

PATHOGENESIS AND EPIDEMIOLOGY

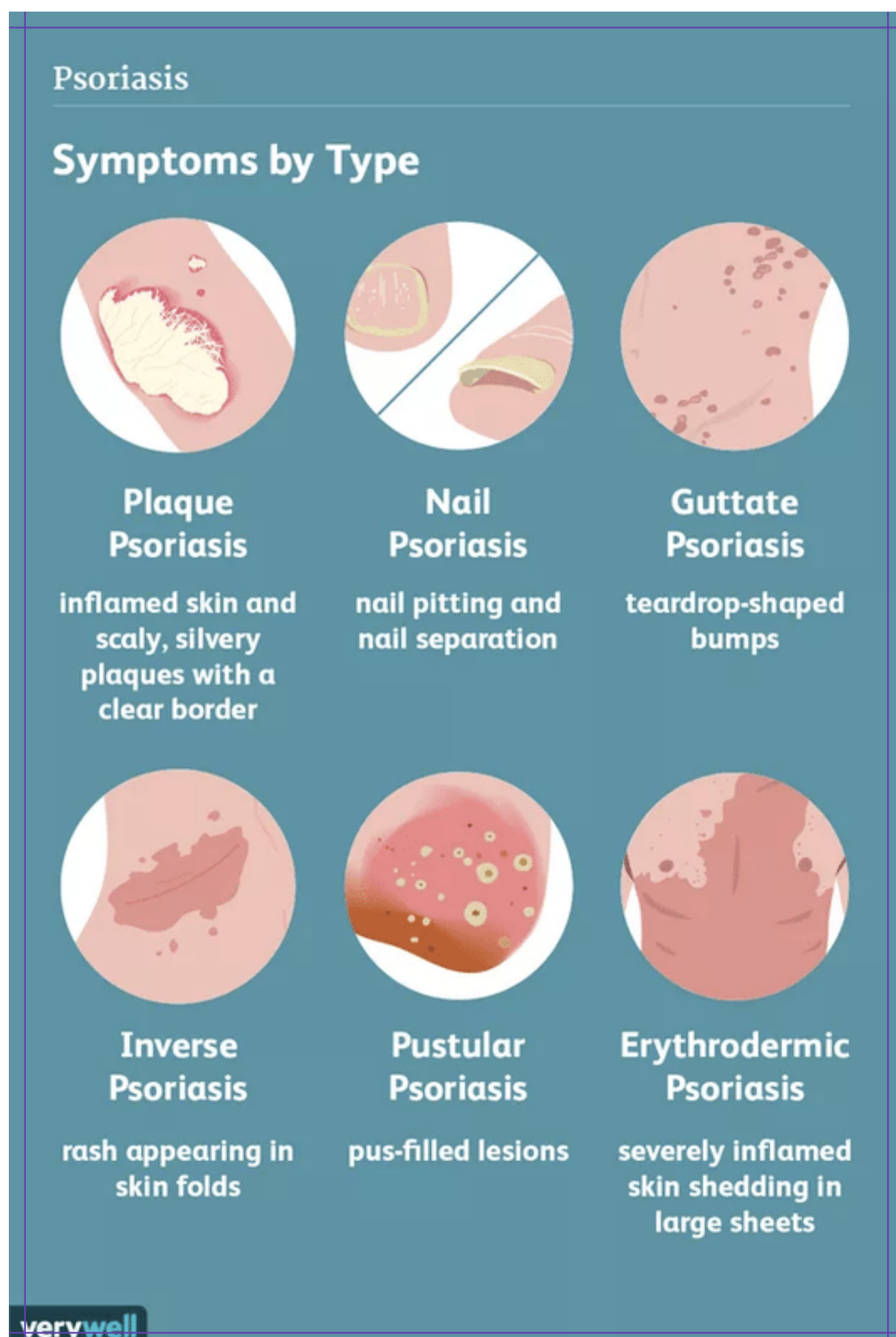
- Affects approximately 2% of the U.S. population
- Has a bimodal age of onset: 20-30s and 50-60s
- Symptoms tend to wax and wane during a patient's lifetime
- About 30% of patients with psoriasis have a first-degree relative with the disease
- Diagnosis is made clinically, with option to biopsy

What is Psoriasis?

Psoriasis is a chronic immune-mediated disease caused by inflammatory cytokines that results in thick, irritated skin, excess scaling, and joint manifestations

RISK FACTORS AND ASSOCIATED DISORDERS

- Risk factors include cardiovascular disease, alcohol consumption, and smoking
- There is a positive correlation between increased BMI and both prevalence and severity of psoriasis
- Psoriasis patients are more likely to have additional autoimmune disorders, such as type 1 diabetes mellitus
- Stigma and physical limitations caused by psoriasis lead to a higher incidence of depression and anxiety in this patient population



First-line treatment depends on the type and severity of disease. Treatment options range from topical steroids to phototherapy and biologic agents.

REFERENCES

- 1) AAD Basic Dermatology Curriculum: Psoriasis
- 2) Very Well Health. Psoriasis: Symptoms and Complications

