

# intimacy



- 1 Psoriasis and psoriatic arthritis can make having sexual intercourse challenging.** There can be challenges for everyone, but research suggests women, people with lower mood, older people, people with worse symptoms and people with genital psoriasis may experience more difficulties.
- 2** Getting good control of your psoriatic arthritis and psoriasis by **using your treatments** can improve some of these difficulties.
- 3** Some people find it helpful to discuss their difficulties with sex and intimacy with their **healthcare team** as they may be able to **offer treatment and advice**.
- 4** **Having an open conversation** with your sexual partner(s) can be the first step to finding solutions that work for you. Some people find there are some activities they find more enjoyable or easier than others. You can **explore** this together.



## my intimacy plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a giant leap.

Ask yourself: What changes would you like to make? Are there opportunities to be creative? How might you be able to do things differently? What time of day could you be intimate?

Plan ahead for bumps in the road.

How might you be able to change your usual routine?

"Its important for me to be close to my husband as there are so many other things, we haven't been able to do together over the years. Now I try to think about being physically close in a positive way. I just try to do it when I'm feeling able. But try not to be too hard on myself if I can't manage."

