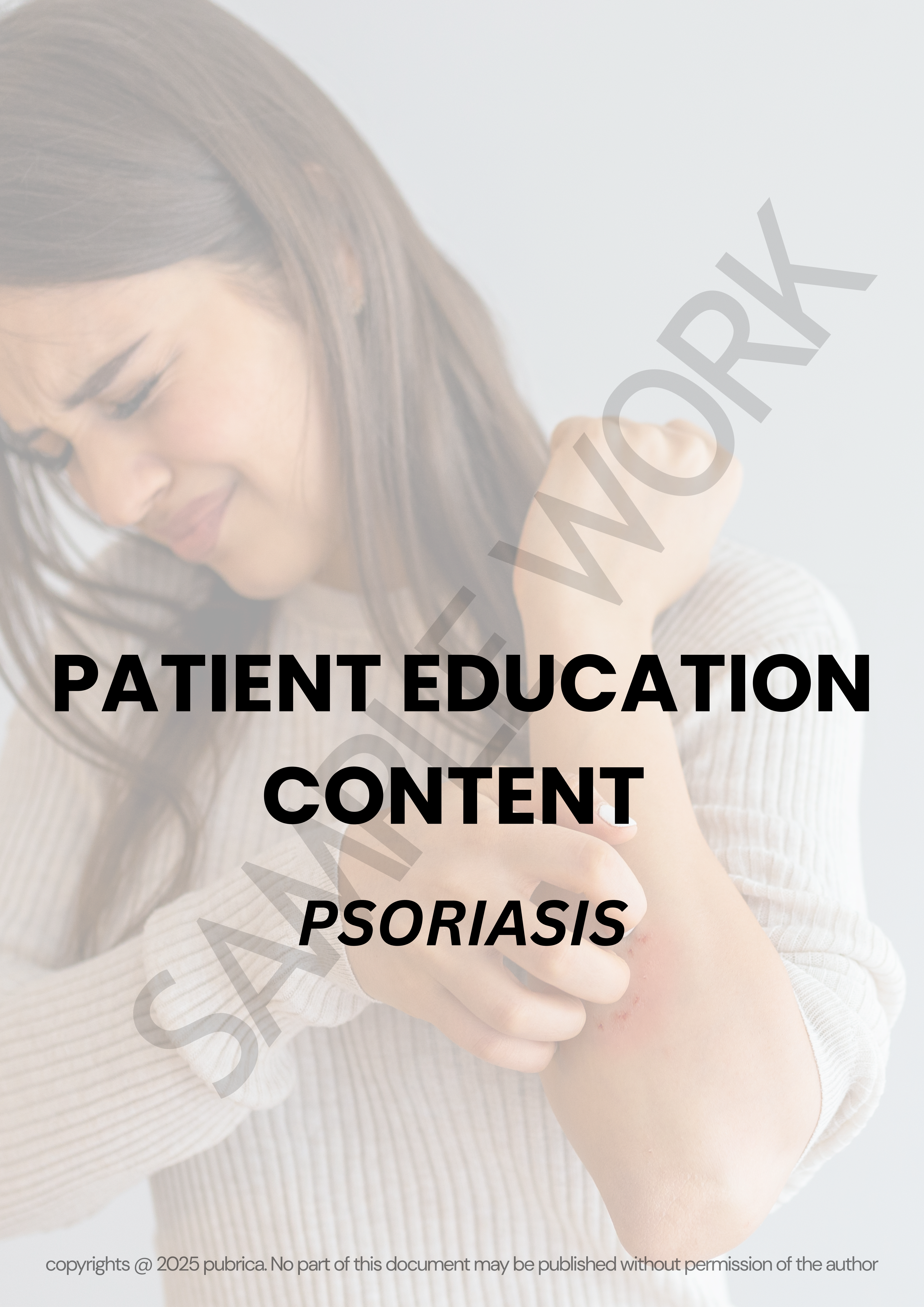




# **PATIENT EDUCATION CONTENT *PSORIASIS***

# PSORIASIS

Psoriasis is an autoimmune skin condition that causes itchiness and discomfort. Plaque psoriasis is the most common type. It causes thick, scaly areas of skin. While there isn't a cure, psoriasis treatment can help manage symptoms. Your provider may prescribe special creams or ointments for psoriasis

