

# What Is Psoriatic Arthritis (PsA)?

Psoriatic arthritis (So-ree-attik Arth-ri-tis) (PsA) is a long-lasting disease related to psoriasis, that causes pain, stiffness, and swelling around the joints and spine.

## Who gets PsA?



30% of people with psoriasis



Men and women equally

# 30-50

Usually people 30-50 years old

## Where PsA strikes

- Joints and tendons
- Skin and nails
- Fingers and toes, which can swell like sausages



## How PsA is diagnosed

Because there's no single test for psoriatic arthritis, your doctor will base a diagnosis on:

- Symptoms
- Blood tests for genetic markers
- Imaging (such as X-ray or ultrasound)

## What PsA feels like

- Stiffness and pain in the joints or the back on one side of the body
- Pain, swelling, and tenderness near tendons, commonly occurring in ankles
- Stiffness and swelling of joints in one or more fingers
- Tiredness
- Joint symptoms may not surface for years after psoriasis appears

**Delaying treatment for as little as 6 months can result in permanent damage to your joints. If you think you may be experiencing the symptoms of PsA, as described above under "What PsA feels like," ask your doctor about seeing a rheumatologist, a specialist in arthritis.**