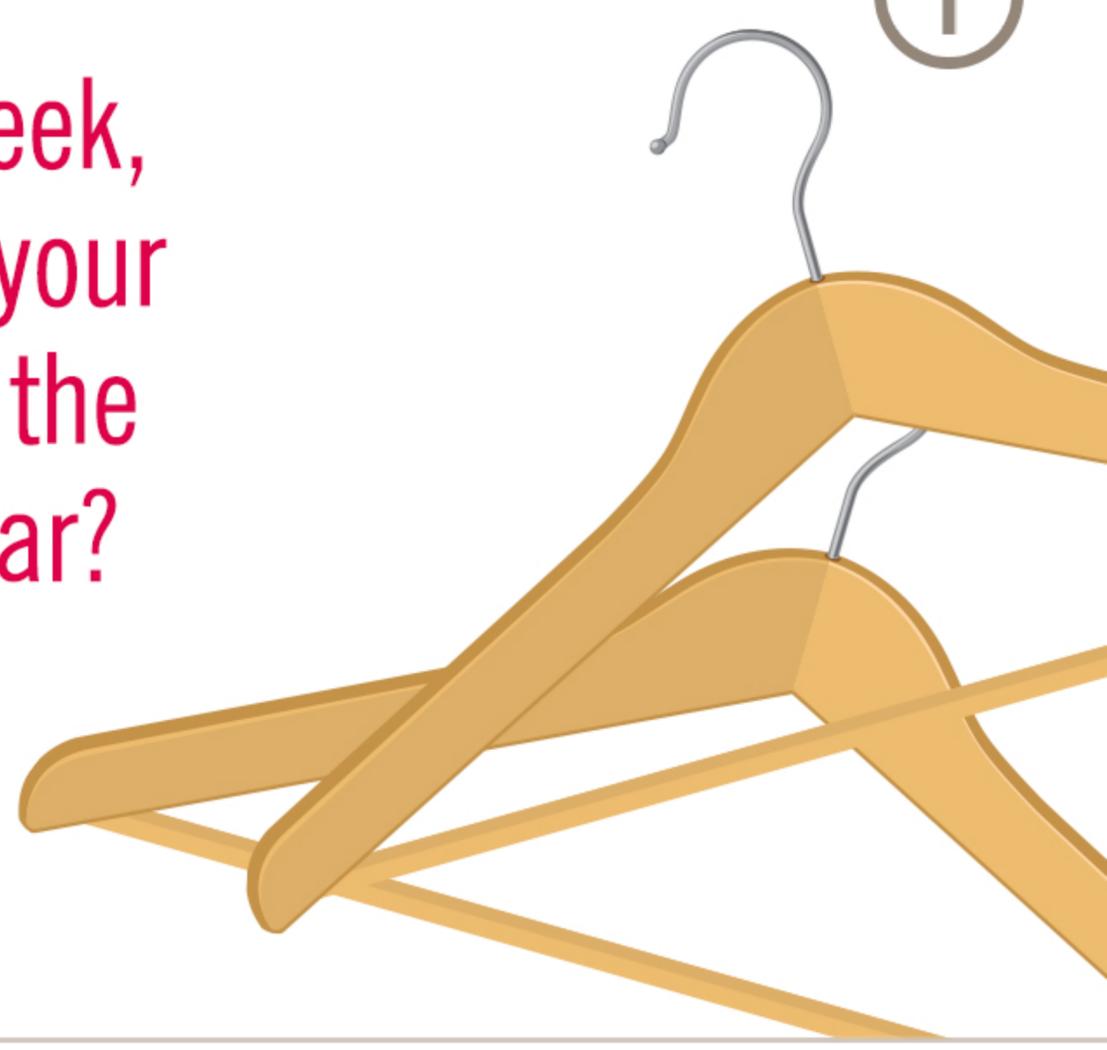
Not at all

Not relevant

Five empty radio buttons for selection

4 of 10

Over the last week,
how much has your
skin influenced the
clothes you wear?



Very much

A lot

A little

Not at all

Not relevant

○
○
○
○
○



5 of 10



Over the last week, how much has your skin affected any **social** or **leisure** activities?