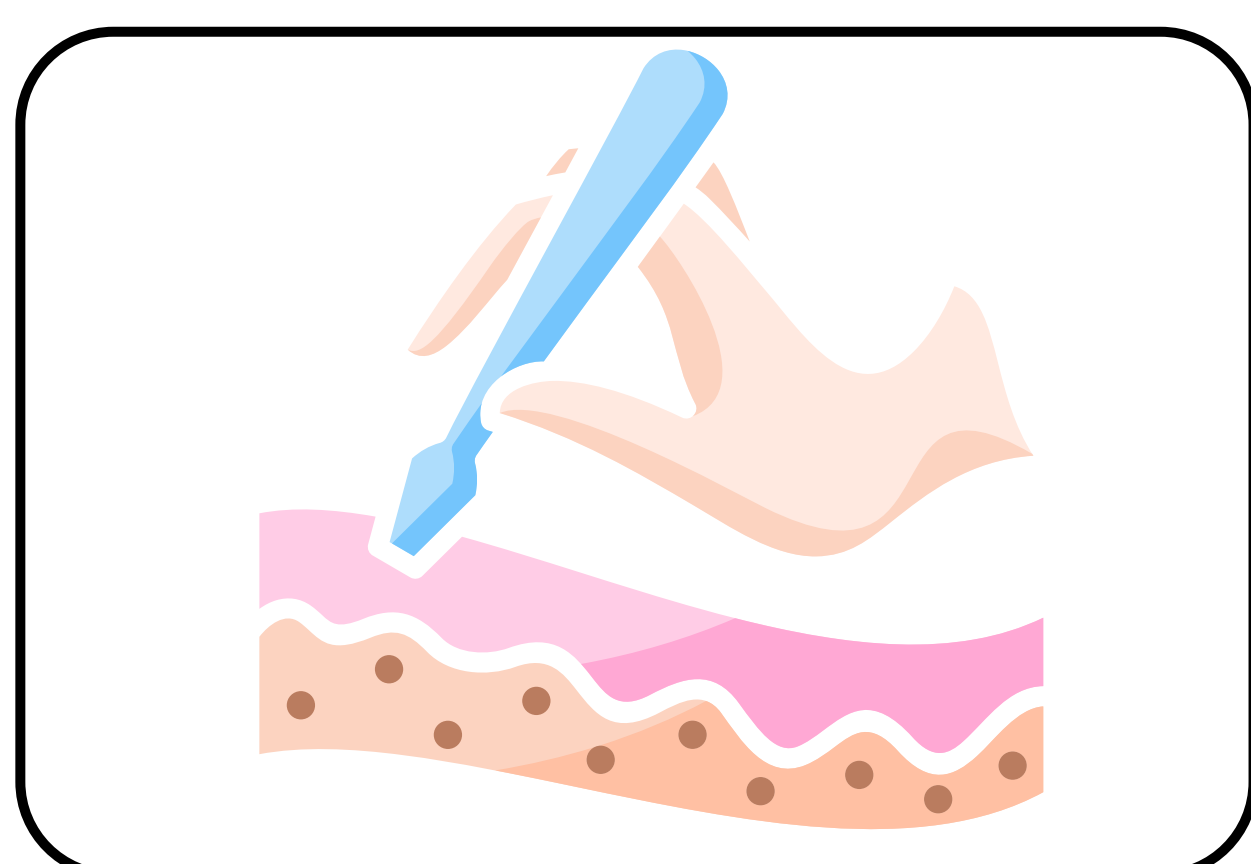
## PLAQUE PSORIASIS DIAGNOSIS



Medical History



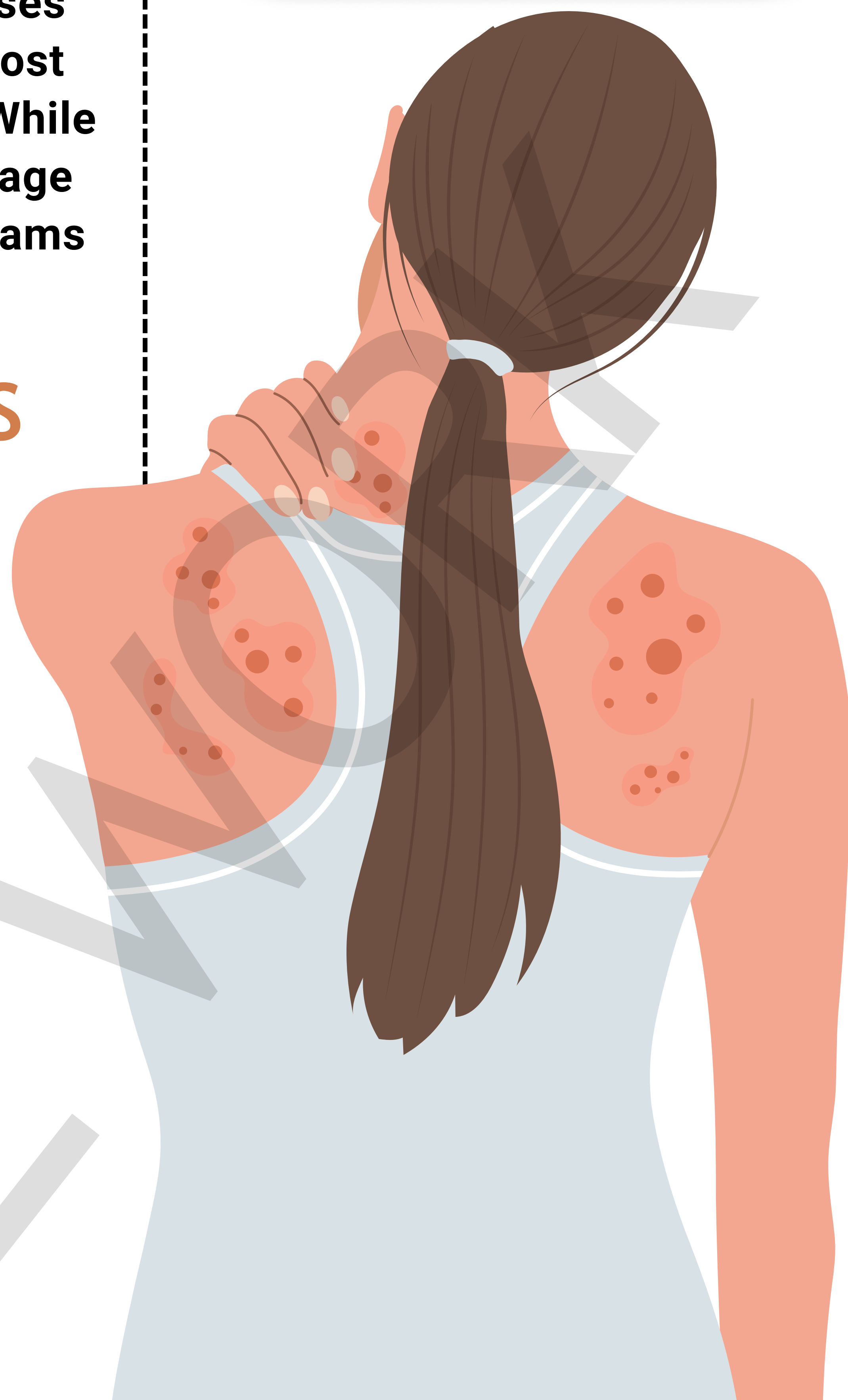
Physical Exam



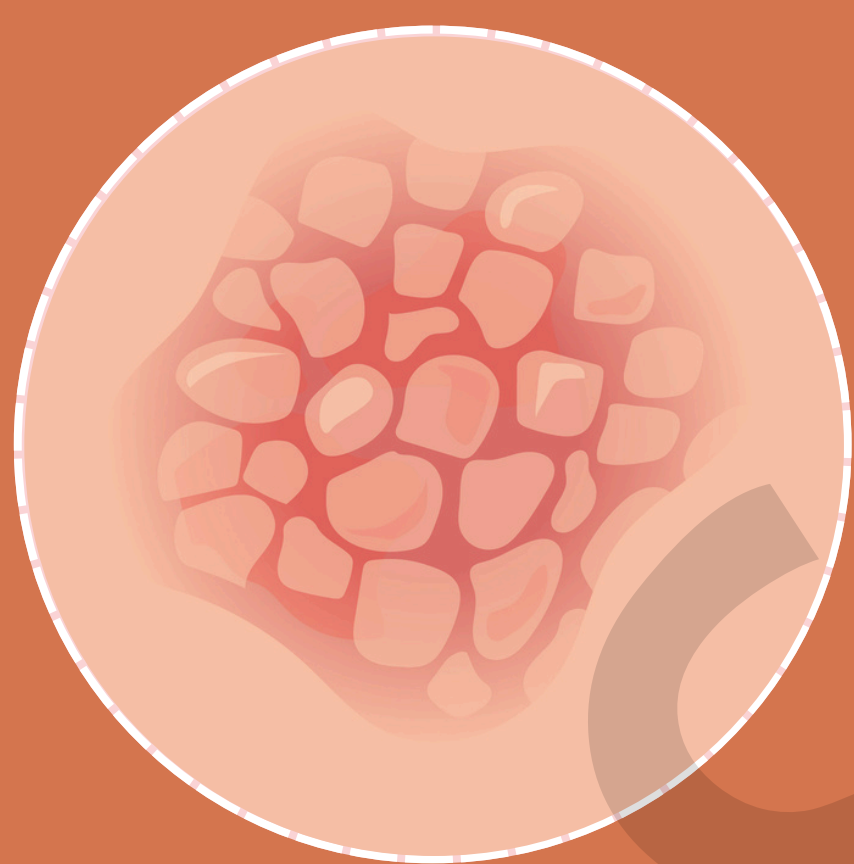
Skin Biopsy



Differential Diagnosis



