

PSORIASIS IS NOT JUST A SKIN DISEASE

Psoriasis is not just dry flaky "scales" on the skin; individuals who suffer from psoriasis are afraid of rejection or lack of personal and family life, of having a hard time finding a job, and of psoriasis-related complications that can ultimately lead to disability. Patients with psoriasis can be faced with widespread intolerance; their quality of life is drastically reduced because of the symptoms of psoriasis.

2-3%
of POPULATION



Currently 2-3% of the population
suffers from the disease.

How to deal with it?

Psoriasis is an incurable skin condition that can vary in severity; it can affect virtually the whole body. The most important factor in managing psoriasis is early initiation of therapy, as **the lack of effective treatment can have serious health consequences, for example functional disorders of internal organs.** Proper management of psoriasis is essential for improving the quality of life of patients. Psoriasis can be accompanied by psoriatic arthritis, which quickly leads to significant physical impairment. Therefore, when you hear your doctor say: "You have psoriasis", you should immediately begin your therapy.

Where does psoriasis come from? Main triggers

Psoriasis is elicited by abnormalities of T lymphocytes that drive the development of inflammatory conditions, as well as excessive keratinocyte proliferation and the resulting dermal dilation of blood vessels. **Proliferative abnormalities in the epidermis are caused by the speeding up of cell division and metabolic cycle time in some skin layers. As a result of increased epidermal cell proliferation, the epidermis sheds in flakes.** Normal epidermal turnover from basal layer to the top layer of skin takes around 28 days; in psoriasis: only 3 to 4 days

Firstly, it is worth remembering that psoriasis is not contagious. It is genetically determined – there are several dozen genes believed to be responsible for causing psoriatic disease. Psoriasis is a condition associated with immune system disorders. There is currently no effective cure for psoriasis. However, there are a number of reimbursed treatments available in Poland with which the disease manifestations can be controlled to increase the comfort of patients.

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