

### Transcript Details

This is a transcript of an educational program. Details about the program and additional media formats for the program are accessible by visiting: <https://reachmd.com/programs/beyond-skin-deep/counseling-strategies-to-help-psa-patients-cope-with-the-unexpected/11803/>

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### Counseling Strategies to Help PsA Patients Cope with the Unexpected

#### Announcer:

You're listening to *Beyond Skin Deep: Impacts of Psoriatic Arthritis* on ReachMD, sponsored by Lilly. On this program, rheumatologist Dr. Joseph Huffstutter discusses how we can help patients manage the lifelong effects of psoriatic arthritis. Let's hear from Dr. Huffstutter now.

#### Dr. Huffstutter:

I think counseling every patient that I see is important, especially with a chronic illness like psoriatic arthritis. They need to understand the nature of the illness and try to get some buy-in, not only from the patients, but their support system. Their family, their friends can be key to patients' successful navigation of treating psoriatic arthritis. I'm certainly not a counselor, nor do I have any credentials in that regard, but I think every rheumatologist does a fair amount of that when we deal with any chronic disease, especially psoriatic arthritis. There's no cure for this, so that I think that patients need to understand they're going to have to take medicines for a long time, probably the rest of their lives, but it doesn't mean that they have to suffer the rest of their lives.

#### Announcer:

This was *Beyond Skin Deep: Impacts of Psoriatic Arthritis*, sponsored by Lilly. To revisit any part of this discussion and to access other episodes in this series, visit [ReachMD.com/BeyondSkinDeep](https://ReachMD.com/BeyondSkinDeep), where you can Be Part of the Knowledge. Thanks for listening!