



Emirates Dermatology Society

# Psoriasis: What You Need to Know

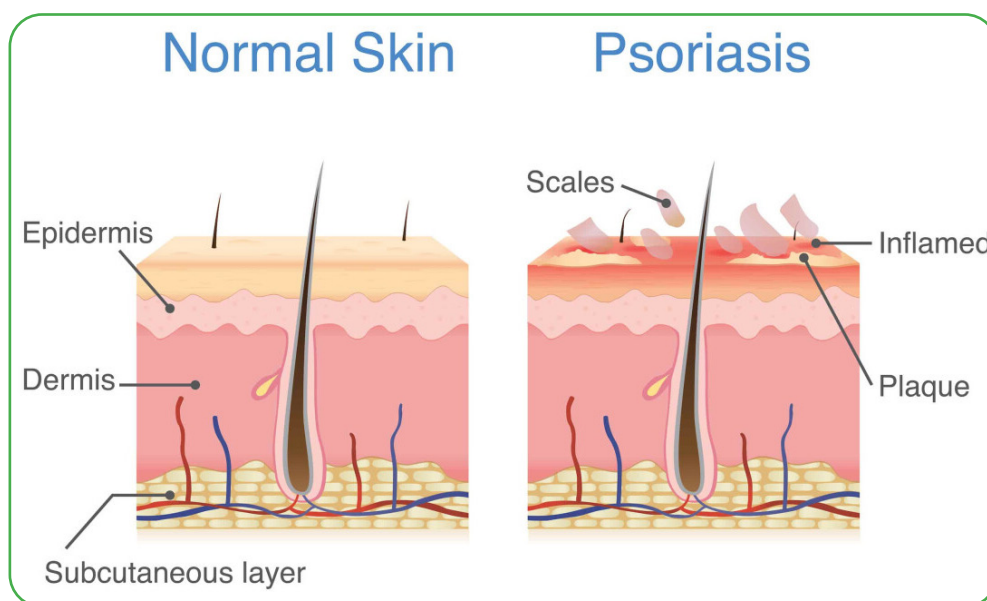
- ◆ What is Psoriasis?
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# Psoriasis: What You Need to Know

## What is Psoriasis?

Psoriasis is a long-term skin condition that comes and goes but is not contagious. It doesn't scar the skin but may temporarily change its color. There are effective treatments to manage it.



## How Common is Psoriasis?

Affects 1 in 50 people. Occurs equally in men and women. Can appear at any age.

## Types of Psoriasis:

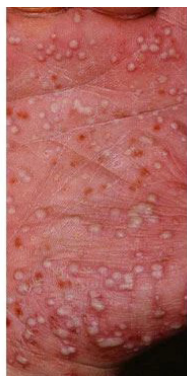


**1. Plaque Psoriasis:**  
Red patches with silvery scales, common on the scalp, elbows, and knees.



**2. Guttate Psoriasis:**  
Small, red dots, often in children, triggered by infections.

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**3. Pustular Psoriasis:**  
Pus-filled bumps, usually on hands and feet and sometimes can affect other parts of body.



**4. Inverse Psoriasis:**  
Smooth red patches in skin folds (groin, axillae and under breasts).



**5. Erythrodermic Psoriasis:**  
Rare, severe redness and scaling over most of the body.



**6. Nail Psoriasis:**  
Changes in nails, common with psoriatic arthritis.

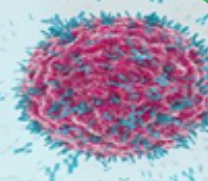









**7. Psoriatic Arthritis:**  
Joint pain and swelling alongside skin symptoms.

## Symptoms:

- ◆ Red, scaly patches with itching or burning.
- ◆ Dry, cracked skin that may bleed.
- ◆ Thickened or ridged nails.

**SYMPTOMS OF PSORIASIS**



	Red, raised, inflamed patches of skin		Soreness around patches
	Whitish-silver scales or plaques on the red patches		Itching and burning sensations around patches
	Dry skin that may crack and bleed		Thick, pitted nails
	Painful, swollen joints		



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## Causes & Triggers:

- ♦ **Immune System:** Overactive immune cells cause rapid skin growth.
- ♦ **Genes:** Family history increases risk.
- ♦ **Triggers:** Infections, stress, skin injuries, certain medications, alcohol, and smoking.

## Diagnosis:

Usually based on the appearance of the skin , your doctor may ask for skin biopsy if needed .

## Psoriasis and Overall Health:

Psoriasis can increase the risk of other conditions, including:

- ♦ Psoriatic arthritis
- ♦ Heart disease
- ♦ Metabolic syndrome such as hypertension ,obesity, diabetes and dyslipidaemia
- ♦ Anxiety and depression
- ♦ Inflammatory bowel disease

## Managing Psoriasis:

- ♦ Avoid triggers.
- ♦ Follow a skincare routine.
- ♦ Maintain a healthy lifestyle.
- ♦ Use medications as prescribed.

## Treatment Options:

- ♦ **Topical Treatments:** Creams, ointments, and gels.
- ♦ **Phototherapy:** Controlled UV light treatment.
- ♦ **Systemic Treatments:** Oral or injectable medications.
- ♦ **Biologics:** Targeted drugs for severe cases.



# Psoriasis: What You Need to Know

While psoriasis cannot be cured, effective treatments can help you achieve clear or nearly clear skin. Consult your clinician to find the best approach for you.

Reasons	Treatment
 <b>Infection</b>	 <b>Ultraviolet</b>
 <b>Skin injury</b>	 <b>Healthy Food</b>
 <b>Stress</b>	 <b>Steroid-Based Cream</b>
 <b>Vitamin D Deficiency</b>	 <b>No Alcohol</b>

**For more information, talk to your dermatologist.**

While every effort has been made to ensure that the information given in this leaflet is accurate, not every treatment will be suitable or effective for every person. Your own clinician will be able to advise in greater detail.