

Adalimumab, etanercept and ustekinumab for treating plaque psoriasis in children and young people

Information for the public

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Adalimumab (Humira), etanercept (Enbrel) and ustekinumab (Stelara) are all available on the NHS as possible treatments for plaque psoriasis. Adalimumab is for children and young people 4 years or older, etanercept for those 6 years or older and ustekinumab for those 12 years or older. They are only available if the psoriasis:

- is severe and
- has not improved with other treatments, for example, ciclosporin, methotrexate or phototherapy, or these can't be used.

If the psoriasis doesn't improve enough, treatment with etanercept should be stopped after 12 weeks and with adalimumab and ustekinumab treatments after 16 weeks.

If you (or your child) are not eligible for adalimumab, etanercept or ustekinumab but are already taking one of them, you (or your child) should be able to continue until you and your doctor decide when best to stop.

Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. Read more about [making decisions about your care](#).

Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?

Information and support

[NHS Choices](#) may be a good place to find out more.

These organisations can give you advice and support:

- [British Skin Foundation](#), 0207 391 6347
- [Psoriasis Association](#), 0160 425 1620
- [Psoriasis and Psoriatic Arthritis Alliance](#), 0192 367 2837
- [Psoriasis Help Organisation](#)

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