

## **SAMPLE #1**

### **August is Psoriasis Awareness Month**

#### **Psoriasis: What is it?**

Do you have a rash on your skin that looks dry and scaly and is itchy? You may have psoriasis.

This is a condition in which skin cells build up and form red raised, scaly, dry patches of skin. Psoriasis usually affects the outside of the elbows, knees or scalp, though it can appear anywhere on your body. Some people experience itching, burning and stinging. While most people will have a rash on their skin, psoriasis can also involve nails and joints. It is not contagious.

#### **What causes Psoriasis?**

Although doctors aren't entirely sure, psoriasis is thought to be an immune system problem. It is also associated with other health conditions such as depression, diabetes and heart disease. If you've had a patch of skin that has bothered you and has not been helped by over the counter medications, it's important that you see a doctor.

#### **How do I know if I have Psoriasis?**

A dermatologist --a doctor who specializes in skin diseases-- can determine if you have psoriasis. They will examine your skin. There are no blood tests or other tools needed to diagnose psoriasis. Your doctor may take a piece of the affected skin (a biopsy) and examine it under the microscope. Your doctor also will want to know if anyone else in your family has had psoriasis. It is estimated that about one-third of people with psoriasis have a family member with the disease, according to dermatologist Dr. Paul Yamauchi with the Dermatology and Skin Care Institute in Santa Monica, Calif.

## **Psoriasis: How is it Treated?**

After your health care provider makes a diagnosis, he or she will recommend a treatment plan based on several things such as your age, the location of the psoriasis, how severe it is.

Treatment aims to remove scales and stop skin cells from growing so quickly. Topical ointments, light therapy, and medications can offer relief.

“Combination therapy” is a treatment plan that uses more than one treatment for your psoriasis. These include topical ointments or creams, oral medications, biologics ([link](#)) or phototherapy.(explain)

## **What are Biologics?**

Biologics are a type of drug that target specific proteins or cells in your immune system. The drug works by going after specific parts of your immune system that are overactive. They help reduce inflammation, skin dryness and itching of psoriasis. They can also help protect you from related conditions, such as cardiovascular disease.

## **SAMPLE #2**

### **Learning to Take Care of Your Mental Health with Ovarian Cancer**

[SEO Descriptor: After being diagnosed, it is normal to have a range of emotions and reactions. Managing your mental health with ovarian cancer is important. ]

After being diagnosed with ovarian cancer, it is normal to have a range of emotions and reactions. Feeling sad, anxious, or depressed can all occur during or after treatment. Focusing on your mental health with ovarian cancer is important.

It's o.k. If you are struggling.

Some treatments for cancer can make your brain fuzzy and can affect your reactions and feelings. If things become overwhelming, it is important to have someone to talk with.

#### **Mental Health During Ovarian Cancer**

You may not feel comfortable talking with your family or friends about what you are going through. Emotional and mental health problems that you may be facing during or after treatment can include:

- Depression

- Anxiety
- Stress
- trouble sleeping
- Difficulty concentrating and remembering
- Difficulty learning new skills

### Talking About it Can Help

Many people think they should be able to handle everything on their own, but this can be extremely difficult. Being able to talk to a neutral person –a mental health professional– can be a good way to find support. These individuals are usually trained to help you process your feelings and give you ways to cope with what you are going through.

### **It Can Take Time to Heal Emotions**

After your treatment is finished, you may be ready to get on with your life and have a feeling of empowerment that you made it through. But it is also perfectly normal to feel worried.

You may find you can't just "get back to normal." You may still have physical or emotional limitations. You may not be able to work as much as you used to. You may be worried about the cancer coming back or how to pay for treatment. Be kind and be patient with yourself.

Learning to think about the situation in terms of the "new normal" may be helpful.

## **Ask for Help**

Talk to your health care provider about how you are feeling emotionally before, during, and after treatment. They can help monitor changes in your mental health during ovarian cancer and recommend support groups or mental health professionals.

## **SAMPLE #3**

### **Understanding Symptoms of Advanced Stage Ovarian Cancer**

SEO Descriptor: Ovarian cancer is often found in advanced stages. Learning the symptoms of advanced stage ovarian cancer can be helpful in understanding what is happening to your body.

Ovarian cancer can cause many symptoms. The disease is often found when it has advanced or spread. Learning about the symptoms of advanced stage ovarian cancer can be helpful in understanding what is happening to your body.

### **Symptoms of Advanced-stage Ovarian Cancer**

Symptoms of early-stage ovarian cancer are often vague, can be easily dismissed, or attributed to other illnesses. Because of this, doctors often diagnose ovarian cancer when it is at an advanced stage or when the cancer has spread.

The most common symptoms of advanced-stage ovarian cancer include:

- Bloating.
- Pelvic or belly pain.

- Feeling full quickly or having trouble finishing your meals.
- Increased urgency to urinate or having to go often.

These symptoms can be associated with many other illnesses that are not cancer. They are more likely to be symptoms of ovarian cancer when they:

- Are Persistent.
- Occur more often.
- Are more severe.

Other symptoms of ovarian cancer can include:

- Extreme tiredness or fatigue.
- Upset stomach.
- Back pain.
- Pain during sex.
- Constipation.
- Changes in your period, like heavier or irregular bleeding.
- Swelling in your belly with weight loss.

It's important to talk to your doctor as soon as you can if you have any of these symptoms on a regular basis and for more than a few weeks. While it could be something minor and non cancerous, communicating what's happening with your body can give you peace of mind.



