

Dimethyl fumarate for treating moderate to severe plaque psoriasis

Information for the public

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Dimethyl fumarate (Skilarence) is available on the NHS as a possible treatment for moderate to severe plaque psoriasis in adults if:

- the psoriasis is severe and affects quality of life and
- the psoriasis has not improved with other treatments, for example ciclosporin, methotrexate and PUVA (psoralen and long-wave ultraviolet radiation), or these can't be taken.

Treatment with dimethyl fumarate should be stopped after 16 weeks if the psoriasis does not improve enough.

When assessing how psoriasis affects your quality of life, healthcare professionals should take into account any disabilities or difficulties in communicating you might have.

If you are not eligible for dimethyl fumarate but are already taking it, you 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](#), 01604 251 620
- [Psoriasis Help Organisation](#)
- [Psoriasis and Psoriatic Arthritis Alliance](#), 01923 672 837

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