

## World Psoriasis Day

Marking World Psoriasis Day (October 29), the Association "Pacijenti Protiv Psorijaze 3P" wants to motivate and encourage patients to talk to a dermatologist about their disease and treatment options, which are now much more significant than a few years ago. "It is essential for patients to understand that they do not have to bear the burden of psoriasis." The patient's suffering from the disease's symptoms is also transmitted to his closest environment - family and friends. We ask all patients, those who have just noticed the first symptoms of the disease, and those who have had psoriasis for years and may think that no one can help them, to go to a dermatologist as soon as



possible. Medicines for local and systemic use are available, including biological therapy for patients with moderate and severe psoriasis. By applying biological treatment, skin changes are reversed, reducing the risk of developing other diseases. What is very important for patients - their quality of life improves. The patient can live completely normal and carry out social and professional activities," emphasizes Vladimir Kecić, president of the association.

Goran Filipović from the 3P association explains that psoriasis is not only a skin disease but also has numerous systemic manifestations, i.e., associated diseases (so-called comorbidities), such as psoriatic arthritis, metabolic syndrome, diabetes type 2, cardiovascular diseases, etc. There are problems in social, emotional, and professional functioning. All this, along with stigmatization, leads to anxiety and depression. Psoriasis is not contagious but is a chronic, non-contagious autoimmune disease, and there is no need for people to be afraid of contact with patients who have psoriasis.

Psoriasis occurs in 2% of the population, so it is estimated that there are about 140,000 patients in Serbia. Of those, 20% have a severe form of the disease, which requires systemic therapy.

Representatives of the "3P" association and experts invite patients to consult a dermatologist and say that the disease can be controlled and complications can be prevented with appropriate therapy.

Marko Uzelac