

# Toronto Western Hospital

# Psoriatic Arthritis Clinic



Read this booklet to learn:

- What psoriasis and psoriatic arthritis are
- What to expect during your visit
- Who to contact for more information

## **Psoriatic Arthritis Clinic**

East Wing – 8th Floor (Room 1E-802)  
Toronto Western Hospital  
399 Bathurst Street

## **Clinic hours**

Monday 9:00 am to 12:30 pm

Wednesday 1:00 pm to 5:00 pm

\*Appointments are made by referral only



The Psoriatic Arthritis Clinic has been at the Toronto Western Hospital since 1995. It is located in The Centre for Prognosis Studies in Rheumatic Diseases (CPSRD). The clinic focuses on:

- patient care
- training new medical students
- research

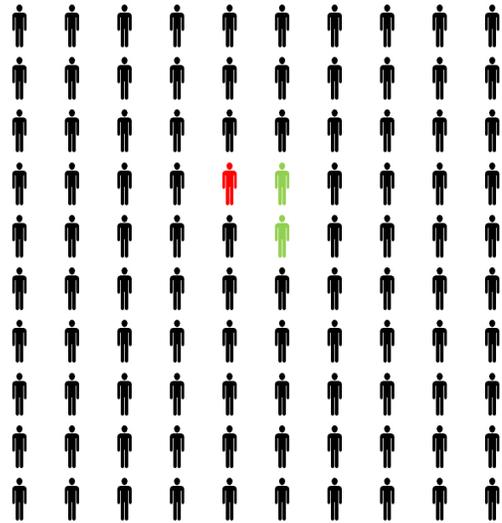
## What is psoriatic arthritis?

**Psoriatic arthritis** is a type of inflammatory arthritis. You may develop this kind of arthritis if you have psoriasis.

**Psoriasis** is a common skin disease that causes your skin cells to reproduce faster than normal. It is a disease that affects 3% of all Canadians. That means, if you put 100 Canadians in a room it is likely that 3 of them will have psoriasis.

Psoriasis is a chronic (long-term) disease.

How much it affects the body varies. In some people, it may affect only a small patch of their skin. In others, it may affect all the skin on their body. Fingernails and toenails are often affected too.



For every 3 people that have psoriasis, 1 will develop psoriatic arthritis. It is a disease that can be treated but not cured.

Symptoms of psoriatic arthritis include:

- pain, swelling and stiffness in your joints, neck and/or back
- limited movement in those areas
- swelling of an entire finger or toe, also called dactylitis
- inflammation in areas of tendons inserting into bones, also called enthesitis

## What can I expect at the clinic?

You will be given regular appointments to monitor your psoriatic arthritis. We use a special series of tests which include:

- your health history
- a full body check up
- blood test
- urine test
- x-rays

**The health care team will come up with a plan to help you manage your disease.** Your health care team will tell you if there are any new treatment options. First, you will see a medical resident or fellow. These are medical doctors in training. The staff doctor supervises them and reviews the results of the tests with both you and the doctor in training.

**During your visit, you may be asked if you want to take part in research.** If you agree to take part, you may be asked to fill out questionnaires and provide blood samples. The samples will be used for special testing in the research laboratory. This will help the doctors understand how this disease is affecting your life and your body.

## Who can I call for more information?

Angela Archer, Clinic Secretary

Phone: 416 603 5905 | Fax: 416 603 9387

\*Select option 1 for Psoriatic Arthritis Clinic

Dr. Dafna Gladman

Phone: 416 603 5905 | Fax: 416 603 9387

Dr. Vinod Chandran

Phone: 416 603 5905 | Fax: 416 603 9387

Find us online at [Psoriatic Arthritis Clinic](https://www.uhn.ca/Arthritis/Clinics/Psoriatic_Arthritis)

([https://www.uhn.ca/Arthritis/Clinics/Psoriatic\\_Arthritis](https://www.uhn.ca/Arthritis/Clinics/Psoriatic_Arthritis))

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