




Understanding Psoriasis

What is Psoriasis?

Psoriasis is an immune-related disease that causes raised, red or purple, scaly patches to appear on the skin. It is not contagious, and it is still unknown what causes it!


Who can get Psoriasis?



While the **cause of psoriasis is unknown**, scientists know that it is a combination of genetics and the immune system

1/3rd of individuals who have psoriasis have a family member with psoriasis

How is it Diagnosed?



Dermatologists, or a doctor that specializes in skin, can **visually confirm diagnoses**. They may take a biopsy to be able to examine the skin cells closer.

Psoriasis and Population

Men and women develop psoriasis at equal rates. Over **8 million** Americans have Psoriasis

Black people experience Psoriasis at a rate of **1.9%** while white people experience Psoriasis at a rate of **3.6%**

Nearly **60 percent** of people with psoriasis reported their disease to be a large problem in their everyday life.

Patients with moderate to severe psoriasis experienced a greater negative impact on their quality of life.

Age of Diagnoses

Psoriasis often develops between the ages of **15 and 35**, but it can develop at any age. About **10 to 15 percent of those with psoriasis get it before age 10**

Psoriasis Flare Ups

Factors that trigger Psoriasis Flare Ups include:

- **Stress**
- **Skin injury (sunburns, scratches, injections)**
- **Medications***
- **Infections**

Psoriasis & Mental Health

Those living with Psoriasis have:

39% increased risk of being diagnosed with depression,

70% chance of being diagnosed with anxiety

Medications and Psoriasis

Medications that can cause Psoriasis triggers are:

- **Lithium (psychiatric medication)**
- Quinidine (heart medication)
- Inedral (blood pressure)
- Indomethacin (arthritis)

Psoriasis & Mental Health

Scientists are now learning more about the relationship between stress, depression and psoriatic disease and are testing new therapies that could treat all of those things.

Psoriasis & Cytokines

Cytokines (how cells communicate) may be doing double duty in some individuals with psoriasis, leading to both physical and emotional disorders. Doctors are developing new treatments that can stop the cycle of inflammation, stress and depression!

Treatment

It is important to treat Psoriasis for effective disease management and reduction in comorbidities.

Some treatment options include steroid injections, oral treatments, skin cream/gel, light therapy or a homeopathic/natural approach.

Treatment Goals

There are many different medications and treatment options for Psoriasis patients and caregivers.

Many treatments aim to contain Psoriasis to 1% of the skin.

Use this link to learn more about treatment options!

https://www.psoriasis.org/sites/default/files/treatment_comparison_chart_2018.pdf#utm_source=EduPageCP

Thresholds Health Literacy Center



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