

DOUBLE TAKE

Remember
PEST Every
6 Months

It's important to **Double Take** the signs of psoriatic arthritis. The Psoriasis Epidemiology Screening Tool (PEST) below can help you talk with your doctor about any symptoms you may be experiencing.

Have you ever had a swollen joint (or joints)?

Psoriatic arthritis can cause joints to become painful, swollen and warm to the touch.



Has your doctor ever told you that you have arthritis?

Autoimmune conditions like arthritis can damage your joints, causing swelling, stiffness and pain.



Do your fingernails or toenails have holes or pits?

Psoriatic arthritis can form tiny dents or pits in the nail causing them to crumble or separate from the nail beds.



Have you had pain in your heel?

Psoriatic arthritis can cause pain at the points where tendons and ligaments attach to your bones, like the heel or sole of your foot.



Have you had a painful or swollen finger or toe?

Psoriatic arthritis can cause a painful swelling of your fingers and toes.

If you answered "yes" to 3 or more of these questions, don't wait. Consider talking to your doctor about psoriatic arthritis. It's recommended that people with psoriasis complete the PEST screener every 6 months.

See more at [PsADoubleTake.com](https://www.PsADoubleTake.com)