

professional can direct you to the most appropriate ones.

There is also a link to Skin Support on the BAD website. It aims to provide psychological support for people with skin diseases. It has a variety of self-help materials. You can also access the website directly on www.skincaretrust.org.uk

The National Health Service in England website has a range of information which you may find helpful on psoriasis and its management www.nhs.uk

see psoriasis: look deeper is an ongoing campaign looking at the impact of psoriasis on everyday life:

www.seepsoriasislookdeeper.co.uk

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions



Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Personal Information

For details on how we collect, use and store the information we hold about you, please take a look at our "how we use your personal information" leaflet which can be found on the Trust website:

http://www.wvl.nhs.uk/patient_information/leaflets/

This leaflet is also available in audio, large print, braille and other languages upon request.
For more information please ask in department/ward.

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Need to know more about Psoriasis?

Patient Information

Author ID:	BW_Derm
Leaflet Number:	BW 00215
Version:	1
Name of Leaflet:	Need to know more about Psoriasis?
Date Produced:	December 2017
Review Date:	December 2020



Introduction

Psoriasis is a common skin condition affecting more than one in 50 people.

To help you to understand more about this condition we have included several websites that you may find useful. Please note the information provided in the websites and video is for general guidance only. Please speak to your health professional if you require further information.

Websites offering support and information

The psoriasis association are the leading national charity and membership organisation for people affected by psoriasis in the UK www.psoriasis-association.org.uk

The Psoriasis and Psoriatic Arthritis Alliance (PAPAA) is a UK registered charity dedicated to providing a positive approach for people affected by psoriasis and psoriatic arthritis www.papaa.org

National Psoriasis Foundation provides you with the help you need to best manage your psoriasis or psoriatic arthritis, while promoting research to find a cure www.psoriasis.org

PsoTeen website is specifically for teenagers and young adults with psoriasis www.psoTeen.org.uk

'Psoriasis - the skin I'm in'

'Psoriasis – the skin I'm in' is an original film that tells real life stories about people living with psoriasis. It looks at the wider life impact of psoriasis, including emotional well-being and mental health. This film was made in association with the 'See Psoriasis: Look Deeper' campaign. It can be accessed on the YouTube Channel.

Change4life

Being more active can improve your psoriasis, help reduce your weight, increase your heart health and help your mood. Change4life can help you take the first step towards getting yourself or your kids eating well, moving more and living longer www.change4life.com

Smoking and drinking too much alcohol are recognised to be habits that can make psoriasis worse. Advice regarding both is available at www.nhs.uk/livewell and www.drinkaware.co.uk

Prescription help

If you pay for prescriptions you can save money by buying a three or 12 months prescription pre-payment certificate (PPC). You can buy this certificate online if you visit the web address below or you can check if your local pharmacy is registered to sell you a PPC:

www.nhsbsa.nhs.uk

There are two PPC options to choose from:

- A three month PPC - this will save you money if you need more than three prescribed items in three months
- 12 month PPC - this will save you money if you need more than 12 prescribed items in a year.

Contact information

Name of your health professional:

.....

Contact telephone number:

.....

Useful information

The British Association of Dermatology (BAD) is a charity which works with many organisations to achieve its aims of supporting patients and improving standards. Use the link www.bad.org.uk to access the website. Once on the homepage click on **For the Public** link and it will take you through to other links including one for patient information leaflets (PILs). There are several leaflets available to download on psoriasis. Your health