

# PSORIASIS

## 80 % to 90 % of Psoriasis Sufferers Have Plaque Psoriasis

### 7.5 Million Americans Have Psoriasis

It is easy to think that Psoriasis is simply a skin condition. However, Psoriasis begins below the skin and it is a chronic immune system disease that can range from mild to severe.

This resource will provide valuable information including, what Psoriasis is, causes, symptoms and treatment options.

#### 01 | What is Psoriasis?

Psoriasis is an autoimmune disease that causes raised, red, scaly patches to appear on the skin. Although, Psoriasis can affect any part of the body, normally Psoriasis affects the outside of the elbows, knees or scalp and can itch, sting and burn.

#### 02 | Causes

Men and women develop Psoriasis at equal rates. Psoriasis also occurs in all racial groups, but at varying rates. About 1.9 percent of African-Americans have psoriasis, compared to 3.6 percent of Caucasians. Psoriasis can develop at any age; however, it often develops between the ages of 15 and 35.

The immune system and genetics play a major role in the development of Psoriasis; currently there is no exact cause as to why Psoriasis develops in some but not others. However, Psoriasis is associated with other serious health conditions, such as diabetes, heart disease and depression.

#### 03 | Symptoms

Usually, something triggers Psoriasis to flare. The skin cells in people with Psoriasis grow at an abnormally fast rate, which causes the buildup of psoriasis lesions. Psoriasis symptoms can vary, common symptoms of Psoriasis include:

- Red patches of skin covered with silvery scales
- Small scaling spots (commonly seen in children)

- Dry, cracked skin that may bleed
- Itching, burning or soreness
- Thickened, pitted or ridged nails
- Swollen and stiff joints

#### 04 | Treatment

Psoriasis treatments aim to stop the skin cells from growing so quickly, reduce inflammation and smooth the skin. Common treatment options include:

- Topical treatments
- Light therapy
- Oral or injected medications

Treatment varies on severity. Consult with your medical provider to establish a roadmap for care.

For additional Psoriasis resources and support, please visit: <http://www.mayoclinic.org/diseases-conditions/psoriasis/basics/definition/con-20030838>

*Did You Know?  
10%-15% of Psoriasis  
sufferers are under age 10*

#### References

<http://www.mayoclinic.org/diseases-conditions/psoriasis/basics/symptoms/con-20030838>

<https://www.psoriasis.org/about-psoriasis#cause>

<https://www.aad.org/media/stats/conditions/psoriasis>