

Psoriasis

Psoriasis is a long-term affecting inflammatory skin condition. It has been found to affect about 2% of the population.

1. What are the symptoms of this condition?

- Red spots or spots of different sizes on the surface of the skin are the early stage of the disease. These spots become coarse and peel or scale come off on the surface. These spots can appear anywhere on the skin. Commonly seen on the head, elbows and knees.

Apart from this, there are two types of psoriasis which are seen rarely,

- Pustular psoriasis
- Erythrodermic psoriasis

2. How is the disease diagnosed?

- A qualified doctor can diagnose this disease by examining the patient's symptoms. Rarely, doctor may recommend a skin biopsy to confirm the diagnosis.

3. How does the disease begin?

- The exact cause of this disease has not yet been found. If a person has a close blood relative with the disease, he or she has a small chance of getting the disease.
- But the following factors have been found to influence the onset of the disease or the exacerbation of the existing disease.

Drinking alcohol

Smoking

Infections - specially throat infections

Certain medications

Excessive stress

In the places where itching and scratching occurs

4. What are the possible complications of this disease?

A small percentage (5%) may suffer from psoriatic arthritis.

When the inflammatory condition affects the nails, the cuticles can become discolored, thickened, pitted and separated from the nail bed.

These patients are at risk of diabetes mellitus, hypertension, hyperlipidemia, heart disease and stroke.

5. What are the treatments for this disease?

There are many treatment methods to successfully control the disease. Changing of the disease severity from time to time is the nature of this disease. According to the severity of the disease and spread of the disease, the doctor determines the necessary treatment method.

Those are,



Topical treatments

Ultraviolet light therapy? (UVA/UVB)

Oral drugs

Injections

6. What are the things you should remember about this disease?

- This is not a contagious disease.
- Very rarely this disease can occur in genital area. But this does not affect sexual relationships.
- Do not itch the affected areas or try to remove scales.
- Do not bath for long periods and use too much of hot water.

