

Psoriasis: Causes, Treatment and Hazards

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Abstract

Psoriasis is an endless condition that influences the prosperity and personal satisfaction of patients. The malady is related to an expanded danger of melancholy and suicidality, which may not be completely comprehended by the all-inclusive community. It is pivotal to comprehend the impact this malady has on emotional wellness and decide chance components that may help recognize patients who are vulnerable to melancholy and suicidality. Hazard components talked about in this article incorporate age, sexual orientation, and seriousness of malady in psoriasis patients. Of these, age and seriousness of malady are huge with a reasonable relationship of expanded sadness and suicidality found in patients who are more youthful or have a more extreme ailment. In spite of the fact that there is proof that psoriasis medicines can enhance both malady and related discouragement manifestations, there are high rates of under treatment. By distinguishing high-chance psoriasis patients, dermatologists would aim to be able to for the ideal treatment of the infection and along these lines help reduce the related psychiatric weight.

Keywords: Psoriasis; Malady; Plaque Psoriasis

Introduction

Psoriasis is an incessant skin infection that causes aggravation and scaling of the skin that influences around 1 percent to 3 percent of the world populace [1]. Normal, sound skin encounters cell turnover about once per month, yet when you have psoriasis, the skin cells rise much too quick and really heap up on top of each other. Gratefully, you would help be able to battle this condition with by taking after legitimate psoriasis eats fewer carbs treatment arrange. We realize that psoriasis starts in the insusceptible framework and includes a kind of white platelet called a T cell [2]. When you have psoriasis, the T cells are put without hesitation by mistake and turn out to be excessively dynamic, prompting undesirable swelling and quick turnover of skin cells. Psoriasis can grow at any age, though it normally

appears among the ages of 15 and 22. A second peak appears during the 60 - 69 age range. Females tend to develop psoriasis to some extent earlier than males, and those with a family history also have an earlier age of onset. The ailment may last for just a few weeks or for a lifetime, with irregular periods of deteriorations and remissions. It is hard to forecast the progress of the disease.

Erythrodermic psoriasis

Psoriasis signs and side effects are distinctive for everybody. Basic signs and side effects include:

- Red patches of skin covered with thick, shiny scales
- Small scaling spots (generally found in kids)
- Dry, broke skin that may drain
- Burning, soreness or Itching
- Thickened, hollowed or furrowed nails
- Swollen and solid joints

Psoriasis patches can go from a couple spots of dandruff-like scaling to significant emissions that cover substantial territories. Most sorts of psoriasis experience cycles, flaring for fourteen days or months, at that point dying down for a period or notwithstanding going into finish reduction [3].

There are numerous forms of psoriasis include:

- **Plaque psoriasis:** The most widely recognized shape, plaque psoriasis causes dry, raised, red skin injuries (plaques) secured with gleaming scales. The plaques may be bothersome or agonizing and there might be few or numerous. They can happen anyplace on your body, including your private parts and the delicate tissue inside your mouth [4].
- **Nail psoriasis:** Psoriasis can influence fingernails and toenails, causing setting, anomalous nail development and staining. Psoriatic nails may release and separate from the nail bed (onycholysis). Extreme cases may make the nail disintegrate.
- **Guttate psoriasis:** This sort principally influences youthful grown-ups and youngsters. It's typically activated by a bacterial contamination, for example, strep throat. It's set apart by little, water-drop-formed, scaling injuries on your trunk, arms, legs and scalp. The scratches are covered by a fine scale and aren't as heavy as typical plaques are. You may have a single eruption that goes away on its own, or you may have repeated incidents [5].
- **Inverse psoriasis:** This principally influences the skin in the armpits, in the crotch, under the bosoms and around the privates. Reverse psoriasis causes smooth patches of red, aggravated skin that decline with rubbing and sweating. Parasitic contaminations may trigger this kind of psoriasis.
- **Pustular psoriasis.** This remarkable type of psoriasis can happen in across the board fixes (summed up pustular psoriasis) or in littler regions staring you in the face, feet or fingertips.
- **It by and large grows rapidly, with discharge filled rankles seeming hours after your skin ends up plainly red and delicate.** Rankles may travel every which way much of the time. Summed up pustular psoriasis can likewise cause fever, chills, extreme tingling and looseness of the bowels.
- **Erythrodermic psoriasis.** The minimum regular kind of psoriasis, erythrodermic psoriasis can cover your whole body with a red, peeling rash that can tingle or consume seriously.

