Psoriasis

epidermis. This results in the appearance of red plaques covered in silvery-white scales. It is not uncommon for babies and children to suffer from psoriasis - this is referred to as **Pediatric Psoriasis**.

Psoriasis isn't contagious but it can run in families depending on genetics. Typically, a bacterial infection such as strep throat or impetigo triggers psoriasis in a child for the first time and other times, children can inherit it.

Psoriasis is a disease characterised by chronic inflammation of the skin and the accelerated renewal of the

This is a lifelong condition with no cure, but is usually mild to moderate and there are a range of effective

symptoms diminish or disappear altogether. Most of the time it is a benign condition, but one that can have a major impact on daily life and a significant psychological impact.

Psoriasis follows a chronic course, with flare-ups interspersed with periods of remission during which

Some factors that increase a child's risk of getting the disease: Being obese

Cuts, scratches, sunburn, or rashes on the skin High levels of stress

Certain medications, like lithium, beta-blockers, or malaria drugs

treatments available to ease the discomfort and help the skin - and baby.

Cold weather

Types of Psoriasis in babies and children Five types of psoriasis exists, but some of these types are more common for children to experience. The symptoms may also differ from child to child, where some will have worse conditions around the face

whilst others will around their joints.

Plaque psoriasis is the most common in children and causes dry, red skin patches covered with silvery

GENETICALLY

PREDISPOSED INDIVIDUAL

The two types children mostly get are **Plaque - and Glutate psoriasis.**

scales. These patches tend to show up on the knees, elbows, lower back, or scalp. Plaques can be itchy and painful, and they sometimes bleed. Children who have this type usually get smaller, thinner patches of skin

STRATUM

DERMIS

EPIDERMIS

which is usually less scalier than adults with this type of psoriasis. Glutate psoriasis causes tiny red spots on the trunk, arms and legs. It's most likely caused by a streptococcal throat infection. Children who get this often go on to develop other types of the disease.

Psoriatic diaper rash can happen in babies, usually under 2 years old. It happens on skin that's covered up by the diaper. Psoriatic diaper rash and normal diaper rash look different from one another.

Normal diaper rash gets better with cream, where psoriatic diaper rash doesn't improve with ordinary creams. If you think you baby may have psoriatic diaper rash, wash your baby's bottom with a clean

washcloth twice a day to dry it, and apply a medicated ointment or cream. Your baby may need prescription cream - so if your baby's diaper rash is not getting better, talk to your doctor or paediatrician to prescribe a medicated cream and treatment plan.

NORMAL SKIN **PSORIASIS PLAQUE** TRIGGERING **FACTORS**

(external factors,

trauma)

TLR-2

THICK, ADHERENT

NAILS' Psoriasis

GLYCOCOLL

 \rightarrow \rightarrow Soothing

→ Relieves itching

SHEA BUTTER

URIAGE, THE FRENCH ALPS THERMAL WATER

STRESS MANAGEMENT

which in turn can cause stress.

keep the zen in your daily life.

Lucile Gueguen offers some tips on

how to break this vicious cycle and

Conflict can result in psoriasis flare-ups,

ÉRYTHÈME ++ INDURATION ++

REDUCE + ELIMINATTE PLAQUES

XÉMOSE PSO

SOOTHING CONCENTRATE

Helps eliminate plaques

Soothes

NEW

→)nce or twice a day on psoriasis plaques

INDICATION

LRIAGE

URIAGE

URIAGE

URIAGE

URIAGE

PROFESSION FOR SET NO. ANY LIME PROSESSION OF RESTLECTED CONTROLS.

Tube 150 ml

DESQUAMATION ++

Keratinocytes' proliferation

INFLAMMATION

Adult Psoriasis Symptoms Common signs and symptoms of psoriasis include: · A skin condition that is characterized by small, scaly, itchy, pink or reddish patches on the skin - this can range from dandruff-like scaling to major eruptions all over the body · Rashes that vary in colour, tending to be shades of purple with gray scale on brown or black skin and pink or red with silver scale on white skin · Small scaling spots - often seen in children Cracked and dry skin which may bleed on occasion · Burning, soreness and itching

Plaque Psoriasis

PLAQUES

PSORIASIS

PALMOPLANTAR

· Rashes which arise in cycles which flare up for a few weeks and then subside

There are several types of psoriasis, of which each varies in size and symptoms:

GUTTATE

skin. **Nail Psoriasis** This type of psoriasis affects the fingernails and/or the toenails, which causes pitting, abnormal nail growth and discoloration. Known as Onycholoysis, the nail may loosen and separate from the nail bed, and in severe cases cause the nail to completely crumble. Palmoplantar Psoriasis A chronic variant of psoriasis that characteristically affects the skin of the palms and soles and produces significant functional disability. It features hyperkeratotic, pustular, or mixed morphologies. **Guttate Psoriasis** Affecting mostly children and young adults, Guttate psoriasis is usually triggered by a bacterial infection

The most common form of psoriasis, plaque psoriasis, causes dry, itchy, raised skin patches (plaques) covered with scales. These patches can vary in color, depending on ethnicit. The affected skin can heal

with temporary changes in color (post-inflammatory hyperpigmentation), particularly on brown or black

sweating. This type of psoriasis is commonly triggered by a fungal infection.

