



**MORE THAN 8 MILLION**  
Americans have psoriasis.

**ABOUT 1 IN 3**  
people with psoriasis develop psoriatic arthritis, which affects the joints, tendons and ligaments.

**BETWEEN AGE 15 AND 25**  
is when psoriasis often starts, but it can develop at any age.

**What is psoriasis?**  
Psoriasis is an autoimmune disease that speeds up the growth of skin cells. It can cause the skin to look thick and silvery scales usually appear on the affected areas.

**What are the symptoms?**  
Common symptoms are pain, burning, fatigue, itching, swelling, bleeding, and scaling of the skin.

**Is psoriasis contagious?**  
No. You cannot get psoriasis from touching someone who has it.

**Is psoriasis curable?**  
Psoriasis is a lifelong condition. However, there are times when flare-ups are minimal/nonexistent and other times when flares are particularly bad. It is important to first identify triggers.

**Is psoriasis treatable?**  
Yes. Medications can stop overacting skin cell production, soothe itching/inflammation, and remove excess dead skin.

**Is all psoriasis the same?**  
No. There are several types that include plaque, pustular, erythrodermic, inverse, and guttate.

**Is psoriasis preventable?**  
Certain risk factors are preventable such as managing weight and stress levels. However, there is also a genetic component that is not preventable.

**Is medication enough to manage psoriasis?**  
Psoriasis management should include both medication and healthy lifestyle changes. Diet can play a role in helping reduce flares for some and weight loss can also be beneficial.

**Does psoriasis get worse over time?**  
Up to 30% of people with psoriasis develop psoriatic arthritis which can be painful and potentially disabling but there are medications that can help.

## POSSIBLE REASONS



Triggers of psoriasis are not universal. What may cause one person's psoriasis may not affect another.



# WAYS TO RELIEVE ITCHY PSORIASIS

MANY PEOPLE SAY THAT THE ITCH IS THE MOST BOTHERSOME OF ALL PSORIASIS SYMPTOMS. TO RELIEVE THE ITCH, DERMATOLOGISTS GIVE THEIR PATIENTS THE FOLLOWING TIPS.



## TREAT YOUR PSORIASIS

The best way to get rid of the itch is to treat psoriasis.



## REMOVE SCALE

Less scale often means less itchiness. Removing scale can also improve the results you get from itch-relieving products.

To remove scale, you want to use medicine like salicylic acid. This helps soften the scale, so you can gently brush it away. Pulling scale off can worsen psoriasis.



## LIMIT SHOWER TIME

Limit showers to 5 minutes and baths to 15 minutes or less. Spending too much time in the water can dry your skin, which can worsen the itch.



## USE MOISTURIZER

Applying a moisturizing cream or ointment after every handwashing, bath, and shower helps to seal much-needed moisture in your skin. Moisturizer helps reduce the redness and the itch. It also helps your skin heal. Even cooking oil or shortening will work if that's the only thing available.



## TRY AN ITCH-RELIEVING PRODUCT

You can buy many of these without a prescription. One that contains menthol, or camphor tends to work best for itchy psoriasis. Some of these products can irritate your skin or make it drier. Using a moisturizer helps reduce the dryness.



## MILD



< 3% of body

## MODERATE



3-10% of body

## SEVERE



> 10% of body

People with psoriasis may respond to treatments differently and at different times. Treatment options available include:

## TOPICAL THERAPY

It comes in many different forms such as creams, lotions, ointments or shampoos. Topicals also come in different strengths. You may be able to purchase prescription strength topicals at major drugstores and supermarkets.

## PHOTO THERAPY

Light therapy uses ultraviolet (UV) light to treat psoriasis under the care of your healthcare provider. Treatments can be given at your health care provider's office, a psoriasis clinic or at home with a prescription home photo therapy unit.

## SYSTEMATIC THERAPY

Systemic medications are prescription drugs that work throughout the body. Systemic psoriasis drugs are taken by mouth in liquid or pill form or given by injection.

For more information, visit:

[www.cdc.gov/psoriasis](http://www.cdc.gov/psoriasis)

[www.psoriasis.org](http://www.psoriasis.org)

<https://www.aad.org/public/diseases/sca>

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References  
AAD American Academy of Dermatology  
CDC Centers for Disease Control and Prevention  
IFPMA International Federation of Pharmaceutical Manufacturers

