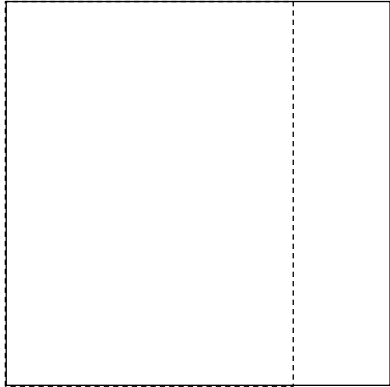
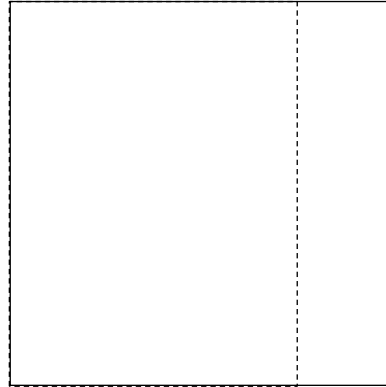


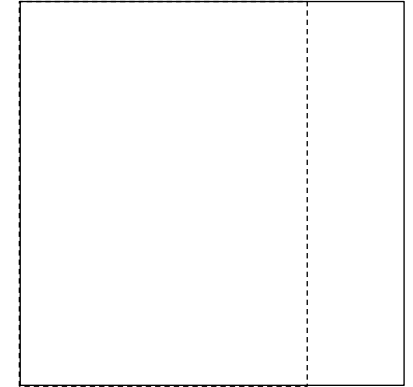
Psoriasis Thickness Reference Card (version 2023-11-20)



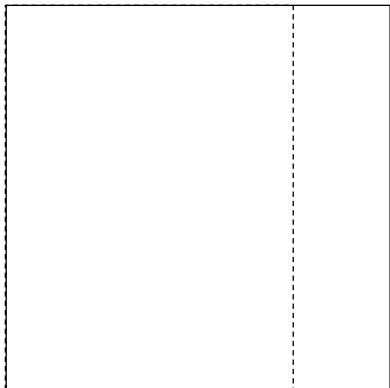
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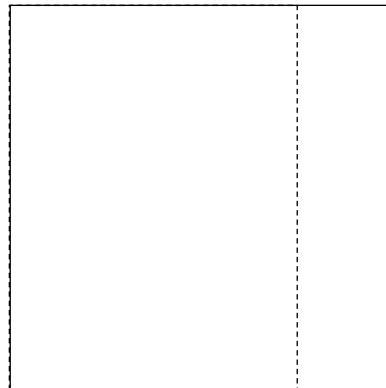
5



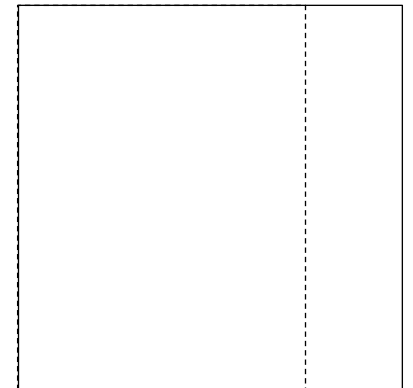
10



3



8



13

To make the reference card: The numbers below the boxes are the number of pages of sticky notes. Stick the number of pages of sticky notes in the box, then tape the edge opposite the sticky edge. Ensure the tape creates a gentle slope from the top of the sticky notes to the paper. Each sticky note should have a thickness between 0.09 and 0.1 mm. The smallest sticky notes, 1 3/8 in. x 1 7/8 in. (3.49 cm x 4.76 cm) or 2 in. x 2 in. (5.08 cm x 5.08 cm), are suitable. In the absence of a printer, write the numbers on any paper and affix sticky notes accordingly.

To use the reference card: Feel the thickness of each taped edge and the thickest psoriasis lesion. Find the number that matches.