



29 • October
World Psoriasis Day

The Burden of Psoriasis

Patients with psoriasis and psoriatic arthritis experience significant challenges every day that heavily impact their quality of life:

Physical Burden

- Psoriasis is itchy, painful and uncomfortable
- Psoriasis can negatively impact most daily normal activities, such as activities using the hands or walking, and physical activities, such as swimming or playing sports
- Psoriasis itching and pain interferes with periods of rest and sleeping

Social and Psychological Burden

- Psoriasis is often labelled a “common” or “cosmetic” skin disease, minimizing the importance it has for individual patients, and increasing their frustration when disease management is difficult
- A common misperception by the public continues to be that psoriasis is contagious, leading to discrimination and social isolation of psoriasis patients
- Common misconceptions and mislabelling by the public leads to discrimination and social isolation
- Social stigma of psoriasis often renders it a “hidden disease”
- Patients often feel ashamed, cover their symptoms, and won't tell their mates they suffer with psoriasis, thus making the disease and its impact on their lives completely unknown
- Embarrassment from psoriasis interferes with socializing and sexual activities
- Heavy psychological toll of low-self esteem, humiliation and depression
- Psoriasis limits employment opportunities and imposes a serious barrier in the job market

The Burden of Managing the Psoriasis

- Physicians may misdiagnose psoriasis, mistaking it for a common rash, atopic dermatitis or eczema
- Managing psoriasis can be challenging for both patients and physicians: some physicians may not understand the full impact psoriasis has on a patient's quality of life, and sometimes patients may not be able to communicate this adequately to their physician
- Health-care systems fail to recognize psoriasis as a chronic inflammatory disease that requires consistent monitoring and treatment
- Recent studies show that left unrecognized and untreated, psoriasis patients will be more likely to experience comorbid complications, such as cardiovascular disease, diabetes, liver disease, depression and obesity, that further burden the patient and the health-care system
- Effective and long-term treatment is limited for many patients due to the lack of access to health-care and phototherapy facilities, high cost of treatments and health insurance issues, low-efficacy of available treatments, or treatment risk factors

World Psoriasis Day is presented by  International Federation of Psoriasis Associations,

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A Promise for Life

World Psoriasis Day

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