Psoriasis Perils: 5 Sneaky Triggers to Avoid

by NLO-ADMIN

Clearer Skin

Psoriasis is a skin condition that causes red, scaly patches on the skin. While the exact cause of psoriasis isn't clear, certain things can trigger flare-ups. Understanding these triggers can help you manage your symptoms better. Advil can help with that, too. It's an anti-inflammatory medication that may help relieve pain or swelling.

5 Psoriasis Triggers

1. Stress

Stress is a big trigger for many people with psoriasis. When you're stressed, your body releases chemicals that can make your immune system react. This can cause your psoriasis to flare up. Managing stress through relaxation techniques, like deep breathing or meditation, may help reduce flare-ups.

2. Cold Weather

Cold weather can dry out your skin, making psoriasis worse. During winter, the air is usually dry, and this can cause your skin to lose moisture. Dry skin is more likely to itch and become irritated, leading to more psoriasis patches.

3. Skin Injuries

Any injury to the skin, like cuts, scrapes or even sunburn, can trigger psoriasis. This is known as the "Koebner phenomenon." When your skin gets hurt, it can cause new psoriasis patches to form around the injury.

4. Infections

Certain infections, especially strep throat, can trigger a psoriasis flare-up. This happens because your immune system goes into overdrive to fight off the infection. Unfortunately, this can also cause your skin to react, leading to psoriasis symptoms.

5. Medications

Some medications can trigger psoriasis or make it worse. Drugs like beta-blockers (used for heart conditions) or lithium (used for mental health) are known to cause flare-ups in some people with psoriasis. Always talk to your doctor if you notice a change in your psoriasis after starting a new medication.

Treatments for Psoriasis

While psoriasis is a chronic condition, there are treatments that can help manage the symptoms and reduce flare-

ups. Here are some common treatments:

1. Moisturizers

Keeping your skin hydrated is very important. Using thick creams or ointments can help prevent dryness and soothe itching. Moisturize your skin after bathing and throughout the day.

2. Topical Treatments

Prescription creams and ointments can reduce inflammation and slow down the growth of skin cells. These are often used directly on psoriasis patches to reduce redness and scaling.

3. Light Therapy

Light therapy, or phototherapy, involves exposing the skin to ultraviolet (UV) light. This can help slow down skin cell growth and reduce symptoms. Light therapy is usually done in a doctor’s office or at a clinic.

4. Oral or Injected Medications

For more severe cases, doctors may prescribe oral or injected medications. These medications help control the immune system’s response and reduce the symptoms of psoriasis.

5. Stress Management

Since stress is a common trigger, finding ways to reduce stress is important. Activities like yoga, meditation and exercise can help you relax and lower your stress levels, which may help prevent flare-ups.

Advil

Advil (ibuprofen) can help with psoriasis symptoms by reducing inflammation, which leads to less swelling and redness in affected areas. It also alleviates pain associated with the lesions, making daily activities more comfortable. While Advil may not directly treat itching, its anti-inflammatory properties can lessen overall discomfort, including the itchiness linked to psoriasis.

Helping Avoid Flare-Ups

By knowing what triggers your psoriasis, you can take steps to avoid flare-ups and keep your skin healthy. Whether it's managing stress, protecting your skin from cold weather or using the right treatments, there are many ways to manage psoriasis and live more comfortably.