

UNDERSTANDING PSORIASIS

ABOUT PSORIASIS

1M

CANADIANS

PSORIASIS IS ESTIMATED TO AFFECT 1 MILLION PEOPLE IN CANADA



MOST COMMON AGES 15-35

THOUGH ONSET CAN OCCUR AT ANY AGE

1 PARENT WITH PSORIASIS
10-25% CHANCE
YOU WILL DEVELOP IT TOO

2 PARENTS WITH PSORIASIS
50% CHANCE
YOU WILL DEVELOP IT TOO

- Affects people of all races and sexes.
- Psoriasis is NOT contagious.
- Five major forms of psoriasis: plaque, guttate, pustular, inverse, and erythrodermic.
- Plaque psoriasis is the most common affecting 90% of patients.

HOW DOES IT WORK?

- Typical skin cells regenerate every 28 days; for plaque psoriasis patients, skin cells are regenerated in 3-7 days.
- Exact cause is unknown, but thought to be a combination of genetics + environment.

COMMON TRIGGERS



DIET



ALCOHOL CONSUMPTION



INTENSE SUN EXPOSURE



WEATHER



SMOKING CIGARETTES



EMOTIONAL STRESS

- Other common triggers include: injury to skin; infections; certain drugs; and allergies.
- What might aggravate one person's psoriasis may have no effect on your condition.
- Try to keep track of any changes that happen before a flare-up to see if you notice any patterns.
- Discuss any triggers with your health care provider.

IT'S MORE THAN SKIN DEEP



1 IN 3

PEOPLE WITH PSORIASIS DEVELOP PSORIATIC ARTHRITIS

- Psoriasis is linked with other conditions such as diabetes, heart disease, and depression.
- Up to 30 % may develop anxiety.
- Up to 60% may develop depression.

EFFECTS ON SOCIETY

- Annual cost of moderate-to-severe plaque psoriasis in Canada was estimated to be almost \$8,000 per person. 57% direct costs; 43% lost productivity.
- Certain groups like women and people with lower socioeconomic status, may be disproportionately affected by psoriasis and by gaps in access to treatment.
- Early diagnosis and appropriate treatment and support are key to reducing suffering from uncontrolled symptoms and disability and reducing mental health issues and related societal costs.

WHAT CAN YOU DO?

- Depending on the severity of your symptoms, treatment options may include:
 - Over-the-counter emollients
 - Prescription topical treatments
 - Phototherapy
 - Systemic drugs
 - Biologics and biosimilars
- Making adjustments in your daily life can dramatically increase quality of life.



EXERCISE



GOOD SKIN CARE



HEALTHY EATING



QUITTING SMOKING



OCCUPATIONAL THERAPY



MEDITATION

- Talk to your doctor or health care team for help. If something isn't working or you're not meeting your treatment goals, let your health care provider know.

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Canadian Psoriasis Network



Réseau canadien du psoriasis

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