

Helpful tips for managing psoriatic arthritis (PsA)

There are several steps to take that can help you manage your chronic condition. Work with your rheumatologist to ensure these steps are right for you.



Exercise

Talk to your doctor about incorporating exercise into your daily routine, when possible. If you are not active, start with low-impact activities like yoga, tai chi, or walking.

Exercise may be able to help:

- **Keep** your joints and tendons loose and limber
- **Reduce** pain and inflammation



Manage pain

Talk to your doctor about over-the-counter and prescription pain relievers, or alternative treatments, to help relieve symptoms.

- **Ask** which pain relievers might be right for you
- **Consider** acupuncture; research has shown this can be helpful to reduce pain



Share with others

It's not always easy, but here are some steps to take to help start the conversation.

- **Ask** yourself who you are sharing with, what your relationship is, and why you want to share with this person
- **Describe** how the condition affects daily activities
- **Think** about the most important thing you want this person to know