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PSORIASIS:

Scratching Below the Surface By: Scott Popyk RPh

Psoriasis is defined as a common, non-contagious skin disease that affects the life cycle of skin cells. But for the 7.5 million Americans who are effected, psoriasis is much more than that.

Recent studies have found that worry and anxiety occur in at least a third of patients with psoriasis and that psychological interpersonal difficulties have an impact on all aspects of the patient's daily life. The two main contributors to stress in patients with psoriasis are engaging in avoidance behavior and the belief that they are being judged on the basis of their outward appearance. This constraining, avoidance of others can lead to low grade persistent stress.

When measuring emotional stress along with overall quality of life, researchers take into account the effect of the treatment on the patient. Quality of life information measures the intangible changes in a patient's life to determine "treatment success". For a meaningful change to happen for someone with psoriasis, a treatment must provide an improvement in the patient's overall quality of life.

Compounding pharmacies can often offer custom solutions that can help to improve a patients quality of life by treating psoriasis on a person to person basis. Talk to one of our pharmacists today to learn more about custom compounded therapies for psoriasis. *-SP*

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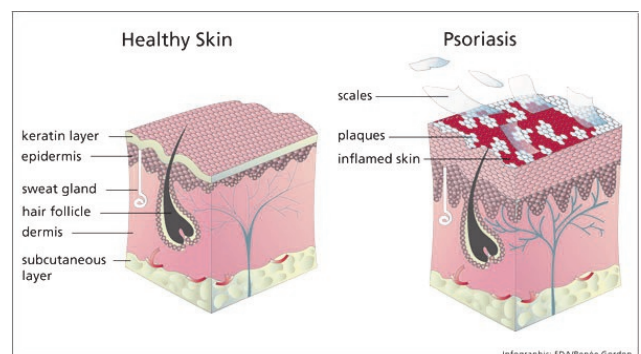
Symptoms

Psoriasis can appear suddenly or slowly. In many cases, psoriasis goes away and then flares up again repeatedly over time.

Psoriasis signs and symptoms can vary from person to person but may include one or more of the following:

- Red patches of skin covered with silvery scales
- Small scaling spots (commonly seen in children)
- Dry, cracked skin that may bleed
- Itching, burning or soreness
- Thickened, pitted or ridged nails
- Swollen and stiff joints

Continued on reverse





Other symptoms may include:

- Genital lesions in males
- Joint pain or aching (psoriatic arthritis)
- Nail changes, including nail thickening, yellow-brown spots, dents (pits) on the nail surface, and separation of the nail from the base
- Severe dandruff on the scalp

Types

- **Plaque psoriasis.** The most common form, plaque psoriasis causes dry, raised, red skin lesions (plaques) covered with silvery scales. The plaques itch or may be painful and can occur anywhere on your body, including your genitals and the soft tissue inside your mouth. You may have just a few plaques or many, and in severe cases, the skin around your joints may crack and bleed.
- **Nail psoriasis.** Psoriasis can affect fingernails and toenails, causing pitting, abnormal nail growth and discoloration. Psoriatic nails may become loose and separate from the nail bed (onycholysis). Severe cases may cause the nail to crumble.
- **Scalp psoriasis.** Psoriasis on the scalp appears as red, itchy areas with silvery-white scales. You may notice flakes of dead skin in your hair or on your shoulders, especially after scratching your scalp.
- **Guttate psoriasis.** This primarily affects people younger than 30 and is usually triggered by a bacterial infection such as strep throat. It's marked by small, water-drop-shaped sores on your trunk, arms, legs and scalp. The sores are covered by a fine scale and aren't as thick as typical plaques are. You may have a single outbreak that goes away on its own, or you may have repeated episodes, especially if you have ongoing respiratory infections.
- **Inverse psoriasis.** Mainly affecting the skin in the armpits, in the groin, under the breasts and around the genitals, inverse psoriasis causes smooth patches of red, inflamed skin. It's more common in overweight people and is worsened by friction and sweating.
- **Pustular psoriasis.** This uncommon form of psoriasis can occur in widespread patches (generalized pustular psoriasis) or in smaller areas on your hands, feet or fingertips. It generally develops quickly, with pus-filled blisters appearing just hours after your skin becomes red and tender. The blisters dry within a day or two, but may reappear every few days or weeks. Generalized pustular psoriasis can also cause fever, chills, severe itching and fatigue.
- **Erythrodermic psoriasis.** The least common type of psoriasis, erythrodermic psoriasis can cover your entire body with a red, peeling rash that can itch or burn intensely. It may be triggered by severe sunburn, by corticosteroids and other medications, or by another type of psoriasis that's poorly controlled.
- **Psoriatic arthritis.** In addition to inflamed, scaly skin, psoriatic arthritis causes pitted, discolored nails and the swollen, painful joints that are typical of arthritis. It can also lead to inflammatory eye conditions, such as conjunctivitis. Symptoms range from mild to severe, and psoriatic arthritis can affect any joint. Although the disease usually isn't as crippling as other forms of arthritis, it can cause stiffness and progressive joint damage that in the most serious cases may lead to permanent deformity.

Source: <http://www.mayoclinic.com/health/psoriasis/DS00193>

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Topical B-12 Psoriasis Treatment

B-12 & Avocado Oil Cream:

A 8 week randomized phase III clinic trial was conducted where patients applied the B12/Avocado oil cream twice daily to the affected skin areas on one side of the body and the placebo on the other.

Based on a modified Six Area Six Sign Atopic Dermatitis (SASSAD) score, the area treated with the vitamin B cream experienced a significantly greater improvement over the placebo treated area **by almost double**.

Ask one of our pharmacists for more information TODAY!



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