



Are **BIOLOGICS** Right for You?

www.psoriasisupport.ca



What are “BIOLOGICS”?

The word “biologic”, as applied to a medication, means that it has been derived from a natural source, such as from cells of the human body, rather than from a chemical source. You have probably heard about some biologics without realizing what they were. There are more than 80 biologics available in Canada today - one of the best known is insulin, which is used in the treatment of diabetes. Vaccines are also biologics, which protect us from a variety of infectious diseases. If you’ve ever had a vaccination, you’ve had a biologic.

How do BIOLOGICS work?

Biologics can work in several ways but, in general, they affect specific cells in the immune system that, for some reason, are not working as expected. Biologics can help restore their normal level of activity.

Why are BIOLOGICS used to treat psoriasis?

Scientists know that psoriasis is caused by specific cells within the immune system, called T-cells. Abnormal T-cell activity can cause excessive skin cell production leading to scaly patches, or plaques. Biologics can help treat psoriasis in three ways:

1. Stopping the activation of T-cells.
2. Reducing the number of T-cells that cause psoriasis.
3. Blocking the chemical messages sent out by T-cells that cause the skin to produce too many skin cells.

Biologics have proven to be very effective in treating psoriasis and offer real hope to patients suffering from moderate-to-severe chronic plaque psoriasis.

How Do I Know if **BIOLOGICS** are Right for Me?

Take the quiz! If you answer YES to 7 or more of these questions, you may want to consult a dermatologist to discuss your treatment options.

Has psoriasis had a negative effect on your life and relationships?

Your quality of life?	Yes	No
Your social life?	Yes	No
Your interactions at work?	Yes	No
Are you self-conscious of your appearance?	Yes	No
Have you ever felt hesitant to go to a gym or a beach?	Yes	No
Have intimate relationships become stressful or difficult?	Yes	No
Do you ever feel depressed or withdrawn?	Yes	No

Have you become frustrated with psoriasis treatments?

Are you dissatisfied with your current treatment?	Yes	No
Are you concerned about the side-effects associated with some treatments?	Yes	No

Are you ready for something NEW?

Are you looking for a treatment that offers relief from symptoms and a holiday from treatment?	Yes	No
Are you looking for freedom from continuous drug therapy?	Yes	No
Are you interested in trying a new class of treatment?	Yes	No

Your Doctor is the **Best Source** of Information on Biologic Treatments for Psoriasis

Be sure to ask your doctor...

1. What results can I expect from this biologic and how long will it take?
 2. Can this biologic give me a treatment-free period?
 3. Is there a chance of my disease worsening or rebounding while using this medication?
 4. Does this biologic prevent my psoriasis from getting worse or does it put my psoriasis into remission?
 5. Will I have to use this medication continuously?
 6. How safe is this product compared to other available treatments for moderate-to-severe psoriasis?
 7. Other questions you may have:
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Be sure to tell your doctor...

1. How severe you feel your psoriasis is.
2. The impact psoriasis is having on your life.
3. The medications that you have taken in the past.
4. Your needs and expectations in relation to a medication (Safety, ease of use, expected results, etc.).
5. Other medical conditions that you or a family member may have, such as multiple sclerosis (MS), congestive heart failure, diabetes, cardiovascular disease, tuberculosis (TB), infection or any other serious or chronic illness you're aware of.

Make an appointment with your dermatologist today.

For more information on psoriasis, visit
www.psoriasisupport.ca

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