



## **Disease State Information for Patients**

We are here to support you throughout your health journey. Below is some helpful information about your condition, along with resources you can use to learn more. If you ever have questions, our team is always available to help.

### **What is Psoriasis?**

Psoriasis is a long-lasting condition where the body's immune system becomes overactive and causes skin cells to grow too fast. Because the skin can't shed these extra cells quickly enough, thick, raised, red patches form on the skin. These patches are often covered with silvery-white scales.

Psoriasis can show up anywhere on the body, but it most often affects the elbows, knees, and scalp. The patches may look dry and flaky, and many people say they itch, burn, or sting. Psoriasis is not contagious, which means you cannot catch it from someone else. It often comes and goes—people may have “flare-ups” when symptoms get worse, and other times when the skin improves.

Even though there is no cure, there are many treatments that can help control symptoms and make the skin feel and look better.

### **Psoriasis**

- a. National Psoriasis Foundation – About Psoriasis
  - i. [Psoriasis: Symptoms, Causes, Images & Treatment](#)
- b. American Academy of Dermatology Association - Psoriasis Resource Center
  - i. [Psoriasis Resource Center](#)
- c. National Psoriasis Foundation – Support & Community
  - i. [Support & Community](#)