- **Psoriatic joint inflammation:** Notwithstanding kindled, textured skin, psoriatic joint inflammation causes swollen, agonizing joints that are regular of joint pain. Now and then the joint side effects are the first or just indication of psoriasis or now and again just nail changes are seen. Side effects extend from gentle to serious, and psoriatic joint pain can influence any joint. In spite of the fact that the infection generally isn't as devastating as different types of joint inflammation, it can cause firmness and dynamic joint harm that in the most genuine cases may prompt lasting disfigurement.

Causes of psoriasis

The reason for psoriasis isn't completely seen, however, it's believed to be identified with a safe framework issue with T cells and other white platelets, called neutrophils, in your body. White blood cells regularly fly out through the body to guard against outside substances, for example, infections or microbes. In any case, in the event that you have psoriasis, the T cells assault solid skin cells by botch, as though to mend an injury or to battle a disease.

Overactive T cells likewise trigger expanded generation of solid skin cells, more T cells and other white platelets, particularly neutrophils. These go into the skin causing redness and some of the time discharge in pustular injuries. Enlarged veins in psoriasis-influenced zones make warmth and redness in the skin injuries. The procedure turns into a continuous cycle in which new skin cells move to the furthest layer of skin too rapidly — in days instead of weeks. Skin cells develop in thick, layered fixes on the skin's surface, proceeding until the point when treatment stops the cycle. Exactly what makes T cells glitch in individuals with psoriasis isn't altogether evident. Analysts accept both hereditary qualities and ecological variables assume a part [6].

Psoriasis triggers

Psoriasis ordinarily begins or compounds as a result of a trigger that you might have the capacity to recognize and maintain a strategic distance from. Components that may trigger psoriasis include [6]:

- Contaminations, for example, strep throat or skin diseases
- Harm to the skin, for example, a cut or rub, a bug chomp, or a serious sunburn
- Smoking
- Vitamin D insufficiency
- Overwhelming liquor utilization
- Stress
- Some medications- including lithium, which is endorsed for bipolar confusion, hypertension medicines, for example, beta blockers, antimalarial medications, and iodides

Hazard components

Psoriasis has a bimodal age of onset with the first presentation occurring in patients ranging from 15 - 20 years and the second presentation manifesting at 55 - 60 years [7]. In a descriptive cross-sectional study of 101 psoriasis patients, those who presented with psoriasis at less than 20 years of age had an increased incidence of depression compared to patients who presented at age 20 years or older [8]. Young age is also a risk factor for suicidality. A large population based cohort study compared 766,950 patients without psoriasis to 149,998 patients with psoriasis; young patients demonstrated a higher risk for suicidality, defined here as one or more of suicidal ideation, suicide attempts or completed suicide.

Anybody can develop psoriasis, yet these elements would increase be able to your danger of building up the ailment:

- **Family history**, this is a standout amongst the most noteworthy hazard elements. Having one parent with psoriasis builds your danger of getting the infection, and having two guardians with psoriasis expands your hazard considerably more.
- **Viral and bacterial diseases**, individuals with HIV will probably create psoriasis than individuals with sound insusceptible frameworks are. Kids and youthful grown-ups with repeating diseases, especially strep throat, additionally might be at expanded hazard.
- **Stress**, since stress would impact be able to your insusceptible framework, high anxiety levels may build your danger of psoriasis.
- **Heftiness**, overabundance weight expands the danger of psoriasis. Injuries (plaques) related with a wide range of psoriasis regularly create in skin wrinkles and overlays.
- **Smoking**, smoking tobacco builds your danger of psoriasis as well as may expand the seriousness of the infection. Smoking may likewise assume a part in the underlying improvement of the ailment.

