

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/facing-psa-with-confidence-keys-to-helping-patients-get-there/11806/>

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Facing PsA with Confidence: Keys to Helping Patients Get There

Announcer:

You're listening to *Beyond Skin Deep: Impacts of Psoriatic Arthritis* on ReachMD, sponsored by Lilly. On this program, rheumatologist Dr. Joseph Huffstutter explains how we can help our patients find confidence while coping with the chronic symptoms of psoriatic arthritis. Let's hear from Dr. Huffstutter now.

Dr. Huffstutter:

A big part of being a rheumatologist is educating patients as to the nature of their illness. I think the first time that someone has been given this diagnosis, they have a variety of emotions from fright to anger. I need to make sure the patient understands the nature of their illness. They got this disease through no fault of their own, and yet, because they have this illness, they need good treatment, and they need to go on with their lives. I've spent a lot of time thinking about what's the best approach, and I found that every patient's approach is different. Many times psoriatic arthritis will strike individuals in their teenage years or early 20s. Their self-image is so important to them at this time, and the presence of psoriasis can be devastating to this self-image. I usually spend a lot of time with patients talking about how we can improve the manifestations of the arthritis so that they can lead a more normal life.

Announcer:

That 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, where you can Be Part of the Knowledge. Thanks for listening!