

understanding your condition

Psoriatic Disease

Receiving a medical diagnosis, such as psoriatic disease, may be overwhelming and scary. Learning about the condition, and how to cope with it, can make it more manageable.

Condition Introduction

Psoriatic disease (PD) is a lifelong condition that includes psoriasis and psoriatic arthritis. Both psoriasis and psoriatic arthritis are caused by an overactive immune system, which is called an autoimmune disease. Psoriasis involves the immune system mistakenly signaling the body to make skin cells too quickly. This rapid build-up of skin cells can result in scaly patches or plaques, pustules, redness and swelling, as well as inflammation.

Types of Psoriasis

- **Plaque psoriasis** is the most common type of psoriasis. Those with plaque psoriasis often experience raised, silvery scaled patches of skin (called plaques) that can be itchy and painful. Plaque psoriasis most often occurs on elbows, knees, hands, lower back and the scalp.
- **Inverse psoriasis** is the second most common type of psoriasis. With inverse psoriasis the skin becomes smooth, deep red, and inflamed. Inverse psoriasis most commonly affects body folds, like armpits, under the breasts and around the genitals.
- **Guttate psoriasis** is the third most common type of psoriasis. Guttate psoriasis causes small, round, red spots that are raised and scaly. Guttate psoriasis is common on the arms, legs, stomach and chest.
- **Pustular psoriasis** is a rarer form and appears as painful, pus-filled bumps that may be surrounded by inflamed skin.
- **Erythrodermic psoriasis** is the rarest and most serious form of psoriasis and can be life threatening. Erythrodermic psoriasis causes intense redness, pain and itching. This type of psoriasis can also cause the skin to shed in large sheets. Other serious side effects of erythrodermic psoriasis include dehydration, changes in heart rate and temperature, as well as nail changes.

Psoriatic Arthritis

Another element of psoriatic disease is psoriatic arthritis. Psoriatic arthritis occurs in about one-third of people with psoriasis and most people develop psoriasis before having symptoms of psoriatic arthritis. Psoriatic arthritis causes the immune system to mistakenly attack the joints and areas where tendons and ligaments connect to bone. This results in pain, swelling, stiffness and inflammation in these areas. Psoriatic arthritis can vary from person to person. It's important it's treated because untreated psoriatic arthritis can lead to permanent joint damage. Psoriatic arthritis can change over time and affect different areas of the body. Common areas include fingers, toes, elbows, knees and the spine.

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Symptoms

The symptoms of psoriatic disease can vary from person to person. Symptoms may also differ based on the type of psoriasis a person has and if psoriatic arthritis is present. About 1 in 3 people with psoriasis will also develop psoriatic arthritis. Symptoms for both psoriasis and psoriatic arthritis can develop slowly and be mild or develop quickly and be quite severe.

To better understand your symptoms, it's important to discuss any changes or new symptoms with your care provider. **See the table for more details.**