Very much

A lot

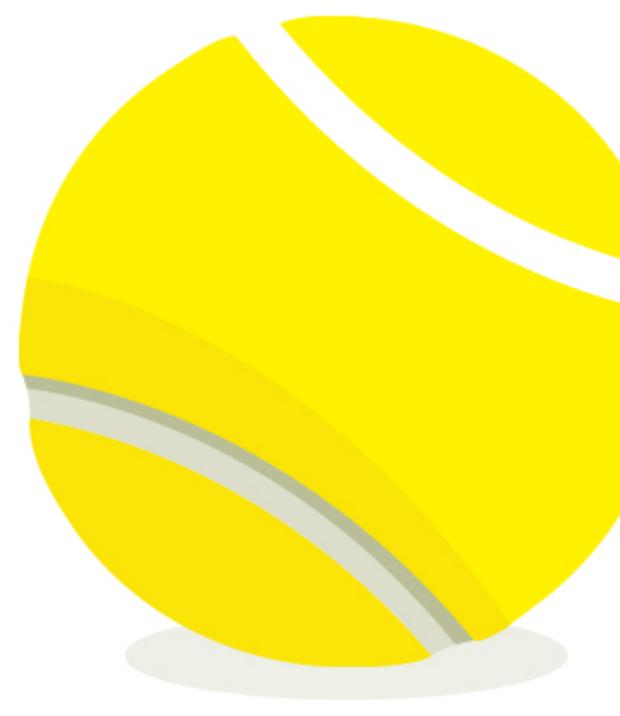
A little

Not at all

Not relevant

6 of 10

Over the last week, how much has your skin made it difficult for you to do any **sport**?



Very much

A lot

A little

Not at all

Not relevant

○
○
○
○
○



7 of 10



Over the last week,
has your skin
prevented you from
working or studying?



Yes



No



Not relevant



7 of 10



If "No", over the last week how much has your skin been a problem at **work** or **studying**?



A lot

A little

Not at all



8 of 10



Over the last week, how much has your skin created problems with your **partner** or any of your **close friends** or **relatives**?



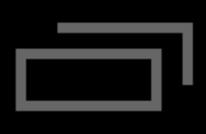
Very much

A lot

A little

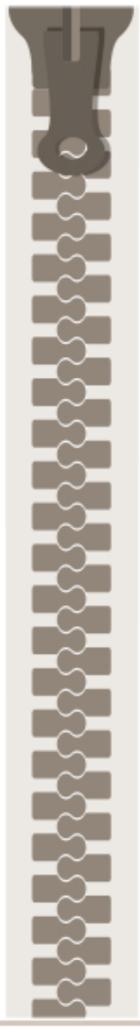
Not at all

Not relevant



9 of 10

Over the last week,
how much has your
skin caused any
sexual difficulties?



Very much

A lot

A little

Not at all

Not relevant

○
○
○
○
○



10 of 10



Over the last week, how much of a problem has the **treatment** for your skin been, for example by making your home messy, or by taking up time?



Very much

A lot

A little

Not at all

Not relevant

DLQI Score

Today's DLQI Score: 14

Your psoriasis is having a very large effect on your quality of life. It is important that you discuss your situation and the options available with your doctor or dermatologist



Your next DLQI Score is due to be completed in **7 days on 10th February**



Today's DLQI Score: 14



DLQI First Steps

Great start! You've successfully completed your first DLQI questionnaire!





Please note

This App helps you find how much your skin condition has affected your life over the last week

10th February 2015

Please take the questionnaire again on





Please note

This App helps you find how much your skin condition has affected your life over the last week

10th February 2015

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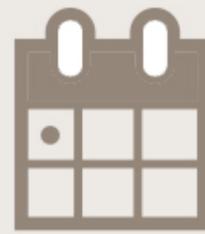




LATEST DLQI SCORE

14

DLQI



Next reminder

10th February



LATEST SYMPTOM DIARY SCORES

8

Itchiness



10

Stinging



7

Burning



8

7

3





8

Itchiness >

10

Stinging >

7

Burning >

8

Cracking >

7

Pain >

3

Scaling >



PHOTOS



NOTES



For more information about psoriasis visit:
www.skintolivein.com



☰ My Profile

Name

Gender

Male Female

Age

Psoriasis Triggers

Current Treatments



☰ My Profile

Doctor's email

Your Achievements



Lorem ipsum
dolor sit amet



Lorem ipsum
dolor sit amet



Lorem ipsum
dolor sit amet



Lifestyle Menu

Diet



Exercise



Stress



Skin and nail care



Relationships



Work





Eating a healthy balanced diet is an important part of maintaining good health.

