



PSORIASIS

PSORIASIS is a chronic autoimmune condition that causes the rapid buildup of skin cells. This buildup of cells causes scaling on the skin's surface.²

Psoriasis can show up anywhere on the body, including: eyelids, ears, mouth, scalp, face, hands, feet, and nails. The disease can be mild, moderate, or severe.¹

Treatment options depend on the type of psoriasis and the severity. Working with a physician to find the best treatment plan can reduce and/or eliminate symptoms.³

EFFECTS ON THE BODY¹

SCALP

Appears as mild scaling or severe thick, crusted plaques covering the entire scalp. Can also extend beyond the hairline.

FACE

Most often affects the eyebrows, skin between the nose and upper lip, forehead, and hairline.

HANDS, FEET, AND NAILS

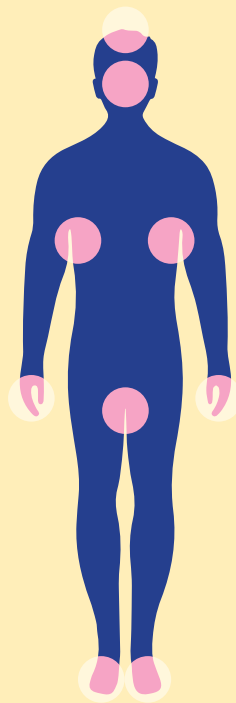
Cracking, blisters, and swelling accompany flares of psoriasis on the hands and feet.

GENITALS

Red lesions attributed to inverse psoriasis is the most common type found in the genital region. Other types of psoriasis can appear on the genital area, especially in men.

SKIN FOLDS

Inverse psoriasis can occur in skin folds such as under the armpits and breasts.



THE FIVE TYPES¹

Learning which type of psoriasis you have will help determine the best course of treatment.

1

PLAQUE

Most common form of psoriasis. Appears as raised, red patches covered with silvery white buildup of dead skin cells. Most often seen on the scalp, knees, elbows, and lower back.

2

GUTTATE

Appears as small, dot-like lesions. Often starts in childhood and can be triggered by a strep infection. This is the second most common type of psoriasis.

3

INVERSE

Shows up as red lesions in body folds. Many people experience this along with another type of psoriasis.

4

PUSTULAR

Appears in the form of white pustules surrounded by red skin. This form of psoriasis most often occurs on the hands or feet.

5

ERYTHRODERMIC

Severe form of psoriasis that leads to widespread, fiery redness covering most of the body. Can cause severe itching and pain, and make the skin come off in sheets. This form of psoriasis is rare.

CAUSES¹

While the exact cause of psoriasis is unknown, we do know that the immune system and genetics play a major role in its development.

- **8 million+** Americans have psoriasis.
- Psoriasis often **develops between the ages of 15 and 35** but can develop at any age.
- **Triggers** – Psoriasis triggers are not universal. Established triggers are:



TREATMENT³

Psoriasis can be treated with both pharmacologic or non-pharmacologic (e.g. light therapy) options.

Pharmacologic treatment includes:

Traditional & Systemic Therapies	Biologics & Newer Oral Therapies
 e.g. topical corticosteroids	 e.g. Humira, Stelara, Taltz
 e.g. acitretin, cyclosporine, methotrexate	 e.g. Otezla
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1. About Psoriasis. www.psoriasis.org/about-psoriasis.

2. Holland, Kimberly. "Everything You Need to Know About Psoriasis." *Healthline*, Healthline Media, 30 June 2020, www.healthline.com/health/psoriasis.

3. ProAct Clinical Team