Complexities

On the off chance that people who have psoriasis, they are at more serious danger of building up specific ailments [8,9]. These include

- **Psoriatic joint inflammation:** This complexity of psoriasis would cause be able to joint harm and lost capacity in a few joints, which can be crippling.
- **Eye conditions:** Certain eye issue, for example, conjunctivitis, blepharitis and uveitis - are more typical in individuals with psoriasis.
- **Obesity:** Individuals with psoriasis, particularly those with more serious ailment, will probably be stout. It's not clear how these infections are connected, in any case. The aggravation connected to heftiness may assume a part in the advancement of psoriasis. Or, on the other hand it might be that individuals with psoriasis will probably put on weight, conceivably in light of the fact that they're less dynamic due to their psoriasis
- **Type 2 diabetes:** The danger of sort 2 diabetes ascends in individuals with psoriasis. The more serious the psoriasis, the more prominent the probability of sort 2 diabetes
- **High circulatory strain:** The chances of having hypertension are higher for individuals with psoriasis
- **Cardiovascular illness:** For individuals with psoriasis, the danger of cardiovascular sickness is twice as high as it is for those without the illness. Psoriasis and a few medications likewise increment the danger of sporadic pulse, stroke, elevated cholesterol and atherosclerosis.
- **Metabolic disorder:** This bunch of conditions — including hypertension, lifted insulin levels and strange cholesterol levels — builds your danger of coronary illness.
- **Other immune system infections:** Celiac infection, sclerosis and the fiery entrail sickness called Crohn's ailment will probably hit individuals with psoriasis.
- **Parkinson's infection:** This unending neurological condition will probably happen in individuals with psoriasis.

- **Kidney infection:** Direct to extreme psoriasis has been connected to a higher danger of kidney illness.
- **Emotional issues:** Psoriasis can likewise influence your personal satisfaction. Psoriasis is related with low confidence and wretchedness. You may likewise pull back socially.

Treatments of psoriasis

Psoriasis treatments decrease inflammation and clear the skin. Treatments can be distributed into three main categories: topical treatments, light therapy and systemic medications.

Conservative Treatment and Natural Treatment of Psoriasis

Psoriasis is accepted to be an immune system infection in which the body erroneously distinguishes its own tissue as outside and assaults itself. With regards to ordinary treatment, specialists mull over how genuine your case is, the kind of psoriasis and the measure of the psoriasis patches. Specialists will regularly switch traditional medicines in the event that one isn't compelling, you have a terrible response or on the off chance that it quits working all together. Regular treatment is frequently troublesome, and at present the most widely recognized cures are retinoids or immunosuppressant drugs. The last are frequently steroids or cyclosporin, which accompanied concerning symptoms regardless of the possibility that they're powerful in treating psoriasis [10]. Topical treatment is exceptionally normal and includes applying a cream or salve to the issue zones. Another customary alternative is light treatment, which utilizes a mix of characteristic bright light from the sun and counterfeit bright light. PUVA is a type of light treatment that uses a blend of a medication that makes skin more delicate to light and presentation to bright A light. At the point when psoriasis is extreme, specialists will probably utilize systemic treatment, which implies physician endorsed medications or pharmaceutical given through a shot. Blend treatment for psoriasis utilizes topical, light and systemic medications as one, all of which accompanied symptoms that a characteristic cure likes psoriasis abstain from food does not.

Topical treatments

Used alone, creams and ointments that you apply to your skin can effectively treat mild to moderate psoriasis. When the disease is more severe, creams are likely to be combined with oral medications or light therapy. Topical psoriasis treatments include [11,12].

