Psoriasis

What is it?

- <u>Psoriasis</u>- chronic skin condition that causes raised red patches, topped with scaling, silvery skin, can also cause a form of arthritis; noncontagious, lifelong skin disease; inflammatory skin condition
- <u>Location of Psoriasis</u>- back, scalp, knees, elbows; less common on the soles of the feet, palms of the hands and fingernails

Signs and Symptoms:

• Skin- itches, cracks, bleeds

Facts:

- Normal Skin Cells- replaced every 30 days
- Psoriasis Skin Cells- replaced every 3 to 6 days
 - o Plaques (Patches)- made of dead skin cells, accumulate in thin layers
- <u>Plaque Psoriasis</u>- most common, 80% of people with psoriasis have this type
- <u>Characteristics</u>- raised, reddish skin, silvery-white scale, form on elbows, lower back, knees, and scalp, but can form anywhere on the body
- Guttatate Psoriasis small red spots on the skin
- <u>Pustular Psoriasis</u>- white pustules surrounded by red skin
- Inverse Psoriasis smooth, red lesions form in skin folds
- Erythrodermic Psoriasis severe itching, pain, widespread redness
- Psoriasis not contagious
 - Treated- regular use of hydrocortisone creams or tar products (gels, shampoos, or lotions) may increase sun sensitivity to your skin
- <u>Stastics</u>- 4.5 million adults in US have psoriasis
 - 10 to 30%- develop psoriatic arthritis causing pain, stiffness, swelling in the joints

What can I do?

- <u>See your Health Care Provider</u>- cyclosporine which is a potent immunosuppressive medication indicating that the immune system is involved
- <u>Limit</u>- sun exposure, stress

