



What Are the Effects of Psoriasis?

by NEWLIFEOUTLOOK TEAM

Facts about Psoriasis

Research shows that if you have psoriasis and experience depression or if you find it affects your self-esteem, just talking about it to others can help. This is especially true if you talk to others who have psoriasis as well and can understand your experiences and your thoughts. It will be difficult to get help at first, but reaching out will likely be the hardest part. Also, avoid bringing yourself down. If you find that you're having negative thoughts about yourself, focus on one element of you that you really like. You should focus on one characteristic of your personality and one part of your body image. If you can't think about anything positive, you should definitely seek help from a psychologist or therapist.

PSORIASIS: AN INCURABLE CHRONIC SKIN DISEASE*

MORE THAN

125 MILLION

PEOPLE ARE AFFECTED WORLDWIDE

Up to 3% of the world's population is living with psoriasis†.

More than 1/3 of patients with plaque psoriasis suffer from its moderate-to-severe form‡.

EFFECTS ON QUALITY OF LIFE**

The effect of psoriasis on patients' quality of life is similar to diseases such as cancer (lymphoma), heart attack, arthritis, type 2 diabetes and depression. A number of international studies also demonstrate that people with more severe forms of psoriasis have a significantly reduced life expectancy.

75%
FEEL
UNATTRACTIVE

54%
FEEL
DEPRESSED

31%
HAVE
FINANCIAL
DISTRESS

8%
ARE RESTRICTED
TO WORKING
AT HOME

TREATMENT FAILURE**



Approximately **48 to 58%** of people with moderate-to-severe plaque psoriasis report dissatisfaction with existing treatments, indicating the need for new efficacious therapies.

PSORIATIC ARTHRITIS*



30%
of patients are affected

MOST COMMON SYMPTOMS*



THICK, RED SKIN



SCALING



ITCHING



PAIN

CO-MORBIDITIES**



DEPRESSION



DIABETES



PSORIATIC ARTHRITIS



HEART DISEASE

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NOVARTIS

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