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Introduction

Psoriasis is a skin disease and autoimmune disorder- long-term (chronic) disease with no cure. It tends to go through cycles, flaring for a few weeks or months, then subsiding for a while or going into remission. psoriasis is a skin disorder that causes skin cells to multiply up to 10 times faster than normal.

Psoriasis Triggers

- Weather, especially cold, dry conditions
- Injury to the skin
- severe sunburn
- Stress
- Smoking
- Heavy alcohol consumption
- drugs including lithium, high blood pressure medications and antimalarial drugs

Types of psoriasis

Types of psoriasis:



Symptoms

- *Itchiness.
- *Cracked, dry skin.
- *Scaly scalp.
- *Skin pain.
- *Nails that are pitted, cracked or crumbly.
- *Joint pain

Complications

- Psoriatic arthritis
- conjunctivitis
- Obesity
- Type 2 diabetes
- High blood pressure
- Cardiovascular disease
- Other autoimmune diseases,
- low self-esteem and depression
- Skin cancer

Non-Pharmacological Therapy

- Use Moisturizing Lotions.
- Avoid Dry, Cold Weather
- Use a Humidifier
- Avoid Medications That Cause Flare-Ups
- Avoid Scrapes, Cuts, and Infections
- Get Some Sun, But Not Too Much
- Zap Stress
- Exercise, and Maintain a Healthy Weight

Pharmacological Therapy

- Topical therapy:
- Coal tar
 - Corticosteroids
 - Vitamin D analogues
 - Retinoids stopped
 - Calcineurin inhibitors
 - Salicylic acid
- Oral or injected medications:
- Steroids
 - Retinoids
 - Methotrexate
- Light therapy:
- Sunlight
 - UVB broadband

Conclusion

Psoriasis is an autoimmune disorder that causes raised, scaly patches on the skin, they are commonly found on the elbows, knees, and scalp. Itchiness is the most Common symptom.

References

1- <https://www.webmd.com/skin-problems-and-treatments/psoriasis/understanding-psoriasis-basics>
 2- <https://www.webmd.com/skin-problems-and-treatments/psoriasis/prevent-flare-ups>

3- <https://www.mayoclinic.org/diseases-conditions/psoriasis/symptoms-causes/syc-20355840>
 4- <https://www.mayoclinic.org/diseases-conditions/psoriasis/symptoms-causes/syc-20355840>