

Preventing Psoriasis Symptoms

Dermatologists recommend moisturizing affected areas at least once a day. It's suggested you should use a cream, ointment, or oil rather than lotion. If using products containing salicylic acid, it is important to follow your dermatologist's instructions, as too much can worsen symptoms.

Moisturizers can help minimize the symptoms of any type of psoriasis. This includes many "over-the-counter" options that can be obtained without a prescription.

- **Coal Tar:** Found in many psoriasis treatments, coal tar can lessen itching, reduce redness, and slow rapidly growing skin cells. Because it can irritate the skin, you should test it before applying it to the entire affected area.
- **Hydrocortisone Cream:** A mild corticosteroid can also be acquired over the counter, though if you have a more severe case, a prescription may be required to see better results.

Speaking With Your Dermatologist

While there is no cure for psoriasis, a dermatologist can help manage your symptoms with a treatment plan designed specifically for your condition. This can include a topical medication applied directly to the affected area or a prescription medication that works throughout the body.

Speak with your dermatologist if you are experiencing symptoms that are so severe they are impacting your daily life, especially if preventative measures are having little to no effect.



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Psoriasis



What is Psoriasis?

Psoriasis is a noncontagious skin condition in which new skin cells develop more quickly, causing them to pile up on the surface of the skin.

These buildups of new skin cells can form “plaques,” which present as thick, scaly patches.

The most common type of psoriasis is known as “plaque psoriasis,” affecting roughly 80–90% of those diagnosed with the condition.

Signs and Symptoms of Psoriasis

The most common symptom of psoriasis is thick, dry, raised patches on the skin, which are typically covered with a silvery white coating.

These patches can vary in size and appear anywhere on the body, though they most commonly appear on the knees, elbows, lower back, and scalp.

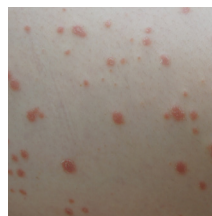
Because they are dry, these patches also typically itch. It is important not to scratch them, as this can cause the patches to thicken.

Other Types of Psoriasis

Plaque psoriasis is the most common type of psoriasis, but many other skin conditions also fall into this category. While the signs and symptoms are largely the same, you may need to seek additional information from your dermatologist if you are experiencing any of the following:

Guttate Psoriasis

A sudden appearance of small, scaly bumps, which typically cover the torso, legs, and arms. They are often pink or salmon colored and typically clear up without treatment.



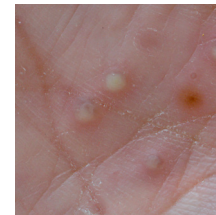
Inverse Psoriasis

Smooth, red patches that appear in areas where skin touches skin, such as armpits. These patches usually have little or no silvery-white coating and can be painful.



Pustular Psoriasis

Pus-filled bumps that usually appear on the feet or hands. Because of its appearance, this can present as an infection, but the bumps do not contain bacteria. More serious cases can be life-threatening and often require additional medical care.



Erythrodermic Psoriasis

The skin on most of the body appears to be burnt, and patients may experience chills, fever, and muscle weakness. Most people who develop this condition already have another type of psoriasis and should seek immediate medical attention.



Psoriatic Arthritis

This occurs when psoriasis affects the joints, specifically in the fingers, toes, and legs. It is more likely to occur in patients who have a severe case of psoriasis. It can be treated but not cured.

