August Is Psoriasis Awareness Month!

by NEWLIFEOUTLOOK TEAM

Raising Psoriasis Awareness

Did you know this month is Psoriasis Awareness Month? The National Psoriasis Foundation uses this month as a chance to raise awareness and funding for psoriasis, and to spread information to sufferers about how to properly manage the disease.

If you think Psoriasis Awareness Month isn't important, think again.

7.5 million Americans suffer from this autoimmune disease that causes red, scaly patches of skin, itching and burning, and swollen, stiff joints, among other symptoms.

Most people think of the red patches when they think of psoriasis, and psoriasis sufferers face social stigmas and embarrassment every day because many don't understand their condition.

It's time to spread the word: psoriasis is not contagious! There is no way to "catch" the disease from someone — unless of course you count your genetics as "catching" it.

On top of raising awareness and spreading information about the condition, it's important for people with psoriasis to help empower themselves and fellow sufferers to take control of their condition. Psoriasis treatment and management is in your hands, so use this month as a chance to learn more and teach others about proper treatment.

Now get out there and spread the word!

AUGUST IS

PSORIASIS

Awareness Month!

Here's what you need to know about this common skin disease.

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SYMPTOMS

Psoriasis is an autoimmune disease that occurs when surface skin cells build up very quickly. It's chronic, and symptoms alternate between flaring up and remission.

Common symptoms include:

- Red, scaly patches of skin
- Dry, cracked, and bleeding skin
- Itching and burning
- Pitted, ridged, or thick nails

Up to 40% of people with psoriasis also experience psoriatic arthritis in their joints.[i]

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DID YOU KNOW **7.5 MILLION** AMERICANS HAVE PSORIASIS?[ii]

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80–90% OF THEM ARE AFFECTED BY **PLAQUE PSORIASIS**

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WHAT CAUSES PSORIASIS?

The cause of psoriasis isn't clear, but certain things can trigger a flare-up:

SMOKING

SKIN INJURY (LIKE A SUNBURN OR SCRAPE)

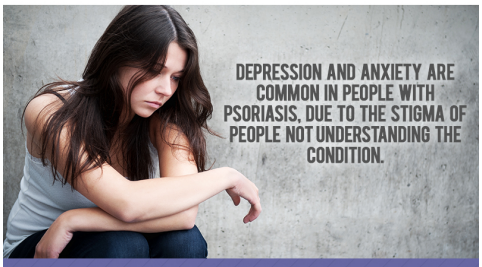
STRESS

INFECTIONS

CERTAIN MEDICATIONS

Everyone is different, so triggers can vary vastly between two people.

THE TOTAL COST OF PSORIASIS TREATMENT WAS BETWEEN $51.7 BILLION AND $63.2 BILLION WORLDWIDE IN 2013.[iii]



DEPRESSION AND ANXIETY ARE COMMON IN PEOPLE WITH PSORIASIS, DUE TO THE STIGMA OF PEOPLE NOT UNDERSTANDING THE CONDITION.

PSORIASIS IS NOT CONTAGIOUS!

It's a genetic disease that you cannot "catch" from someone.

SPREAD THE WORD ABOUT PSORIASIS AND HELP RAISE AWARENESS.

Share this with your friends and family — let's put an end to psoriasis stigma!

Resources

i https://www.aad.org/media/stats/conditions/psoriasis

ii, iii https://www.psoriasis.org/psoriasis-awareness-month

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