

Psoriasis (Psoriasis Vulgaris)

Cutaneous Medicine Education Foundation (CMEF) - Patient Education Brochure

What Is It?

Psoriasis is a **chronic, inflammatory, autoimmune condition** that **accelerates the production of skin cells**, causing thick, scaly patches.

It can appear **anywhere on the body**, but is most commonly found on the **elbows, knees, and scalp**.

Symptoms:

- Red, sharply defined patches covered with **silvery scales**
 - Dry or cracked skin that may **bleed**
 - Possible **nail changes**: pitting, thickening, or separation
 - Joint inflammation in some patients (psoriatic arthritis)
-

Treatments

Psoriasis management depends on **severity and location** of the lesions. Treatment may include **topical therapies, light therapy, and systemic or biologic medications**.

Topical Treatments:

- Mid- to high-potency corticosteroids
- Tapinarof
- Roflumilast (PDE-4 inhibitor)

- Calcipotriene (vitamin D analog)
- Topical retinoids
- Tar-based therapy

Light Therapy:

- UV light therapy under physician supervision can help reduce lesions

Biologic Therapies:

- Biologic agents may be used for moderate-to-severe psoriasis or cases not responding to topical therapy

When to Seek Medical Care

Seek medical attention if:

- Psoriasis covers a **large body surface area**
- You experience **joint pain** (possible psoriatic arthritis)
- You have **other comorbid conditions** (e.g., cardiovascular disease, metabolic syndrome)
- You are unsure about **treatment options**

Helpful Resources

National Psoriasis Foundation:

www.psoriasis.org

Citation

- Menter A, Griffiths CE. *Current and future management of psoriasis*. Lancet. 2007 Jul 21;370(9583):272–84. PubMed ID: 17658398

© 2025 **Cutaneous Medicine Education Foundation (CMEF)**

For educational purposes only. This brochure is not a substitute for professional medical advice.