

Psoriasis is a chronic inflammatory condition of the skin. It is caused by rapid formation of new skin on the body. Your skin undergoes continuous renewal process. Old skin usually sheds off within 28 days to reveal new skin. In psoriasis, the rate at which old skin sheds off is not altered but the new skin formation is 7 times faster, as a result of which skin keeps getting layered up; which is why psoriasis results in thick patches.



Few facts on psoriasis that you need to know:

1. Psoriasis is not an infection, hence does not get transmitted to others.
2. We do not know the absolute cause of psoriasis but we do know certain conditions like obesity, dry weather, smoking, stress and certain medications can aggravate or trigger psoriasis.
3. Psoriasis cannot be completely cured but can certainly be controlled by medical treatment.
4. We cannot predict the course of psoriasis in any given patient. Sometimes psoriasis can go away and never come back. At other times it comes and goes with a nonspecific interval.
5. It is seen in family members also but whether it is hereditary or not, is not an established fact.
6. There is definitely a gene defect in people who suffer from psoriasis.
7. Psoriasis does not lead to skin cancers.

8. Psoriasis can occur in age group and can affect any part of the body. Mostly affects skin, nails and joints. Sometimes psoriasis is limited to just one part of the body like scalp or palms and soles. These are localized forms. Other times, it may occur all over the body.

9. There is no effect of diet on psoriasis. Eating or avoid any particular foods will have no impact on the disease.

10. Do not get panicked if you see thick scaly patches appearing on your body. Sometimes fungal infections also present like psoriasis. Visit your dermatologist who will make the diagnosis for you.