



# 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

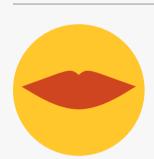
### Which areas of the body are affected?



Armpit, groin and skin underneath breasts (inverse psoriasis)



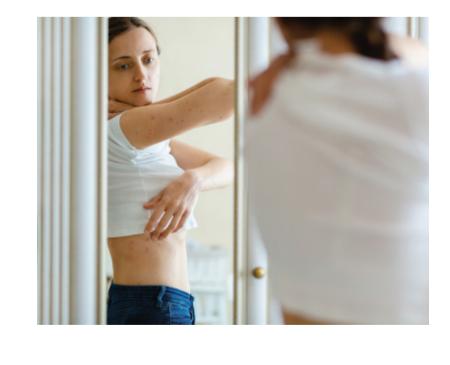
Palm of hand and sole of foot (palmoplantar psoriasis)



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