

# **Psoriasis**

## **What is Psoriasis?**

Psoriasis is a chronic scaling disease of the skin and is the second most common skin disorder. It consists of flaky, white raised patches that are red, itchy and sometimes burn. It may range from just a few spots anywhere on the body to large areas of involvement. It more commonly found on the knees, elbows, scalp, hands, and feet or lower back. It is not contagious..

The exact cause of psoriasis is unknown, but hereditary and genetic factors are important. Psoriasis runs in families. This does not mean, however, that every child of a parent with psoriasis will develop psoriasis, but it is common that somewhere down the line psoriasis will appear in families. Psoriasis normally gets worse when the body is under stress.

Various treatments can keep the disease under control for most people. The goal of a psoriasis sufferer is to control the severity of their condition and minimize flare-ups. For further advise and tips on psoriasis see below:

**NEW!!**

## **Psoriasis Skin Clinic**

### **Learn to treat and manage your Psoriasis**

**Starting at the Student Health Centre**

**Please contact University Nurse**

**For further information**

**At 7005766**