



## What Treatments Work Best?

by NEWLIFEOUTLOOK TEAM

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### 34 Treatments Based on Effectiveness and Popularity

Phototherapy is one of the most effective treatments for psoriasis but isn't very popular. UVB works to slow the growth of new skin cells, which helps to diminish the area that psoriasis affects. 1 or 2 treatments a month may maintain clear skin and large areas can be treated. While the sun can also help, if you get sun burnt, this can actually worsen your symptoms. When you get started with UVB phototherapy, you might begin with a 30 second treatment for 8 weeks with 3 sessions per week. If you have any medical benefits, you should check and see if they can help cover some of the cost.