## TYPES OF PSORIASIS



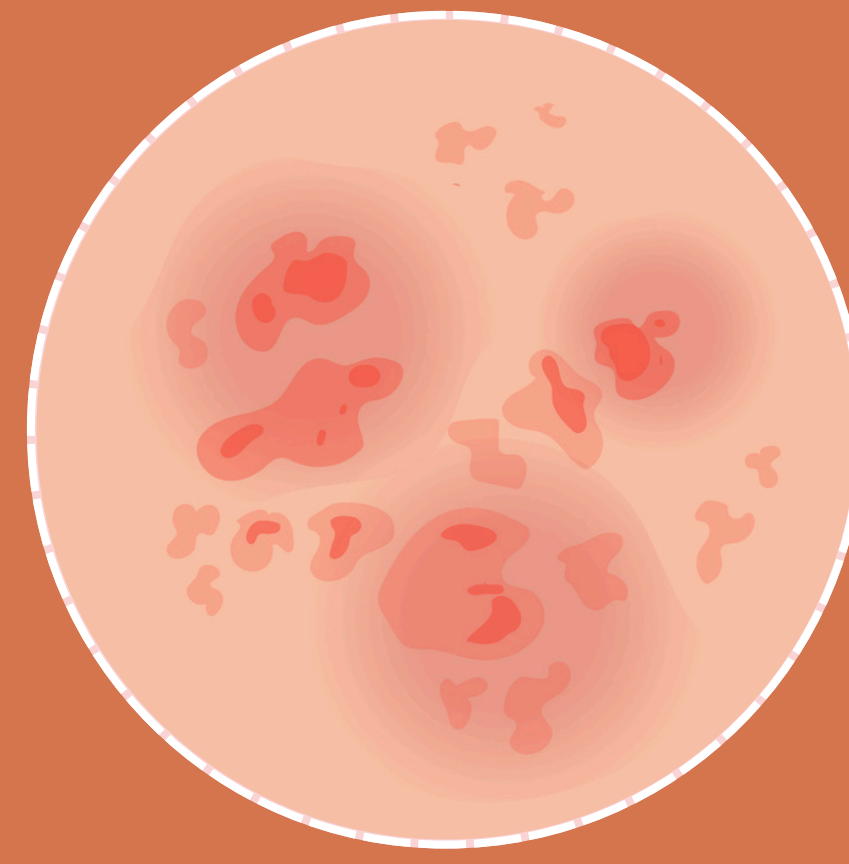
VULGAR  
PSORIASIS



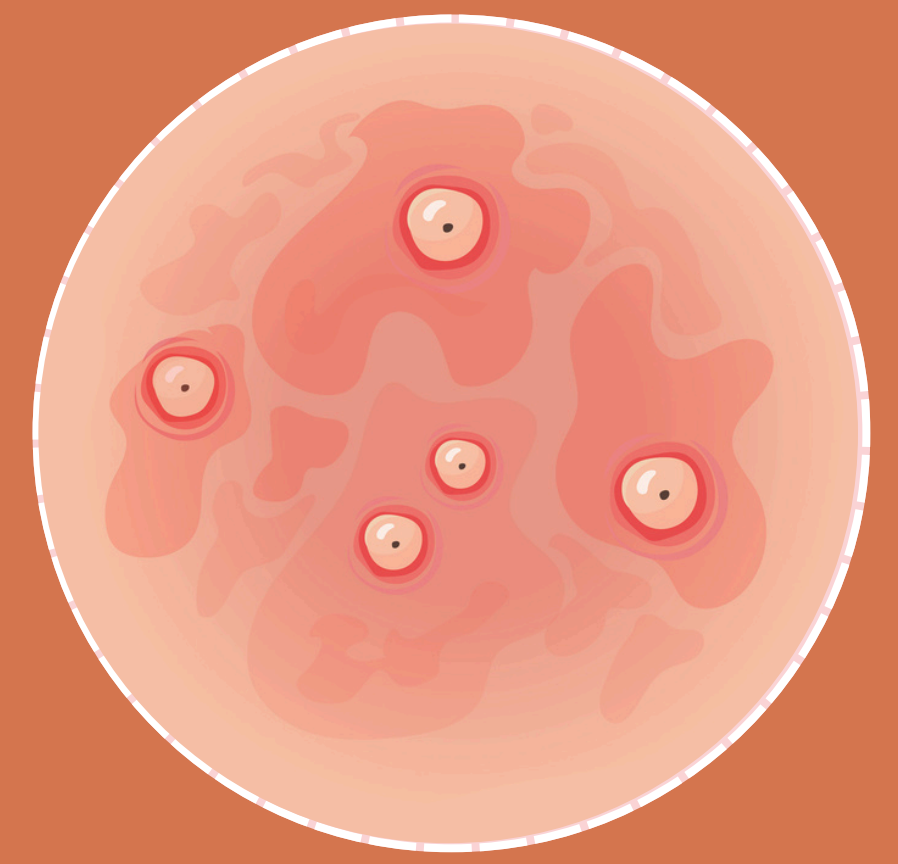
INVERSE  
PSORIASIS



PSORIATIC  
ERYTHRODERMA



GUTTATE  
PSORIASIS



PUSTULAR  
PSORIASIS

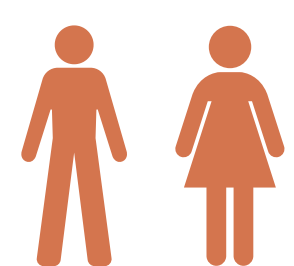
## Prevention

There isn't a way to entirely prevent psoriasis. You can reduce your risk by following your healthcare provider's treatment, living a healthy lifestyle, taking good care of your skin and avoiding triggers that can cause an outbreak of symptoms.

# SYMPTOMS OF PSORIASIS



Psoriasis affects around 2 in 100 people in the UK. It can start at any age, but most often develops in adults between 20 and 30 years old and between 50 and 60 years old. It affects men and women equally.

