

MONITOR CHANGES IN YOUR PSORIASIS

When undergoing treatment for your psoriasis it is important to take photos of your plaques to monitor your response. Some changes may be difficult to notice day-to-day but having a visual record may help at your next consultation. This document is a handy guide to help you take the most useful images for your healthcare team.

WHEN TO TAKE PHOTOS?

Week 0

Week 2

Week 4

Week 16

TOP TIPS TO TAKE A QUALITY PHOTO OF YOUR PSORIASIS PLAQUE:



Take your photo about 15 – 20cms from the area of psoriasis



Try to avoid taking a photo under natural light – artificial light makes it much easier to see the area of psoriasis



Do not include your face within the photo (unless your identified area of psoriasis is on your face)



Make sure you are taking the image vertically



Try to remove any lotion or makeup from the area



Make sure the camera lens is clean and in focus



Ensure the photo shows the area of psoriasis as well as clear skin for comparison



Do not include any personal identifiers in the image, e.g. your name, age, address



The images shown are for illustrative purposes only

USE THE BELOW CHECKLIST TO CAPTURE QUALITY PHOTOS TO DISCUSS AT YOUR NEXT CONSULTATION:

ARE YOUR PHOTOS ANONYMOUS? MAKE SURE YOUR PHOTOS DO NOT INCLUDE:

- Any personal identifiers (including name, address, telephone number)
- Any tattoo which may identify you
- No other people in the photo
- Your face (unless this is where you have an identified area of psoriasis)

IS YOUR PHOTO CLEAR? PLEASE ENSURE YOU HAVE:

- Taken the photo vertically
- Removed any makeup or lotion on the psoriasis area
- Turned your camera flash off
- Used a well-lit indoor location (artificial light is better than natural light)
- Removed background clutter – try where possible to have a clear/solid colour backdrop
- Prevented any shadows or glares
- Cleaned your camera lens
- Held the camera parallel to your skin about 15 – 20cms from the area

ARE THE PHOTOS CONSISTENT? PLEASE TRY TO:

- Take photos around the same time of day
- Take photos in the same location