

# Understanding Cumulative Life Course Impairment (CLCI)

Psoriasis is a part of your story because it impacts so many different parts of your life, so achieving disease management goals, like clear skin, could lead to an improved life path.<sup>1</sup> That is why timely and successful collaborative disease management between you and your dermatologist is valuable to help limit your risk for increased CLCI—and improve your chances for a happier ending.

**With this in mind, consider the impact psoriasis has on your life now, and use those insights to determine how you want to rewrite your psoriasis story.**

## Chapter 1

### Assessing CLCI and Your Psoriasis

Changing your story starts with understanding the full impact of psoriasis on your potential. Use the meters and prompts below to indicate how much of an impact psoriasis has on your life. In 2-3 sentences, describe how psoriasis has altered the course of your story.

My psoriasis stops me from physically being able to:

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#### Emotional



My psoriasis makes me feel:

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#### Social



My psoriasis affects my relationships with friends, family and coworkers because:

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#### Economic



My psoriasis has impacted my education/career growth because:

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Chapter

2

## Set Your Goals

Imagine a scene where psoriasis is not holding you back. What details stand out? For example, are you wearing short sleeves without feeling self-conscious? Are you swimming, playing a sport or giving a great presentation at work? More time for hobbies? Are you looking to reduce discomfort from burning and itching?

Using the details and themes that come to mind, write down 1-2 specific goals that you want to achieve with your disease management plan:

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Chapter

3

## Discuss Your Goals With Your Doctor

Make the most of the limited time you have with your dermatologist by being prepared for your appointments. The notes, thoughts and specific goals you've identified above can help you take charge and more quickly center the conversation around finding a disease management plan that will help you reach those goals.

When setting goals with your dermatologist, it's not only important to know what you plan to talk about, but also how you will shape the conversation. Here are some tips to remember as you collaborate with your dermatologist to determine the appropriate disease management plan:

- **Be Confident:** Remain confident in what you're going to say. The focus here is getting the best care possible so you can reach your goals.
- **Stay Committed:** Now that you have decided to make changes, stay focused and dedicated to making the changes you need to improve your standard of care.
- **Start Simple:** One you've decided to have that first conversation, remember those 1-2 specific goals you've set and keep those top-of-mind to carry you through the first discussion and following conversations.

Begin with the end in mind.

Bring this assessment to your next doctor appointment  
to author your psoriasis story.

Reference:

1. Armstrong, A.W., et al. From the Medical Board of the National Psoriasis Foundation: Treatment targets for plaque psoriasis. *J Am Acad Dermatol.* 2017 Feb;76(2):290-298.

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