Along with regular exercise, it can help to control your weight, reduce your risk of diabetes and cardiovascular disease (which are slightly higher in people with psoriasis), and can also relieve stress, which is a common psoriasis trigger.

Eating a healthy balanced diet can help you look and feel your best, and it's easier to achieve than you might think!^{3,4}

Top tips for healthy eating

Eat a varied, balanced diet.⁵



≡ Exercise



Keeping fit is important for your overall health.

Along with healthy eating it can help to reduce the risk of heart disease and diabetes, both of which are slightly higher in people with psoriasis.

Being more active can also help to control your weight, ease stress and depression and even help you to sleep better. Staying active can help you to feel better about yourself and it doesn't need to be a chore; it can be something that you really enjoy!^{3,4,9}

Top tips for being active

Start by talking to your doctor. They can give you some advice on the best times



☰ Stress



Everybody gets stressed from time to time.

It's important to recognise when you're stressed and what's causing it so that you can prevent it from affecting your health. Managing stress is particularly important for people with psoriasis as it is a common trigger for psoriasis flare-ups, and psoriasis flare-ups can also cause stress. Learning how to manage your stress can help you to take control of your psoriasis and stop yourself from getting caught in this cycle.⁴

Top tips for coping with stress

Relax! Take a bit of time to yourself every day and allow yourself to relax.



☰ Skin and Nail Care



Taking good care of your skin and nails is important, particularly if you have psoriasis.

How you take care of your skin may need to change throughout the year as your skin may react differently through changing seasons and varying weather. Good skin and nail care whatever the weather can help improve your psoriasis and make your skin feel and look better.⁴



☰ Relationships



Sometimes it can be difficult to talk to friends and family about your psoriasis and how it is affecting you.

Talking to partners or people you are dating about psoriasis can be even more difficult, and your sexual relationships may be affected. Remember that although psoriasis may impact your relationships, it doesn't need to control them!¹³

Top tips for relationships

Don't be afraid to reach out for support – family and friends will most likely want to help you, so talk to them about it



Work



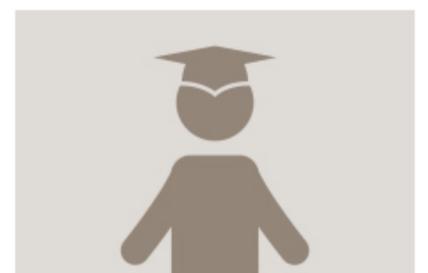
Working with psoriasis can be a challenge.

You may worry about how to cope with your psoriasis flare-ups in work, how your co-workers will see your psoriasis and how it might affect your work.

Don't let psoriasis get in the way of you achieving at work.¹⁴

Top tips for working with psoriasis

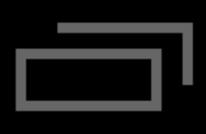
Educate your employers and co-workers about psoriasis and how it affects you, how it may affect your work, and why you may need time off. This will help



DLQI 

Symptom Diary 

Tutorial 



What is DLQI?

DLQI stands for Dermatology Life Quality Index and it is a simple 10-question validated questionnaire used to measure your health related quality of life. A DLQI score is a number from 0 to 30; the higher your score, the greater the impact psoriasis is having on your quality of life.²



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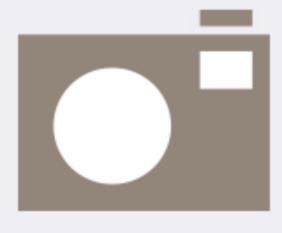


0 3 Feb 2015

1 0 Feb 2015

Add photos

0/6



Complete your profile

Completing your profile will help personalise this App; so you can make a note of any psoriasis triggers and see any achievements you have unlocked

