

HEALTH INFORMATION

Psoriasis

What is psoriasis?

It is very simply a speeding up of the usual replacement processes of the skin. Normally skin cells take about 21-28 days to replace themselves; in psoriasis this process is greatly accelerated, and skin cells can be replaced every 2-6 days. This results in an accumulation of skin cells on the surface of the skin, in the form of a psoriatic plaque. This process is the same wherever it occurs on the body.

Treatment

Sadly there is no cure for Psoriasis but there are treatments available such as:

Topical therapies

Applied directly to the skin such as creams, lotions, ointments, mousse and gels.

Phototherapy

Treatment with ultraviolet light.

Systemic

Medication e.g. tablets.

Biological injections

New treatments available which work by blocking the action of certain immune cells.

Myth

You cannot catch psoriasis by touching someone with the condition or by sharing towels or eating food prepared by someone with psoriasis.

Facts

- Psoriasis is a common skin condition affecting 2-3% of the population of the United Kingdom and Ireland.
- Psoriasis can occur at any point in your life, regardless of age or gender.

For more information





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