



29 • October
World Psoriasis Day

About Psoriasis

Psoriasis Facts

- 125 million people worldwide – up to 3% of the population have psoriasis.
- Psoriasis is a systemic disease.
- Psoriasis is not contagious.
- People who get psoriasis exhibit a wide range of symptoms that vary in severity.
- Psoriasis goes through cycles: sometimes better, at other times worse.
- No one treatment works for everyone.
- A form of arthritis, called psoriatic arthritis, affects 30 to 50 percent of the people who have psoriasis.
- Poor diagnosis and treatment means that many people with psoriasis and psoriatic arthritis suffer in silence.
- There is no cure for psoriasis or psoriatic arthritis.

What are the symptoms?

Normally there is a constant shedding of dead skin cells. However, due to the acceleration of the replacement process, both dead and live cells accumulate on the skin surface. Often this causes red, flaky, crusty patches covered with silvery scales that shed easily.

It can occur on any part of the body although it is most commonly found on the elbows, knees, lower back and the scalp. It can also cause intense itching and burning.

Who is at risk?

- Psoriasis affects approximately 3% of people globally.
- It can start at any age.
- The condition is not contagious and many people have only small patches of their skin affected.
- There is a genetic link and psoriasis tends to run in families. About 30% of people with one first degree relative with psoriasis develop the condition.
- This genetic tendency appears to be triggered by infection; certain medicines, including ibuprofen and lithium; psychological factors, including stress; or skin trauma.
- There is no way of predicting who will develop psoriasis. 50-60% of people who first experience it do not know of anyone else in their family who has had it.

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IFPA Secretariat, Box 5173, SE-121 18 Johanneshov, Sweden

Phone: +46 8 556 109 14 • Fax: +46 8 556 109 19

Web: www.ifpa-pso.org, www.worldpsoriasisday.com, e-mail: ifpa@pso.se