

About psoriasis

The cause of psoriasis is not fully known. Depending on the severity and location of outbreaks, persons may experience significant physical discomfort and/or some disability; itching may interfere with daily activities such as sleeping. Individuals suffering from psoriasis may also feel self-conscious about their appearance. Psoriasis often initially appears between 15 and 25 years of age in both males and females.

There are five types of psoriasis:

- Erythrodermic
- Guttate
- Inverse
- Plaque
- Pustular

The majority of symptoms of psoriasis is that of minor localized patches, particularly on the elbows and knees, which may be treated with topical medication. Psoriasis resistant to topical treatment and phototherapy is often treated by medications by ingestion (pill) or injection (systemic). Some alternative therapy studies suggest psoriasis symptoms may be relieved by changes in diet and lifestyle.

Since each case is unique and complex to the individual, consult a dermatologist or physician for treatment and/or diagnosis (no cure is presently known for psoriasis but various treatments can help control the symptoms).

See also [acne](#), [eczema](#), [dermatitis](#), [dry skin](#).

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