

How severe do you think your Pso is?



1 hand = 1% of your body surface is affected



Less than
x3

Can you fit your hand over your psoriasis less than 3 times?

If so, less than 3% of your body surface is affected by Pso



You may have
mild psoriasis¹



Between
x3 and **x10**

Can you fit your hand over your psoriasis 3 times or more, up to and including 10 times?

If so, between 3% and 10% of your body surface is affected by Pso



You may have
moderate psoriasis¹



More than
x10

Can you fit your hand over your psoriasis more than 10 times?

If so, over 10% of your body surface is affected by Pso



You may have
severe psoriasis¹

If your doctor has already diagnosed you with plaque psoriasis, part of learning about your condition is understanding how severely your body surface is affected. But remember, even if your Pso doesn't affect over 10% of your body surface, severity is also measured by how it affects your quality of life.^{2,3}

1. Psoriasis Speaks. Psoriasis Severity and Location. Available at: <https://www.psoriasis.com/about-psoriasis/psoriasis-severity>. Accessed: June 2023

2. National Psoriasis Foundation. About Psoriasis. Available at: <https://www.psoriasis.org/about-psoriasis>. Accessed June 2023.

3. WebMD: How severe is your psoriasis? Available at <https://webmd.com/skin-problems-and-treatments/psoriasis/how-severe-your-psoriasis>. Accessed June 2023