

10 things you should know about psoriasis



Psoriasis is a chronic inflammatory disease characterized by the rapid growth of skin cells, leading to thick, red, scaly plaques on lighter skin and purple/brown patches on darker skin.

Plaque psoriasis is the most common form, and it affects 80–90% of individuals with this condition.



Approximately 15% to 20% of patients with plaque psoriasis may have or develop psoriatic arthritis, with the vast majority developing it later on while having skin psoriasis.

Cold, dry weather worsens symptoms for many, while warm, sunny climates can improve them. Direct sunlight exposure can help reduce symptoms, but excessive sun can be dangerous.



There is a strong genetic component to psoriasis, which means having family members with the condition increases a person's risk of developing it.

Psoriasis is associated with systemic inflammation and it may affect the entire body, which means it can increase the risk of developing other chronic conditions.



Although psoriasis flare-ups often seem random, they can be triggered by factors such as stress, skin injuries, infections, and certain medications.

Psoriasis can affect a person's quality of life, emotional wellbeing, and social interactions.



Following a balanced diet, maintaining a healthy weight, and avoiding cigarettes and excessive alcohol intake may give your body the best chance to keep symptoms at bay.

There is currently no permanent cure for psoriasis but there are many treatments available that will keep you symptom-free most of the time.



Psoriasis A Patients Guide

Hussin A.Rothana



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