

# pain



- 1** Pain is a **common experience** for people with psoriatic arthritis and if untreated it can be **difficult to live with**. Pain can affect how you **think**, what you **feel** and what you **do**. The good news is that **there are things we can do** to improve how we experience pain.
- 2** Having **good sleep, eating healthily, losing excess weight, limiting your alcohol intake, not smoking, and keeping physically active** are all linked to less pain in people with psoriatic arthritis.
- 3** **Controlling inflammation using psoriatic arthritis treatments** can ease the pain. You may need **extra pain management**. **Everyone is different**, you must speak to your doctor about what is available specifically to you to control pain.
- 4** **Some people with psoriatic arthritis find it helpful to design their life around their specific needs**. Ask your healthcare team if you can visit an **occupational therapist** who can assess your needs and provide the physical aids you require. There are other **things you can change yourself**.



## my plan to manage pain

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 big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

“I’ve come to accept that I can’t try and do everything the same way that I used to. For example, I’ve moved everything I need to use regularly to the lower shelves so when I am having a flare up, I don’t end up in pain trying to reach the top shelf.”