Topical corticosteroids, these medications are the most much of the time recommended medicines for treating mellow to direct psoriasis. They decrease irritation and diminish tingling and might be utilized with different medicines. Gentle corticosteroid salves are normally prescribed for touchy ranges, for example, your face or skin folds, and for treating boundless patches of harmed skin. Your specialist may recommend more grounded corticosteroid salve for littler, less delicate or harder to-treat regions. Long haul utilize or abuse of solid corticosteroids would cause be able to diminishing of the skin. Topical corticosteroids may quit working after some time. It's typically best to utilize topical corticosteroids as a transient treatment amid flares; Vitamin D analogs. These engineered types of vitamin D moderate skin cell development. Calcipotriene (Dovonex) is a remedy cream or arrangement containing a vitamin D simple that treats gentle to direct psoriasis alongside different medicines. Calcipotriene may bother your skin. Calcitriol (Vertical) is costly yet might be similarly powerful and conceivably less aggravating than calcipotriene; Anthralin, This solution moderates skin cell development. Anthralin (Dritho-Scalp) can likewise expel scales and make skin smoother. Be that as it may, anthralin can aggravate skin, and it recolors nearly anything it touches. It's typically connected for a brief span and afterward washed off; Topical retinoids, these are vitamin A subordinates that may diminish irritation. The most widely recognized symptom is skin aggravation. These drugs may likewise expand affectability to daylight, so while utilizing the medicine apply sunscreen before going outside. The danger of birth absconds is far lower for topical retinoids than for oral retinoids. In any case, tazarotene (Tazorac, Avage) isn't prescribed when you're pregnant or bosom sustaining or on the off chance that you mean to end up noticeably pregnant; Calcineurin inhibitors, Calcineurin inhibitors — tacrolimus (Prograf) and pimecrolimus (Elidel) — decrease irritation and plaque development; Calcineurin inhibitors are not suggested for long haul or persistent utilize on ac-

count of a potential expanded danger of skin disease and lymphoma. They might be particularly useful in zones of thin skin, for example, around the eyes, where steroid creams or retinoids are excessively bothering or may cause unsafe impacts; Salicylic corrosive, Accessible over-the-counter (nonprescription) and by solution, salicylic corrosive advances sloughing of dead skin cells and decreases scaling. Here and there it's consolidated with different prescriptions, for example, topical corticosteroids or coal tar, to build its adequacy. Salicylic corrosive is accessible in cured shampoos and scalp answers for treat scalp psoriasis; Coal tar, gotten from coal, coal tar diminishes scaling, tingling and aggravation. Coal tar can aggravate the skin. It's additionally muddled, stains dress and bedding, and has a solid smell. Coal tar is accessible in over-the-counter shampoos, creams and oils. It's likewise accessible in higher focuses by solution. This treatment isn't prescribed for ladies who are pregnant or bosom nourishing; Lotions, Saturating creams alone won't mend psoriasis; however, they can decrease tingling, scaling and dryness. Lotions in a salve base are generally more powerful than are lighter creams and moisturizers. Apply promptly after a shower or shower to secure dampness [10].

Light treatment (phototherapy)

Light treatment utilizes regular or counterfeit bright light. The most straightforward and least demanding type of phototherapy includes presenting your skin to controlled measures of regular daylight. Different types of light treatment incorporate the utilization of simulated ultraviolet A (UVA) or ultraviolet B (UVB) light, either alone or in a mix with pharmaceuticals [13].

UVB phototherapy: Controlled measurements of UVB light from a manufactured light source may enhance gentle to direct psoriasis side effects. UVB phototherapy, additionally called broadband UVB, can be utilized to treat single patches, across the board psoriasis and psoriasis that opposes topical medications. Here and now reactions may incorporate redness, tingling, and dry skin. Utilizing a cream may help diminish these reactions [13].

Narrow band UVB phototherapy: A more current kind of psoriasis treatment, limit band UVB phototherapy might be more compelling than broadband UVB treatment. It's typically controlled a few times each week until the point when the skin enhances, and after that upkeep may require just a week after week sessions. Limit band UVB phototherapy may cause more-extreme and longer enduring consumes, nonetheless.

Sunlight: Presentation to ultraviolet beams in daylight or fake light moderates skin cell turnover and diminishes scaling and aggravation. Brief, day by day exposures to little measures of daylight may enhance psoriasis, yet serious sun presentation can exacerbate side effects and cause skin harm. Before starting a daylight regimen, get some information about the most secure approach to utilizing common daylight for psoriasis treatment.

