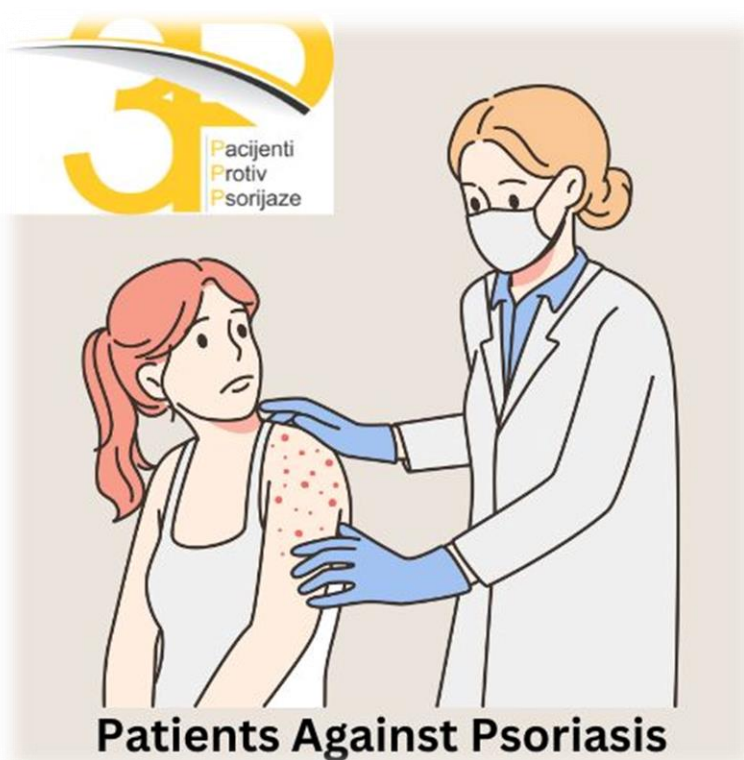


PSORIASIS IS MORE THAN SKIN DISEASE

Psoriasis is a severe chronic disease characterized by unusual overgrowth of the upper layer of the skin, and its systemic effects are known today. It is mainly genetic. Psoriasis comes and goes in cycles, alternating remissions, i.e., improvements and deteriorations. The most common form of psoriasis is plaque psoriasis, which occurs in 80% of patients. It usually appears as spots on the skin that merge into red, oval-shaped, flat surfaces. They can be of different sizes, are typically red, and can be easily felt.

Early diagnosis and treatment are essential in the treatment of psoriasis. If you notice



any changes on the skin, similar to psoriasis, visit a dermatologist as soon as possible, who specializes in the treatment of this skin disease. In rare cases, a biopsy (a diagnostic procedure in which a small portion of the affected skin is removed) is needed to confirm the diagnosis. If you have been diagnosed with psoriasis, ask your doctor about the severity of your psoriasis. It is essential to determine the severity of the disease in order to choose the best treatment method and to be able to determine whether the treatment is working [1].

The disease can appear at any age, but it most often occurs between the ages of 15 and 25. This disease can also occur in young children and elderly patients. Initially, psoriasis manifests itself as characteristic spots on the skin that coalesce to form psoriatic plaques, varying in size and severity. Psoriatic changes on the skin most often affect the head, elbows, knees, lumbar region, hands, and feet. Psoriasis plaques can also appear on the nails. Types of psoriasis are usually recognized by their characteristic appearance [2].

Psoriasis does not just mean dry, scaly "flakes" on the skin. People living with psoriasis fear rejection or lack of personal and family life, difficulty finding employment, and psoriasis-related complications that can eventually lead to disability.

Psoriasis patients may face widespread intolerance. Their quality of life is drastically reduced due to the symptoms of psoriasis. The unpleasant symptoms of psoriasis and the widespread negative social attitude towards psoriasis can have an extremely negative effect on the patient's self-confidence; patients feel misunderstood, marginalized, and stigmatized. For all these reasons, patients should carefully monitor their emotional state. Successful treatment of psoriasis largely depends on whether the patient can rely on his family and friends when he needs support in difficult times [3].

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