

Psoriasis

Psoriasis is...

- Not contagious
- Caused by the immune system, TH17 mediated
- Seen commonly in family members
- Often started by or made worse after infection or certain medicines
- Often appears in areas of trauma and worsens in times of stress
- Comes in different patterns including plaque, guttate, pustular and erythrodermic

What does it look like?

- Red, raised, scaly spots
- Most commonly on elbows, knees, lower back, and scalp
- Can be everywhere
- Can cause nail changes

Complications:

- Embarrassment, frustration, itch, pain
- Hand and feet can be painful and make work difficult
- May be associated with joint pains/arthritis
- Co-morbidities: diabetes, obesity, high blood pressure, heart disease

More information: <http://www.psoriasis.org/>,
<http://www.healthlinkbc.ca/kb/content/major/hw58469.html>



Psoriasis



Treatment options

- ✓ Stop any medicines that might make it worse
- ✓ Treat any infections that might make it worse
- ✓ Maintain healthy lifestyle

Topical treatments – usually applied twice daily

•Corticosteroids

Mild: hydrocortisone

Moderate: betamethasone valerate, triamcinolone

Strong: fluocinonide, betamethasone dipropionate, clobetasol

- Coal tar
- Calcipotriene – Vitamin D analogue
- Tazarotene – Vitamin A analogue (may be irritating)

Systemic Treatments

Ultraviolet light therapy, methotrexate, retinoids, cyclosporine, biological agents (inhibitors of: TNF, IL17, IL12/23, and IL23)

General treatment recommendations

- ✓ Ointments are more effective than creams.
- ✓ Oils, solutions and medicated shampoos are helpful to treat scalp.
- ✓ Sun exposure can be helpful, but must be balanced with risk of skin cancer.
- ✓ Use lowest strength medicines that work.
- ✓ Avoid moderate and strong corticosteroids on the face, in the groin and under the arms.