



Psoriasis:

Psoriasis is a chronic autoimmune skin disease that speeds up the growth cycle of skin cells, psoriasis is not a contagious disease, which means the person can't catch the disease through contact with someone who has it.

My Health
Digest

Symptoms:

There are different types of psoriasis, and the symptoms differ according to the type of psoriasis, but the most common symptoms include:

- A patchy rash that differs from person to person, ranging from spots of dandruff-like scaling to major eruptions over much of the body
- Rashes that differ in color, tending to be shades of purple with gray scale on brown or Black skin and pink or red with silver scale on white skin
- Small scaling spots (commonly seen in children)
- Dry, cracked skin that may bleed
- Itching, or burning skin
- Cyclic rashes that flare for a few weeks or months and then subside



Risk factors:

- Family history
- Viral infections or bacterial infections
- Psychological stress as it can impact the immune system.
- Smoking not only increases the risk of psoriasis but also may increase the severity of the disease.

Treatment:

Psoriasis is not a curable disease; however, the symptoms can be relieved with certain medications depending on the type and severity of the condition as well as the location of the affected area, this medication can be:

- Topical medication like creams and ointments.
- Light therapy (phototherapy): This treatment involves exposing the skin to a certain type of ultraviolet light.
- Oral or injected medications.

Prevention of worsening the case:

- Taking the medicine prescribed by the doctor.
- Keeping the skin moisturized.
- Having a healthy lifestyle by eating nutritious foods and engaging in regular physical activity.
- Quit smoking.
- Manage psychological stress.

