

August is National Psoriasis Month

What is Psoriasis?

It is an immune-mediated, genetic disease that manifests in the skin and/or joints. Psoriasis can be limited to a few lesions or can involve moderate to large areas of skin. The severity can range, but for most people, it tends to be mild.

Psoriasis most often occurs on the elbows, knees, legs, scalp, lower back, face, palms, and soles of feet, but can occur anywhere on the body.

What causes Psoriasis?

Doctors are unsure of the cause. They believe the immune system is somehow mistakenly triggered, which speeds up the growth cycle of skin cells.

Is there a cure?

No, but there are many different treatments available. One is topical (on the skin), for mild to moderate cases and the other is systemic (throughout the body) for moderate to severe cases.

Skin Care and Aging



- ◆ Studies have shown that 10-30% of people with psoriasis also develop psoriatic arthritis.
- ◆ The National Psoriasis Foundation defines mild psoriasis as affecting less than 3% of your body. The palm of

A psoriatic skin cell matures in 3-4 days, so instead of falling off (shedding), the cells pile up and form lesions (plaques), which are red, flaky and scaly patches that are itchy and uncomfortable.

Triggers:

- ◆ Emotional stress
- ◆ Injury to skin
- ◆ Some types of infections and reactions to drugs
- ◆ Vaccinations, sunburns, and scratches
- ◆ Weather, diet and allergies

your hand equals 1% of the skin.

What is arthritic psoriasis?

It is a chronic inflammatory disease of the joints and connective tissue. It tends to affect men more than women.

The symptoms of arthritic psoriasis are similar to rheumatoid arthritis, gout, and reactive arthritis.

[National Psoriasis Foundation](#)
[1-800-723-9166](tel:1-800-723-9166)

Source: Nationalpsoriasisfoundation.org, www.psoriasis.org

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