Most Common Symptoms

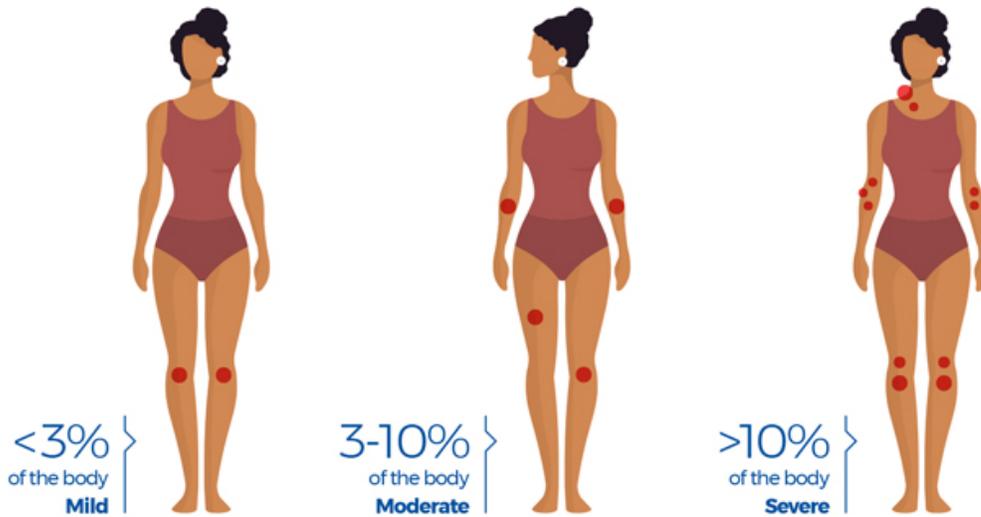
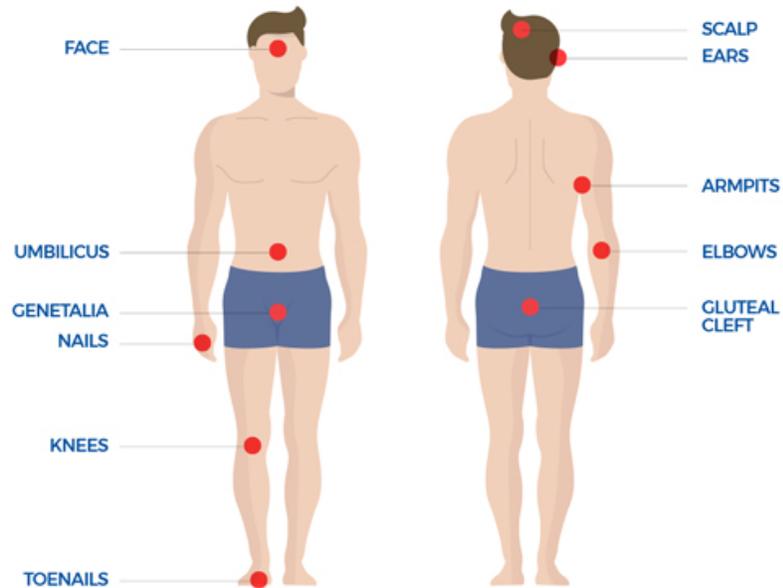
- **Plaque psoriasis:** Inflammation, pain and itchiness; appears as raised, silvery plaques or scales
- **Inverse psoriasis:** Inflammation, pain, and itchiness; affects body folds (armpits, under breasts, genitals, buttocks); appears as smooth, shiny, dark-red skin
- **Guttate psoriasis:** Inflammation; typically occurs on the legs, arms, and torso; appears as raised scales and small, round, red spots
- **Pustular psoriasis:** Inflammation and pain; appears as pus-filled bumps and red skin
- **Erythrodermic psoriasis:** Severe itchiness, pain, and intense redness; shedding of skin in large sheets; heart rate changes, temperature changes, dehydration, and nail changes

Severe Symptoms

- Pain, swelling, and stiffness in joints
- Common areas affected include fingers, toes, elbows, knees, and the spine
- Inflammation
- Joint damage (if left untreated)
- Nail changes (nail separation from nail bed, pitting, discoloration)

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How Psoriatic Disease Affects the Body



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How Nutrition is Affected by Psoriatic Disease

Understanding Symptoms and How Nutrition is Affected by Psoriatic Disease

General Overview	How Nutrition is Affected
<ul style="list-style-type: none">• There are five different types of psoriasis: plaque, inverse, guttate, pustular, and erythrodermic. Psoriatic arthritis causes swelling, pain, and stiffness in the joints. Common areas include hands, fingers, feet, toes, spine and hips.• Psoriasis can be mild, moderate, or severe and causes scaly, dry, or cracked areas of the skin. It can lead to itching, burning, or soreness. Psoriasis can occur on any part of the body including the mouth, lips, hands and feet.• Psoriatic disease may cause changes in fingernails, such as nail separation from nail bed.• Untreated psoriatic arthritis may result in permanent joint damage.• Psoriatic disease is linked with other diseases, such as heart disease, diabetes, cancer or depression.	<ul style="list-style-type: none">• Standing for long periods of time or using hands to prepare meals can become painful and challenging. This can lead to low nutrient intake.• When psoriasis affects the mouth and lips, chewing and swallowing can become challenging or painful. This can lead to low nutrient intake.• Challenges with cooking and preparing food may alter nutrient intake.• Permanent joint damage can impair the ability to grocery shop, prepare meals and properly nourish the body. Over time, this may lead to nutritional deficiencies.• Some medications can impact how the body uses and absorbs vitamins and minerals. Talk with your healthcare provider, pharmacist or registered dietitian for more information.• Talk with a registered dietitian about nutritional strategies to reduce the risk, or manage, heart disease, diabetes, cancer and depression.