

PSORIASIS

Psoriasis is a chronic, itchy inflammatory condition of the skin. The cause of psoriasis is unknown but there appears to be a genetic predisposition. Injury to the skin, emotional stress, and infections (i.e. strep throat) can lead to a flare of psoriasis. Psoriasis is predominately a disease of adults, but can occur in childhood.

Treatment of psoriasis is aimed at reducing itching and inflammation of the skin.

1. **Avoid irritants**--harsh soap, wool clothes, solvents and other irritating chemicals, uncomfortable climate. Washing should be done with tepid water using a mild soap such as Dove, Oil of Olay Sensitive Skin, Cetaphil, or Oilatum-AD.
2. **Moisturizers**--should be used liberally and frequently, particularly after bathing. There are a number of moisturizers available such as, Cetaphil, Lubriderm, Eucerin, Neutrogena, and plain petroleum jelly. Moisturizers reduce dry skin and itching.
3. **Topical Steroids** may be prescribed. These should be used cautiously since they can potentially cause side effects, such as thinning of the skin.
4. Baths--oatmeal (Aveeno) or tar (Cutar) are sometimes used for their soothing effect on the skin.
5. Dovonex, a vitamin D compound, is often used with steroids or alone. No more than 100 gms per week should be used.
6. Ultraviolet light can reduce inflammation and itching. It can be delivered in a variety of locations/forms: natural sunlight at home, tanning salon, or in the Dermatology office.
7. Other topical creams/ointments include coal tars, Anthralin, and Tazorac.
8. For severe psoriasis, oral agents such as Methotrexate, Soriatane, and Neoral are prescribed. These require close monitoring for side-effects, and blood tests. Injectable biologic agents such as Enbrel, Humira, Remicade and Raptiva, are expensive but effective. **Have your insurance company fax the pre-authorization form to us at 717-531-4702.**

National Support group

National Psoriasis Foundation www.psoriasis.org National Psoriasis Foundation 6600 SW 92nd Ave., Suite 300 Portland, OR 97223-7195 Phone: 503.244.7404 OR 800.723.9166 Fax: 503.245.0626

For more information please visit our website: www.pennstatehershey.org/web/dermatology/home and click on Health Information Library.

If you have any questions or concerns, please contact your provider at the location you were treated.
Hershey Medical Center, UPC I, Suite 100 (717) 531-6820 or Nyes Road, (717) 657-4045.
Penn State Hershey Medical Group, Colonnade Building (814)272-4445.

