



## What is Psoriasis?

Psoriasis is a chronic autoimmune skin condition that can affect various parts of the body. It is characterized by well-defined, red, thick, and scaly plaques. For those with darker skin tones, it may appear as purple, dark brown, or dark gray. The outer layer of psoriasis plaques often has a thick, silvery, or white appearance, commonly developing on the scalp, elbows, and knees.

## Signs of Psoriasis

Psoriasis symptoms can vary, but they typically include:

- Itching
- Red, dry, or dark patches covered in silvery or white scale
- Rashes on the scalp, genitals, or in skin folds like the armpits, groin, or under the breasts
- Nail changes that appear pitted, crumbly, or discolored on the fingers or toes

At Aspire Dermatology we understand how challenging it can be to manage psoriasis. This chronic skin condition often affects both appearance and confidence, but with the right care, it can be effectively controlled.

Aspire Dermatology provides personalized treatment plans to help patients achieve clearer, healthier skin.



## Managing Psoriasis

Various triggers can provoke a psoriasis flare-up, and avoiding them can help manage symptoms.

Common triggers include:

- Stress
- Infections or illness
- Skin injuries
- Extreme sun exposure or cold, dry weather
- Smoking and alcohol consumption
- Hormonal changes

## Treatment

While psoriasis cannot be cured, treatments are available to help manage symptoms. Treatment options vary based on severity and personal indicators which may include:

- Prescription oral medications prescribed by your Dermatologist to control skin cell production and inflammation
- Prescription creams, shampoos, or bath treatments to alleviate symptoms
- Topical steroids to reduce itching and slow skin cell growth
- Light therapy (lasers, or phototherapy) to target psoriasis patches
- Biologic injections to suppress immune responses and reduce flare-ups

