



مدينة الملك فهد الطبية
King Fahad Medical City



Knowing about Psoriasis and how to manage it



What is Psoriasis?

Psoriasis is an itchy skin condition that causes red, flaky, crusty patches of skin covered with silvery scales and can appear anywhere on the skin like on the knees, elbows, lower back and scalp.

Psoriasis is a lifelong disease but is not contagious

Consultation with a dermatologist is beneficial to gain knowledge on how to control the psoriasis, that will help you feel better, improve your overall health and prevent the psoriasis from worsening.

What are the causes of Psoriasis?

- Problems with the immune system.
- Genetics.



What are the signs and symptoms of Psoriasis?

- Itchy skin.
- Joint pain and swelling.
- Joint stiffness when you wake up.
- Relatives who have psoriasis.

How patients diagnosed with Psoriasis?

Having signs and symptoms of psoriasis and a thorough examination of the affected skin, nails or scalp by a dermatologist with a confirmatory skin biopsy.

Tips on how to gain control over Psoriasis:

- **Learning and avoiding what triggers your psoriasis like too much exposure to sun, insect bite, cut or scrape on the skin, drinking excessive amounts of alcohol, smoking, stress, hormonal changes (puberty and menopause), change of weather (especially cold, dry weather).**
- **Sticking to a good psoriasis skin care routine.**
- **Living a healthy lifestyle.**
- **Using a medication prescribed by a dermatologist.**
- **Good stress management.**
- **Treat your psoriasis to stop the itch, when the psoriasis clears, the itch usually disappears.**

7 ways to help you relive itchy Psoriasis:

- 1. Treat your psoriasis.**
- 2. Remove scale. Use medicine like salicylic acid that helps soften the scale, less scale means less itchiness.**
- 3. Limit shower time. 5 to 15 minutes of shower or less, because too much time in the water can dry your skin and can worsen the itch.**
- 4. Try an itch-relieving product, that contains, menthol or camphor works best for itchy psoriasis.**
- 5. Moisturizer instead of scratching, take a moisturizer and gently apply to the itchy skin, which helps to reduce the redness and itch.**

- 6. Skip hot baths. The heat can increase the itchiness.**
- 7. Apply a cool compress, placing something cool on itchy skin can reduce the itch.**

Treatment of Psoriasis:

In treating Psoriasis, your dermatologist will consider the type of psoriasis you have, the place where psoriasis appears on your body, the severity of your psoriasis and other conditions you have.

Treatment includes:



Topical treatments:

- The first treatments used for mild to moderate psoriasis.



Light treatment:

- Phototherapy uses natural and artificial light to treat psoriasis.



Systemic treatments:

- Oral and injected medications that work throughout the entire body.

Pictures of different types of psoriasis:

- **Plaque psoriasis on an elbow**



- **Plaque psoriasis (psoriasis vulgaris), and this is the most common form.**



- **Scalp psoriasis**



- **Nail psoriasis**



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