

# Survey Uncovers Debilitating Symptoms, Uncomfortable Encounters & Intimacy Struggles Associated with Moderate-to-Severe Plaque Psoriasis

## THE INVISIBLE IMPACT

While moderate-to-severe plaque psoriasis has very visible symptoms that appear on the skin – often in the most awkward places, like the scalp, knees and elbows – it also has a significant invisible impact on people's everyday lives. Results from a survey of 500 people with moderate-to-severe plaque psoriasis uncover the associated physical, social and emotional impact that may keep them from doing what matters most in their lives.



### Uncomfortable Encounters



**More than three-quarters (76%) of people** often or sometimes felt embarrassed by the flakes they leave behind.



**Nearly half of people** often or sometimes felt humiliated (44%) or have been asked if they are contagious (47%).



**Nearly a third of people** reported devastating acts of bullying (28%) or discrimination (30%).

“Are you contagious?”

Experiences like these can potentially take a toll on a person's self-confidence.<sup>1</sup>

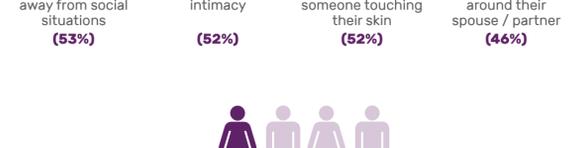
### Nearly 6.4 million people

in the U.S. live with plaque psoriasis.<sup>2,3</sup> Of those, nearly 2 million people have moderate-to-severe plaque psoriasis.<sup>4</sup>



### Intimacy Struggles

**1 out of 2 people or sometimes...**



**1 out of 4 people**



Moderate-to-severe plaque psoriasis means that **3% or more of the skin is covered with visible symptoms.**<sup>5</sup>



### Debilitating Symptoms

Approximately 7 in 10 people say...



### So, how can people get back to what matters most?



Dr. April W. Armstrong, professor of dermatology (clinical scholar), associate dean of clinical research at Keck School of Medicine at USC, provides insight on moderate-to-severe plaque psoriasis and advice on how to get back to what matters most.

### Getting Back to What Matters Most

One in three people say they would like help with coping strategies (38%) and emotional support (34%).

Nearly one in two people feel overwhelmed about their treatment options (44%) and wish they could receive help with selecting a treatment (48%).

#### Tip

##### “Find the Joy!”

“Taking time for self-care is important, whether it's getting together with friends or watching cat videos. Focus on things that make you happy, and surround yourself with supportive friends and family. And remember, you are not alone! I often advise my patients to find a support group or get involved with an advocacy organization like the National Psoriasis Foundation. While psoriasis isn't contagious, joy and happiness is!”

#### Tip

##### “Don't be Intimidated!”

“Living with moderate-to-severe plaque psoriasis can be challenging. Patients can often experience debilitating symptoms and flare ups such as constant flaking and itching. It's important to find a doctor that is experienced in treating psoriasis so they can help you navigate the treatment landscape. Don't be shy about telling them how this condition affects your life beyond your skin!”

Moderate-to-severe plaque psoriasis cannot be cured yet, but the physical symptoms can be effectively managed with treatments including topicals, phototherapy, orals and biologics like ILUMYA® (tildrakizumab-asmn). Given by your doctor four times a year following two starter doses, ILUMYA® allows the action of the IL-23 molecules involved in the inflammation, helping to reduce the redness, flaking, and plaque thickness you see on your skin. ILUMYA® is a prescription medicine used to treat adults with moderate to severe plaque psoriasis who may benefit from taking injections, pills, or phototherapy. Healthcare providers should check the patient for infections and tuberculosis before starting treatment with ILUMYA®. Before starting any treatment, patients should talk to their doctor and review the important safety information to understand the potential risks. The most common (≥1%) adverse reactions associated with ILUMYA® are upper respiratory infections, injection site reactions, and diarrhea.

visit [www.ILUMYA.com](http://www.ILUMYA.com)

#### What is ILUMYA?

ILUMYA® (tildrakizumab-asmn) is a prescription medicine used to treat adults with moderate to severe plaque psoriasis (who may benefit from taking injections, pills (systemic therapy), or phototherapy (treatment using ultraviolet or UV light)).

#### IMPORTANT SAFETY INFORMATION

##### What is the most important information I should know about ILUMYA?

**Do not use ILUMYA** if you have had a severe allergic reaction to ILUMYA or any of its ingredients.

**Get emergency medical help right away if you get any of the following symptoms of a serious allergic reaction:**

- feel faint
- trouble breathing or throat tightness
- swelling of your face, eyelids, lips, mouth, tongue or throat
- chest tightness
- skin rash

ILUMYA is a medicine that may lower the ability of your immune system to fight infections and may increase your risk of infections. Your healthcare provider should check you for infections and tuberculosis (TB) before starting treatment with ILUMYA and may treat you for TB before you begin treatment with ILUMYA if you have a history of TB or have active TB. Your healthcare provider should watch you closely for signs and symptoms of TB during and after treatment with ILUMYA.

Tell your healthcare provider right away if you have an infection or have symptoms of an infection, including:

- fever, sweats, or chills
- muscle aches
- weight loss
- cough
- warm, red, or painful skin or sores on your body different from your psoriasis
- diarrhea or stomach pain
- shortness of breath
- burning when you urinate or urinating more often than normal
- blood in your phlegm (mucus)

**Before receiving ILUMYA, tell your healthcare provider about all of your medical conditions, including if you:**

- have any of the conditions or symptoms listed in the section “What is the most important information I should know about ILUMYA?”
- have an infection that does not go away or that keeps coming back
- have TB or have been in close contact with someone with TB
- recently received or are scheduled to receive a vaccine (immunization). You should avoid receiving live vaccines during treatment with ILUMYA.
- are pregnant or plan to become pregnant. It is not known if ILUMYA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if ILUMYA passes into your breast milk.

**Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.** It is not known if ILUMYA is safe and effective in children under 18 years of age.

**What are the possible side effects of ILUMYA? ILUMYA may cause serious side effects. See “What is the most important information I should know about ILUMYA?”**

The most common side effects of ILUMYA include: upper respiratory infections, injection site reactions and diarrhea. These are not all of the possible side effects of ILUMYA. Call your doctor for medical advice about side effects.

**You are encouraged to report any negative side effects of ILUMYA to FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

You are also encouraged to report side effects or ADEs (adverse drug events) to our Drug Safety Department at 1-800-406-7984 or [drug.safetyUSA@sunpharma.com](mailto:drug.safetyUSA@sunpharma.com) (preferred) with as much information as available.

**Please read the full Prescribing Information and Medication Guide for ILUMYA and discuss any questions with your doctor.**

#### REFERENCES

1. Beyond Psoriasis. The Person Behind the Patient. Presented at AAD, February 2004.
2. American Academy of Dermatology. Psoriasis: Overview. November 2020.
3. National Psoriasis Foundation. Psoriasis Statistics. November 2020.
4. Mentzer A et al. J Am Acad Dermatol. 2008;58(5):826-850.



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