

Healthcare Team Discussion Guide

ADVANTAGE
HERS 

Living with a chronic inflammatory disease*, such as rheumatoid arthritis, axial spondyloarthritis, psoriatic arthritis and psoriasis, can be challenging.

Whilst you won't always have advantage over your disease, it's important to be in control as much as possible. This guide is intended to support you, no matter where you are in your disease journey, by helping you to communicate with your healthcare team.

Your Healthcare Visit

Be prepared – Talk about your symptoms, any recent changes and treatment goals.

Monitor your mood and symptoms – Try keeping a journal that you bring to appointments.

Take notes – Make sure you capture all the important points.

Take your time – It's okay to ask for an explanation if you don't understand everything your healthcare team says.



Your Treatment Options

Consider treatment as soon as you're diagnosed – With early treatment, you may be able to slow disease progression.^{1,2}

Stay on your treatment as prescribed – If you need help, set reminders to take your medicine and fill your prescription.

Create a long-term game plan – Work with your healthcare team to set both short- and long-term goals.

Be honest and open – Things that may feel unimportant to you might mean more to your healthcare team.

Your Care Team

Remember you're not alone – Your care team includes more than just your healthcare specialist – connect with your friends, family and the wider disease community.

It may help to share your story – Don't be afraid to share your journey with friends and supporters.

Let's connect! – Get involved in *Advantage Hers* by being part of Caroline's journey on her social channels. Join her community and share support and stories, using the hashtag #AdvantageHers.

*About chronic inflammatory diseases, such as rheumatoid arthritis, axial spondyloarthritis, psoriatic arthritis and psoriasis

Chronic inflammation is long-term inflammation – when the immune system recognizes and removes harmful stimuli – lasting anywhere from several months to years.³ Chronic inflammatory disease is a broad and evolving description for conditions associated with chronic inflammation. UCB focuses particularly on rheumatoid arthritis, axial spondyloarthritis, psoriatic arthritis and psoriasis, as these are the disease areas where UCB tries to make a difference in the lives of patients.

References:

1. The Mayo Clinic. Rheumatoid arthritis. Available at: <https://www.mayoclinic.org/diseases-conditions/rheumatoid-arthritis/diagnosis-treatment/drc-20353653>. Accessed March 2020.
2. Coates LC, et al. Group for Research and Assessment of Psoriasis and Psoriatic Arthritis 2015 Treatment Recommendations for Psoriatic Arthritis. *Arthritis Rheumatol.* 2016;68(5):1060-71.
3. Pahwa R, Jialal I. Chronic Inflammation. StatPearls Publishing. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK493173/>. Accessed January 2020.

For more information, visit:
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