Goeckerman treatment: A few specialists join UVB treatment and coal tar treatment, which is known as a Goeckerman treatment. The two treatments together are more compelling than either alone in light of the fact that coal tar makes skin more open to UVB light [13].

Psoralen plus ultraviolet A (PUVA): This type of photochemotherapy includes taking a light-sharpening prescription (psoralen) before presentation to UVA light. UVA light enters further into the skin than does UVB light, and psoralen makes the skin more receptive to UVA presentation. This more forceful treatment reliably enhances skin and is regularly utilized for progressively serious instances of psoriasis. Here and now reactions incorporate sickness, cerebral pain, consuming and tingling. Long haul reactions incorporate dry and wrinkled skin, spots, expanded sun affectability and expanded danger of skin growth, including melanoma.

Excimer laser: This type of light treatment, utilized for gentle to direct psoriasis, treats just the included skin without hurting solid skin. A controlled light emission light is coordinated to the psoriasis plaques to control scaling and irritation. Excimer laser treatment requires fewer sessions than does customary phototherapy since all the more intense UVB light is utilized. Reactions can incorporate redness and rankling [14].

Oral pharmaceuticals

In the event that you have extreme psoriasis or it's impervious to different sorts of treatment, your specialist may endorse oral or infused drugs. This is known as systemic treatment. In light of serious symptoms, some of these medicines are utilized for just concise periods and might be exchanged with different types of treatment [15].

Retinoids: Identified with vitamin A, this gathering of medications may help in the event that you have serious psoriasis that doesn't react to different treatments. Reactions may incorporate lip irritation and male pattern baldness. What's more, in light of the fact that retinoids, for example, acitretin (Soriatane) would cause be able to serious birth surrenders, ladies must keep away from pregnancy for no less than three years in the wake of taking the solution.

Methotrexate: Taken orally, methotrexate (Rheumatrex) helps psoriasis by diminishing the creation of skin cells and smothering irritation. It might likewise moderate the movement of psoriatic joint pain in a few people. Methotrexate is by and large all around endured in low measurements yet may cause furious stomach, loss of craving and exhaustion. At the point when utilized for long stretches, it would cause be able to various genuine reactions, including serious liver harm and diminished generation of red and white platelets and platelets.

Cyclosporine: Cyclosporine (Gengraf, Neoral) stifles the resistant framework and is like methotrexate in adequacy, yet must be taken here and now. Like other immunosuppressant drugs, cyclosporine builds your danger of contamination and other medical issues, including malignancy. Cyclosporine likewise makes you more vulnerable to kidney issues and hypertension — the hazard increments with higher measurements and long-haul treatment.

Medications that adjust the invulnerable framework (biologics): A few of these medications are affirmed for the treatment of direct to extreme psoriasis. They incorporate etanercept (Enbrel), infliximab (Remicade), adalimumab (Humira), ustekinumab (Stelara), golimumab (Simponi), apremilast (Otezla), secukinumab (Cosentyx) and ixekizumab (Taltz). A large portion of these medications are given by infusion (apremilast is oral) and are typically utilized for individuals who have neglected to react to conventional treatment or who have related psoriatic joint pain. Biologics must be utilized with alert since they effect sly affect the invulnerable framework and may allow life-debilitating diseases. Specifically, individuals taking these medications must be screened for tuberculosis.

Different solutions: Thioguanine (Tabloid) and hydroxyurea (Droxia, Hydrea) are pharmaceuticals that can be utilized when different medications can't be given.

Treatment contemplations

In spite of the fact that specialists pick medicines in light of the sort and seriousness of psoriasis and the zones of skin influenced, the customary approach is to begin with the mildest medications — topical creams and bright light treatment (phototherapy) — in those patients with commonplace skin sores (plaques) and afterward advance to more grounded ones just if vital. Patients with pustular or erythrodermic psoriasis or related joint pain as a rule require systemic treatment from the earliest starting point of treatment. The objective is to locate the best approach to moderate cell turnover with the least conceivable reactions.

Potential future medicines

There are various new drugs at present being explored that can possibly enhance psoriasis treatment. These medications target diverse proteins that work with the insusceptible framework [10].

