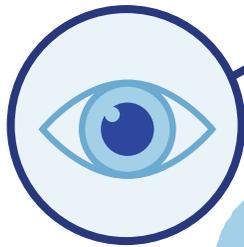


PSORIASIS: ASSOCIATED CONDITIONS

- Most cases of psoriasis can be controlled, and most people who have psoriasis live regular lives.
- Sometimes, having a chronic illness increases the risk of developing other health issues.
- Studies have found an association between psoriasis and certain conditions including the following.

UVEITIS

- Around 40% of uveitis cases are caused by, or secondary to, an existing immune-mediated disease such as psoriasis.



INFLAMMATORY BOWEL DISEASE (IBD)

- People with psoriasis may be at 3X higher risk of developing IBD compared to the general population.



DIABETES

- People with severe psoriasis, in particular, are at a higher risk than the general population of developing diabetes.



WHAT YOU CAN DO:

- Discuss prevention and screening for associated conditions with your health care provider.
- Simple interventions such as lifestyle improvements can help to improve health outcomes. Examples include good skin care, healthy eating, quitting smoking, and reducing or eliminating alcohol consumption.
- Even small steps can help. Your doctor or other health care provider is always there to help!



MENTAL HEALTH

- Up to 30% and 60% of people with psoriasis may develop anxiety or depression, respectively.



METABOLIC SYNDROME

- Increasing evidence that the risk of developing features of metabolic syndrome (e.g., high blood pressure, high cholesterol, high blood sugar, excess abdominal fat) is doubled in patients with severe psoriasis.



CARDIOVASCULAR DISEASES

- People with psoriasis are at an elevated risk of cardiovascular disease. Associations are even higher in patients with severe psoriasis and those with psoriatic arthritis.



OBESITY

- Research has suggested that people with psoriasis are more likely to be obese than the general population.



PSORIASIS AND PSORIASIC ARTHRITIS

- Up to 30% of people with psoriasis will develop psoriatic arthritis. Together psoriasis and psoriatic arthritis are referred to as psoriatic disease.

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The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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