

PSORIASIS



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By

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INTRODUCTION:

Psoriasis is an autoimmune condition that causes inflammation in the skin. Symptoms of psoriasis include thick areas of discoloured skin covered with scales. These thick, scaly areas are called plaques.



TYPE OF IBD: There are several types of psoriasis, including:

- **Plaque psoriasis:** Plaque psoriasis is the most common type of psoriasis(thick areas of discoloured skin covered with scales). About 80% to 90% of people with psoriasis have plaque psoriasis.



- **Inverse psoriasis:** This type appears in your skin folds. It causes thin plaques without scales.



- **Guttate psoriasis:** Guttate psoriasis may appear after a sore throat caused by a *streptococcal* infection. It looks like small, red, drop-shaped scaly spots and often affects children and young adults.



- **Pustular psoriasis:** Pustular psoriasis has small, pus-filled bumps on top of plaques.



- **Erythrodermic psoriasis:** This is a severe type of psoriasis that affects a large area (more than 90%) of your skin. It causes widespread skin discoloration and skin shedding.



- **Sebopsoriasis:** This type typically appears on your face and scalp as bumps and plaques with a greasy, yellow scale. This is a cross between psoriasis and seborrheic dermatitis.



- **Nail psoriasis:** Nail psoriasis causes skin discoloration, pitting and changes to your fingernails and toenails.



ETIOLOGY:

- Over-reactive immune system
- Emotional stress.
- An infection (*streptococcal* infection).
- A skin injury like cuts, scrapes or surgery.
- Certain medications, such as lithium and beta-blockers.
- Changes in body temperature due to the weather.
- Obesity
- Smoking

PATHOGENESIS:

- Body produces new skin cells in the deepest layer of skin.
- These skin cells gradually move up through the layers of skin until they reach the outermost level, where they die and flake off. This whole process normally takes around 3 to 4 weeks.
- Immune system is our body's defense against disease and it helps fight infection. One of the main types of cell used by the immune system is called a T-cell.
- T-cells normally travel through the body to detect and fight invading germs, such as bacteria. But in people with psoriasis, they start to attack healthy skin cells by mistake.

- This causes the deepest layer of skin to produce new skin cells more quickly than usual, triggering the immune system to produce more T-cells.
- In this process skin formation only takes about 3 to 7 days. As a result, cells that are not fully mature build up rapidly on the surface of the skin, causing flaky, crusty patches covered with scales, is known as psoriasis.

CLINICAL MANIFESTATION /SYMPTOMS:

The symptoms of psoriasis vary depending on the type you have. Some common symptoms for plaque psoriasis -- the most common variety of the condition -- include:

- Itchy skin.
- Cracked, dry skin.
- Skin pain.
- Nails that are pitted, cracked or crumbly.
- Joint pain.

CLINICAL EVALUATION/ DIAGNOSIS:

- Medical & Family History
- Lab tests: Skin Biopsy
- Physical exam. It's usually easy for doctor to diagnose psoriasis, especially if plaques appears on areas such as:

- ✚ Scalp
- ✚ Ears
- ✚ Elbows
- ✚ Knees
- ✚ Belly button
- ✚ Nails

PHARMACOLOGICAL MANAGEMENT:

- 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.

Treatments for moderate to severe psoriasis include:

- **Light therapy:** A doctor shines ultraviolet light on your skin to slow the growth of skin cells. PUVA is a treatment that combines a medicine called psoralen with a special form of ultraviolet light.
- **Methotrexate:** This drug can cause bone marrow and liver disease as well as lung problems, so it's only for serious cases.
- **Retinoids:** These pills, creams, foams, lotions, and gels are a class of drugs related to vitamin A. Retinoids can cause serious side effects, including birth defects, so they're not recommended for women who are pregnant or planning to have children.
- **Cyclosporine:** This drug, made to suppress the immune system, may be taken for serious cases that do not respond to other treatments. It can damage the kidneys and raise blood pressure, so your doctor will closely watch your health while you take it.
- **Biologic treatments:** These work by blocking the (Taltz), risankizumab (SKYRIZI), secukinumab (Cosentyx), tildrakizumab (Ilumya), and ustekinumab (Stelara).
- **An enzyme inhibitor:** The medications apremilast (Otezla) or deucravacitinib (Sotyktu) are new kinds of drug for long-term inflammatory diseases like psoriasis and psoriatic arthritis. They are pills that block a specific enzyme, which helps to slow other reactions that lead to inflammation.

- **An aryl hydrocarbon receptor (AHR) agonist:**
Tapinarof (Vtama) is a steroid-free once a day topical cream and can also be used on all body areas, including on sensitive locations.

NON- PHARMACOLOGICAL MANAGEMENT:

- Maintain a Healthy life style
- Eating a well-balanced diet.
- Exercising regularly.
- Getting adequate sleep
- Not smoking.
- Avoid stress
- Keep yourself neat and clean
- Avoid close contact with psoriasis patient