



Learning to live with the heat: Tell us what you do.

We've learnt enough over the last few UK summers to know that we have to adapt as the climate changes. What we've learnt so far:

Hot spells are no longer rare events

Repeated heatwaves are now a predictable feature of UK summers, so people with psoriasis and psoriatic arthritis need clear, routine advice about heat, sun and medication safety, not just one-off alerts.

Heat hits symptoms in multiple ways

We've seen that heat and humidity can worsen itch, disturb sleep and aggravate plaques, while tiredness and dehydration can make psoriatic arthritis pain and fatigue harder to manage.

People self-experiment with sun and routines

Many people already adjust clothing, emollients and outdoor time on their own; our role is to channel that experimentation into safe, evidence-based self-management and to flag when medical review is needed.

Use our [contact form](#) to tell us what you think about the changing climate, how it affects you, and what you would like to see changed in patient care in the future.

[Contact us form](#)