**Disease Name –**

Psoriasis, Psoriasis Vulgaris

**Medical history related Psoriasis, Psoriasis Vulgaris–**

Family history of psoriasis or other autoimmune conditions. Previous episodes of skin lesions, especially characterized by red, scaly patches. History of joint pain or stiffness (psoriatic arthritis).

**Symptoms of Psoriasis, Psoriasis Vulgaris –**

Symptom 1 - Red, inflamed patches with silvery scales: These patches are the hallmark of psoriasis. The redness indicates inflammation, while the silvery scales are a result of the rapid turnover of skin cells, causing excessive skin buildup.

Symptom 2 - Itching, burning, or soreness: Affected areas can be intensely itchy, burning, or sore, leading to discomfort and irritation. This symptom often accompanies the presence of psoriatic plaques.

Symptom 3- Thickened, pitted, or ridged nails: Psoriasis can affect the nails, causing changes in texture, thickness, and appearance. Nails may become thickened, develop small pits or ridges, or show signs of crumbling or detachment.

Symptom 4- Dry, cracked skin prone to bleeding: Psoriasis can cause severe dryness and cracking of the skin, especially in areas with thick plaques. This dryness can lead to skin fissures or cracks, which may bleed and be painful.

Symptom 5- Joint pain, swelling, and stiffness (psoriatic arthritis): In some cases, psoriasis can also affect the joints, leading to a condition known as psoriatic arthritis. Joint symptoms include pain, swelling, stiffness, and reduced range of motion, which can significantly impact mobility and quality of life.

Symptom 6- Nail changes, including discoloration and separation: Psoriasis can cause changes in the nails, including discoloration (yellow-brown or oil spots), thickening, crumbling, and separation from the nail bed (onycholysis). These nail changes can be cosmetically displeasing and may cause discomfort or functional impairment.

**Description of Psoriasis, Psoriasis Vulgaris–**

Psoriasis is a chronic autoimmune skin disorder characterized by the rapid turnover of skin cells, resulting in the development of thickened, scaly patches on the skin's surface. These patches, known as plaques, are typically red or pink in color and covered with silvery-white scales. Psoriasis can affect any part of the body but commonly appears on the scalp, elbows, knees, and lower back. In addition to skin involvement, some individuals may experience psoriatic arthritis, causing joint pain, swelling, and stiffness. The exact cause of psoriasis is not fully understood but is thought to involve a combination of genetic, immune, and environmental factors.

**Causes of Psoriasis, Psoriasis Vulgaris–**

Cause 1- Genetic predisposition: Family history plays a significant role in psoriasis development, with certain genetic markers increasing susceptibility.

Cause 2- Immune system dysfunction: Psoriasis is considered an autoimmune disorder, where the immune system mistakenly attacks healthy skin cells, leading to inflammation and rapid skin cell turnover.

Cause 3- Environmental triggers: Factors such as stress, infections (particularly streptococcal infections), injury to the skin (Koebner phenomenon), and certain medications (such as lithium, beta-blockers, and antimalarial drugs) can trigger or exacerbate psoriasis flare-ups.

Cause 4 - Lifestyle factors: Smoking, excessive alcohol consumption, obesity, and poor diet may contribute to psoriasis severity and treatment resistance.

**Lifestyle changes to prevent Psoriasis, Psoriasis Vulgaris–**

Making certain lifestyle changes can help manage psoriasis and reduce flare-ups. This includes maintaining a healthy weight, eating a balanced diet rich in fruits, vegetables, and omega-3 fatty acids, avoiding triggers such as stress and skin injuries, quitting smoking, limiting alcohol intake, and practicing stress management techniques such as mindfulness, meditation, and exercise.

**Disease background of Psoriasis, Psoriasis Vulgaris–**

Psoriasis can affect individuals of any age but often first appears in early adulthood. It affects approximately 2-3% of the global population, with both men and women equally affected. Family history is a significant risk factor, with about one-third of individuals with psoriasis reporting a family history of the condition. Psoriasis prevalence varies by geographic region and ethnicity, with higher rates observed in northern regions and certain populations such as Caucasians. Psoriasis can have a significant impact on quality of life, leading to physical discomfort, emotional distress, and social stigma.