

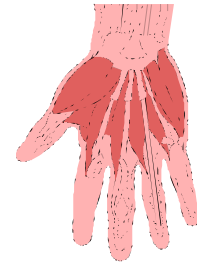
Psoriasis

What is it?

- **Psoriasis**- 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
- **Location of Psoriasis**- back, scalp, knees, elbows; less common on the soles of the feet, palms of the hands and fingernails

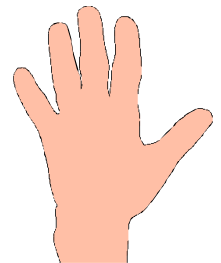
Signs and Symptoms:

- **Skin**- itches, cracks, bleeds



Facts:

- **Normal Skin Cells**- replaced every 30 days
- **Psoriasis Skin Cells**- replaced every 3 to 6 days
 - **Plaques (Patches)**- made of dead skin cells, accumulate in thin layers
- **Plaque Psoriasis**- most common, 80% of people with psoriasis have this type
- **Characteristics**- raised, reddish skin, silvery-white scale, form on elbows, lower back, knees, and scalp, but can form anywhere on the body
- **Guttate Psoriasis**- small red spots on the skin
- **Pustular Psoriasis**- 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
- **Stastics**- 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?

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

