

# PSORIASIS

## What Is Psoriasis?

Psoriasis is a chronic skin condition that causes the skin to grow and shed more quickly than normal. This leads to thick, scaly patches that can be itchy or uncomfortable.

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## What Causes Psoriasis?

- An overactive immune system that speeds up skin cell turnover
  - Genetics (family history)
  - Triggers such as stress, illness, skin injury, or certain medications
  - Environmental factors (weather changes, especially cold/dry climates)
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## Common Symptoms

- Thick, red patches of skin with **silvery scale**
  - Dry, cracked skin that may bleed
  - Itching, burning, or soreness
  - Commonly affects the scalp, elbows, knees, and lower back
  - Nail changes (pitting, thickening, or discoloration)
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## Treatment Options

### Topical Treatments

- **Topical corticosteroids:** reduce inflammation and scaling
- **Vitamin D analogs** (e.g., calcipotriene): slow skin cell growth
- **Topical retinoids:** help normalize skin turnover
- **Other topical agents:** combination therapies may be used

### Oral/Systemic Medications

- Oral medications for moderate to severe psoriasis
- Biologic medications that target specific parts of the immune system

### Procedures

- **Phototherapy (light therapy):** slows skin cell growth and reduces inflammation
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## How to Manage at Home

- Moisturize regularly (use creams and ointments—work better than lotions)
  - Take short, lukewarm showers (avoid hot water)
  - Avoid picking or scratching plaques (can worsen psoriasis)
  - Identify and avoid triggers (stress, illness, skin injury, certain medications)
  - Use medications consistently as prescribed
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## When to Follow Up

- If symptoms are not improving with treatment
- If plaques become painful, cracked, or bleed frequently
- If you develop joint pain or stiffness (possible psoriatic arthritis)
- If psoriasis is affecting your quality of life



### Key Points to Remember

- Psoriasis is chronic but manageable
- Consistent treatment is key to control
- Triggers can cause flares—identify and avoid them
- Early treatment helps prevent worsening