1. CASE STUDY
“People don't understand the pressure on me to look perfect… When I gain a pound, it's in the headlines. Imagine what the tabloids would do to me if they saw all these spots?”
INTRODUCTION
PSORIASIS \[su h\text{-}r ah y\text{-}u h\text{-}s i s\]

» Chronic inflammatory autoimmune skin disorder
» First described by Robert Willan
» Physical, emotional, and psychosocial effects
125,000,000

Individuals are affected worldwide
FUN FACTS

» **Worldwide prevalence** of psoriasis is estimated to be approximately 2–3%.
» Higher prevalence in the **polar regions** of the world
» Similar frequency in males vs. females
» More common in **adults** than children
4. SIGNS & SYMPTOMS
COMMON SYMPTOMS

1. Red or silver scaly lesions on the body
2. Scalp patches
3. Itching, burning, or soreness of skin
THE ‘PLAQUE’ IN PLAQUE PSORIASIS

» Hyperproliferation of the epidermal layer

» Raised lesions

» Commonly on scalp, back, and extensor surfaces

Silvery plaque inflamed with a red border
5. DIAGNOSIS
DIAGNOSING PSORIASIS

» Dermatologist appointment

Psoriasis or Eczema?
DIAGNOSING PSORIASIS

» Skin biopsy
PSORIASIS AREA AND SEVERITY INDEX (PASI)

- **Mild**: <3 percent of the body
- **Moderate**: 3–10 percent of the body
- **Severe**: >10 percent of the body
6. ETIOLOGY
Psoriasis: A multifactorial disease
7. PATHOPHYSIOLOGY
INTRODUCTION TO IMMUNE CELLS

Dendritic Cell
- Antigen Presenting Cell
- Important in cell-mediated immunity.

T-Cell
- T Cell
- Important in cell-mediated immunity.
8. TREATMENT & MANAGEMENT
Treatment: Topical Agents

- Corticosteroids
- Dithranol
- Coal tars
- Vitamin D analogs
- Topical retinoids
- Salicylic acid

From: http://www.drugsdepot.com/catalog.php/drugsdepot/
Corticosteroids vs. Dithranol (Lowe et al.)

- Compared diflurasone diacetate and anthralin
- Found both to be equally effective in reducing plaques
- Anthralin - better for long-term
- Diflurasone diacetate - better for short-term
Treatment: Systemic Agents

» Methotrexate

From: https://edc2.healthtap.com

» Retinoids

From: http://drugline.org

» Cyclosporine

From: https://edc2.healthtap.com
Phototherapy

- Ancient Egyptian practice
- Photochemotherapy - PUVA
- Ultraviolet B (UVB)
Moisturizers/Emollients

- Hydration of dry skin
- Barrier repair
- Anti-inflammatory effect
- Increased water-binding ability of skin layer
Balneotherapy

From: http://www.jpbsonline.org/article.asp?issn=0975-7406;year=2013;volume=5;issue=1;spage=30;epage=38;aulast=Bhatia
Balneotherapy (Peroni et al., 2008)

(a) Balneotherapy

(b) Photobalneotherapy
Diet

» Omega-3 Fatty Acids
» Activated Vitamin D3
9. PROGNOSIS
Prognosis

- Negative impact on Quality of Life
- Social Stigma + Psychological Distress
- NO CURE
10.

CASE STUDY REVEAL
“I'd heard of psoriasis before because my mom has always had it, but she didn't have red flaky dots all over her. People don't understand the pressure on me to look perfect… When I gain a pound, it's in the headlines. Imagine what the tabloids would do to me if they saw all these spots?”
VIDEO CLIP:
Kim gets diagnosed by her dermatologist, Dr. Lancer


