

Psoriasis

Psoriasis is a chronic (long-term) skin disease where the skin grows too fast and dead skin cells build up on your skin.

What are the signs?

- Patches of silvery and scaly skin, also called plaques, grow on your skin.
- These plaques can be painful. You will see them most on your elbows, knees, feet and scalp.
- Psoriasis can make your toenails uneven and thick.



What causes psoriasis?

Immune System	Your body has a natural defense called your immune system. With psoriasis, your immune system kills your healthy skin cells and these dead cells then form plaques.
Genetics	Psoriasis runs in families and is passed down through genes.
Triggers	Triggers can worsen or start a flare up of psoriasis such as stress, germs, and medicine.

What are my treatment options?

- Creams that you can put on your skin, such as moisturizers, steroid cream, and vitamin A cream.
- Coal Tar which is a thick black liquid created from coal that helps swelling, slows cell growth, softens plaques, moisturizes and helps with itching.
- Phototherapy or light therapy is the use of ultraviolet (UV) light to slow skin cell growth.
- Pills and injections from your provider may also be needed.



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