Natural Treatment

Regular or all-encompassing treatment intends to get at the foundation of the issue. For some individuals, calming sustenance joined with recuperating psoriasis consume fewer calories is one of the ideal approaches to normally treat psoriasis. Studies have been taking a

gander at the connection between intestinal structure and capacity in the advancement of psoriasis for a considerable length of time [16]. Some specialists trust that psoriasis is really caused by intestinal penetrability, particularly in the zone between the duodenum and the jejunum. Thus, the body tries to dispose of the poisons through the skin. In this model, psoriasis speaks to the body's urgent endeavor to wash down itself. Here are some characteristic approaches to help battle psoriasis:

Lower Stress

Stress is likewise known to assume a major part in psoriasis, which is the reason mind-body treatments and stress administration can truly help actually mend psoriasis. Prayer, meditation and hypnosis would all be able to offer assistance. Concentrates really demonstrate that individuals who contemplate before getting light treatment have preferable results over individuals who had light treatment alone.

Exercise and Drink Water

It might sound excessively straightforward; however, exercise and drinking a lot of water are two simple and powerful approaches to help mend psoriasis. With regards to showering, you certainly would prefer not to utilize water that is excessively hot in light of the fact that this can additionally dry and kindle your skin. Absorbing a tepid shower containing dead ocean salts, Epsom salt or oats for around 15 minutes would help be able to expel scales and quiet tingling. Make certain to apply lotion to your skin when you escape a shower or shower — along these lines you would seal be able to some water into your skin, which would help be able to quiet and recuperate psoriasis patches.

Apply Nature-Based Topical Remedies

There are three nature-based topical cures that have demonstrated beneficial outcomes on psoriasis: Oregon grape (10 percent) cream, avocado and vitamin B12 cream, and aloe (0.5 percent) cream. Research has demonstrated that utilizing Reliéva, a homeopathic cream containing Oregon grape separate, is viable and very much endured in patients with mellow to direct psoriasis [18]. Early research proposes that a restrictive cream containing avocado oil and vitamin B12 may diminish psoriasis side effects. A few investigations have demonstrated that a cream containing 0.5 percent aloe vera extricate is better than a fake treatment with no negative symptoms [19].

Attempt Homeopathy and Other Alternative Treatments

Homeopathy is another regular cure appeared to enhance psoriasis. Studies have demonstrated that homeopathic treatment of psoriasis patients brings about enhanced side effects and general personal satisfaction [20]. Needle therapy and Chinese medication may likewise help a few people with psoriasis. In Chinese pharmaceutical, psoriasis is seen as a medical problem caused by the stagnation of blood. A few herbs a Chinese prescription specialist may recommend incorporate turmeric, zedoria (like ginger), dang gui, red peony and sarsaparilla. Dittany, sophora and tribulus may likewise be endorsed to mitigate psoriasis-related tingling. In case you're an enthusiast of Ayurvedic prescription, you might need to attempt Panchakarma treatment, which includes plant-based cures and dietary changes gone for detoxifying the body. A veggie lover abstain from food is frequently suggested also. The Panchakarma medicines incorporate expending ghee and cured douches.

Eat a Psoriasis Diet

Psoriasis diet is significant. In the event that you have a broken gut, at that point somewhat processed protein and fat can leak through your intestinal coating, advancing into your circulation system and causing unfavorably susceptible reactions. In the event that left unrepaired, it would lead be able to more serious medical problems like psoriasis and discouragement, nervousness, headache cerebral pains, muscle torment and endless weariness. Studies have demonstrated a connection between unusual small digestive tract porousness and psoriasis. A psoriasis eating routine can recuperate your gut, which thus would end be able to your affliction with psoriasis and psoriatic joint pain [16].

Conclusion

Psoriasis is a life-long disease that regularly initiates during childhood. With the intention of correctly identify and treat children and adolescents, it is significant to identify the different presentations of the disease in this cohort. Patients with psoriasis, including their families, should be educated about the natural history and exogenous and endogenous factors responsible for increased disease morbidity, in addition to receive support and counselling to help cope with their condition.

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