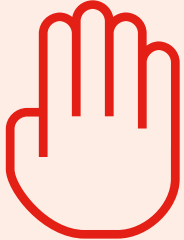


Psoriasis (PsO) Severity Checker

How severe do you think your psoriasis is?



1 hand = 1% of your body surface area is affected

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

Fewer than  x3

If so, less than 3% of your body surface is affected by psoriasis → You may have **mild** psoriasis¹

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

Between  x3 and x10

If so, between 3% and 10% of your body surface is affected by psoriasis → You may have **moderate** psoriasis¹

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

More than  x10

If so, over 10% of your body surface is affected by psoriasis → 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.¹