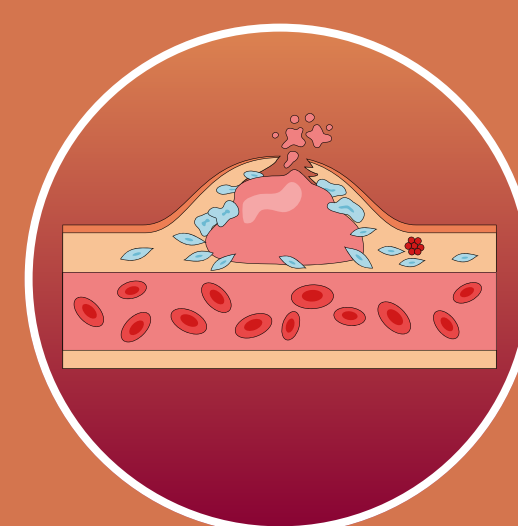


2

100



Red, brown, or purple patches of skin



Patches of thick, raised skin (plaques)



Irritation, burning, or stinging



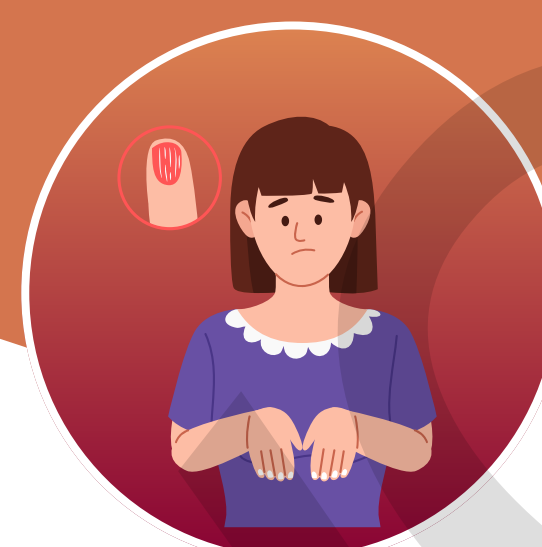
Itching



Pustules or blisters



Dry skin that may crack or bleed

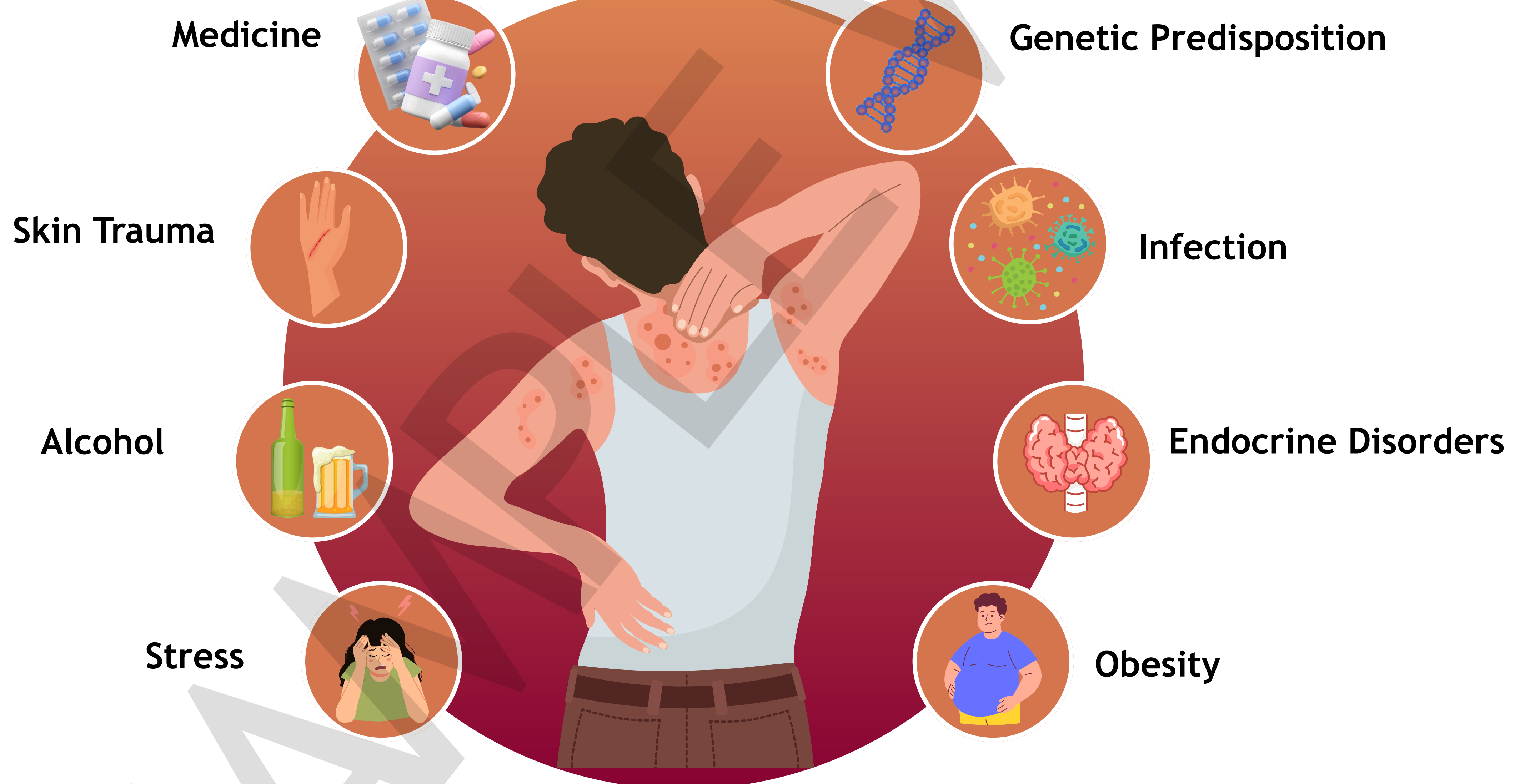


Changes to nails



Flaking of dead skin

## PSORIASIS CAUSES



## COMMON PSORIASIS TREATMENTS



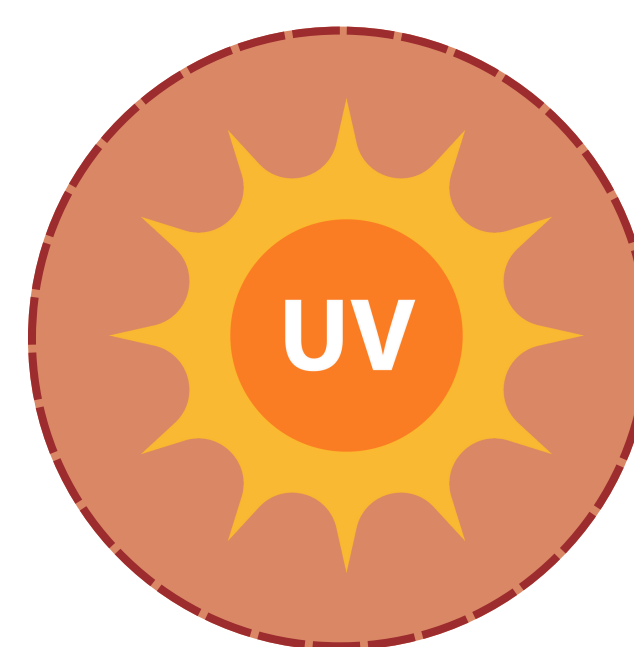
### CREAMS & LOTIONS

The first line of psoriasis defense: applying an over-the-counter or prescription cream, ointment, or lotion directly to the affected area.



### ORAL MEDICATIONS

Some prescribed oral meds can help to reduce inflammation and curb skin-cell production, both of which can help keep red patches in check.



### LIGHT TREATMENTS

For more active and severe psoriasis, ultraviolet rays can help heal; the therapy can be done in a doctor's office or at home with a device.



### BIOLOGICS

The most advanced in the treatment class, these drugs are injected or infused through an IV. They selectively target the part of your system linked to psoriasis.