



## 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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