SKIN SCHOOL
by Dr. Lizmaré Brönn
Evidence-based skincare, explained simply.

PSORIASIS
CHEAT SHEET OVERVIEW

PSORIASIS IN 60 SECONDS

GENETIC PREDISPOSITION
Genetic predisposition, a family history of psoriasis.

→

IMMUNE SYSTEM OVERACTIVE
Immune cells attack healthy skin.

→

SKIN CELLS SPEED UP
Skin cells multiply up to 10x faster than normal.

→

BUILD UP ON SKIN
Cells pile up forming thick, red, scaly patches.

→

FLARES & REMISSION
Symptoms flare, settle, and can flare again.

WHAT IS PSORIASIS?

Psoriasis is a chronic, non-contagious inflammatory skin condition. It causes skin cells to build up rapidly on the surface, forming red, scaly patches that can be itchy, sore or sometimes tender.

TYPES OF PSORIASIS



PLAQUE PSORIASIS
Most common type. Red, raised patches covered with silvery scales.



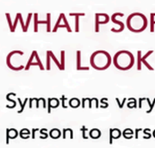
GUTTATE PSORIASIS
Small, drop-like red spots, often triggered by a strep infection.



INVERSE PSORIASIS
Smooth, red patches in skin folds (armpits, groin, under breasts).



PUSTULAR PSORIASIS
White pustules (blisters of pus) on red skin.



ERYTHRODERMIC PSORIASIS
Widespread redness and shedding of skin. A medical emergency.

WHAT CAUSES PSORIASIS?

- Genetics / family history
- Immune system overactivity
- Medications (e.g. beta blockers, lithium, antimalarials)

COMMON TRIGGERS

- Stress
- Infections (e.g. strep throat)
- Smoking
- Alcohol
- Obesity

HOW IS IT TREATED?

- Topical treatments (ointments, creams, scalp lotions)
- Vitamin D analogues (calcipotriol)
- Light therapy (NB-UVB, PUVA)
- Systemic medications (methotrexate, cyclosporine, acitretin)
- Biologic medications (target the immune system)
- Lifestyle modifications (weight management, stop smoking, limit alcohol)
- Moisturise daily to reduce dryness and scaling

WHEN TO SEE A DERMATOLOGIST

- If joints are painful, stiff or swollen (psoriatic arthritis)
- If uncontrolled on medication prescribed by a general practitioner
- If it affects daily life, self-esteem or mood
- If you are considering pregnancy or breastfeeding and need treatment advice
- When there is widespread redness (Erythroderma)

PATIENTS ASK ME EVERY DAY

- Is psoriasis contagious?
- Can stress cause psoriasis?
- Will it go away on its own?
- Can diet help psoriasis?
- Can I go in the sun?

Find these Answers under Frequently Asked Questions.

WHAT'S NEXT?

- Build a daily skincare routine
- Identify & avoid your triggers
- Use treatments as prescribed
- Keep your skin barrier strong
- Book regular follow-ups

KEY TAKE-HOME MESSAGES

- Pooriasis is not your fault.
- Consistency with treatment makes a big difference.
- Moisturise daily to calm and protect skin.
- Sunlight in moderation may help (not sunburn).
- Manage stress – it can trigger or worsen flares.

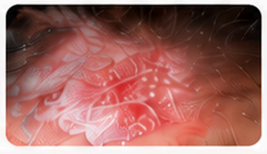
WHAT PSORIASIS CAN LOOK LIKE

Symptoms vary from person to person.

PLAQUE (ELBOW)



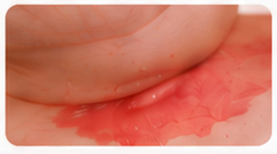
PLAQUE (SCALP)



GUTTATE



INVERSE (SKIN FOLDS)



PALMS / SOLES



NAILS

