



Joining Hands This Psoriasis Action Month

This August, come together in support of our loved ones affected by psoriasis.

Psoriasis is a chronic inflammatory condition that:



Is most often
diagnosed in adults



Runs in
families



Affects **125 million**
people worldwide,
according to the National
Psoriasis Foundation



Symptoms of psoriasis come and go. Look for:

- Cracked, dry skin that may bleed or itch
- Red patches with white scales that burn or itch
- Thick nails with pits and ridges

Which areas of the body are affected?



Armpit, groin and skin underneath breasts
(**inverse psoriasis**)



Palm of hand and sole of foot
(**palmoplantar psoriasis**)



Eyebrows, upper forehead and skin between nose and upper lip
(**facial psoriasis**)

Types of psoriasis that affect the whole body include:

- **Guttate psoriasis**, which creates small plaques across the skin and can occur quickly, especially following a streptococcal infection
- **Erythrodermic psoriasis**, a more severe form of the condition that discolors the skin and can increase your risk of dehydration, infection and even heart failure



Take action to control psoriasis by:

- Using over-the-counter prescriptions
- Receiving phototherapy, which can reduce itchiness
- Finding a community with people who are also affected

Find an available provider at
weillcornell.org/doctors