# **Psoriasis**

# written by iasexam.com | 21/08/2023

## **ABOUT**

- It is a chronic autoimmune disease that causes rapid accumulation of skin cells.
  This build-up of cells causes scaling on the surface of your skin.
- It causes a rash with itchy, scaly patches, most often on the knees, elbows, trunk and scalp.
- It is a common, long-term (chronic) disease that cannot be cured.
- It can be painful, disrupt sleep and make it difficult to concentrate.

#### **CAUSES**

- An overreactive immune system that causes inflammation in your skin causes psoriasis.
- If you have psoriasis, your immune system must destroy foreign invaders like bacteria to keep you healthy and prevent you from getting sick. Instead, your immune system may mistake healthy cells for foreign invaders.
- As a result, your immune system causes inflammation or swelling that you see on the surface of your skin as a plaque.



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## **SYMPTOMS**

- raised, inflamed patches of skin that appear red on light skin and brown or purple on dark skin:
- whitish-silver scales or plaques on the red patches or grey scales on purple and brown patches;
- dry skin that may crack and bleed;
- · soreness around patches;
- itching and burning sensations around patches;
- thick, pitted nails and painful, swollen joints;

### TREATMENT

It has no cure. Treatments aim to

- reduce inflammation and scales;
- · slow the growth of skin cells;
- remove plaques;

Common psoriasis treatments include:

- Steroid creams.
- Moisturizers for dry skin.
- Medication to slow skin cell production (anthralin).
- · Medicated lotions or shampoos.
- Vitamin D3 ointment.
- · Vitamin A or retinoid creams.