Inverse Psoriasis

Pustular Psoriasis This type of Psoriasis is rare and is characterized by pus-filled blisters which are clearly defined. It can occur in small areas on the hand palm of foot soles but can also be widespread over the body.

Can be acute (short-lived) or chronic (long-term) – and covers the entire body with a rash which burns

and itches intensely, accompanied with peeling. This type is the least common.

Occurs mostly in the skin fold areas of the groin, buttocks and breasts, which is worsened by friction and

like strep throat. These appear by small, teardrop-shaped scaling spots on the trunk, arms or legs.

When to see a doctor

Erythrodermic psoriasis

attention if the condition:

Doesn't get better with treatment

RESTORES & STRENGTHENS

ULTRA-LIGHT TEXTURE

RAPID ABSORPTION

THE SKIN'S BARRIER

 Affects you severely and/or is widespread over the body Makes you feel uncomfortable and causes pain Concerns you about your skin's appearance

There are a number of treatments available to soothe psoriasis and make flare-ups bearable, however if

you suspect you or a loved one may suffer from psoriasis, talk to your healthcare provider or seek medical

NEW

Causes

SOOTHING CONCENTRATE TO HELP TREAT **PSORIASIS** HELPS ELIMINATE PLAQUES → In combination with drug treatments

Xémose **PSO**

CONCENTRÉ APAISANT

SOOTHING CONCENTRATE

Psoriasis is a skin condition that affects many and is thought to be an immune system problem - which causes skin cells to grow much faster than usual. The most common type of psoriasis, plaque psoriasis,

infection-fighting cells to attack healthy skin tissue by mistake resulting in the various types of psoriasis. Psoriasis is not contagious, and researchers believe that people affected by this condition are influenced

force la barrière cu

URIAGE THERMAL WATER

XÉMOSE PSO

Dermo-cosmetic adjuvant for psoriasis treatments

→ Nourishes **RELIEVES ITCHING** 2 EXCLUSIVE PATENTS FORMULA OF **NATURAL ORIGIN**

The cause of psoriasis is not fully understood - but what happens is that the body triggers

results in the rapid turnover of skin cells resulting in dry, scaly patches.

The risk of developing this disease can increase with the following factors:

Mental health problems such as depression and low self-esteem

SELF-ACCEPTANCE

Anne-Do Taïeb Chapelon.

Learn to filter what others say and do.

To what extent can other people's perceptions be invalidating?

How can you improve your lifestyle

with psoriasis? Video advice from

by their genetics and environmental factors. **Triggers** Many people who are prone to suffer from this condition may be free of symptoms for many years, until an infection or disease is triggered by some environmental factors, which results in what we call a 'flare up'. These triggers can be caused by: The weather – especially cold and dry conditions Infections like skin infections or strep throat Severe sunburn or injury to the skin like cuts, scrapes or bug bites Heavy alcohol consumption Exposure to second hand smoke and smoking Immediate withdrawal of oral or injected corticosteroids **Risk Factors** Psoriasis is a common occurrence, and anyone can develop it, with about a third of cases beginning in

Genetics play a big role, and it is common for individuals to get the disease if they have members of the

Smoking tobacco can increase the risk of developing psoriasis, and also the severity of the condition.

Temporary skin colour changes where plaques have healed (post-inflammatory hypopigmentation or

If you do have psoriasis, your risk to develop other conditions are greater, these can be:

Other auto-immune diseases like celiac, sclerosis, Crohn's and inflammatory bowel disease

Eye conditions like conjunctivitis, blepharitis and uveitis Psoriatic Arthritis – swelling, pain and stiffness around the joints Obesity and Type 2 Diabetes High Blood Pressure Cardiovascular disease

Anne-Do

Treatment

remission.

Topical Therapy

inhibitors and Salicylic acid.

*PASI<10, BSA<10% or DLQI<10. **PASI>10 BSA>10% OR DLQI>10.

* PASI<10, BSA<10% ou DLQI<10.

Oral or injected medications

Natural / Alternative Medicine

XÉMOSE

GENTLE CLEANSING SYNDET

As often as required

INDICATION

LRIAGE

HUILE LAVANTE APAISANTE Netoie, Relipide Pretige

CLEANSING SOOTHING OL Georges, Replevishes lipids Protects

500mle 17fl.oz.

PEACH THES DÉCRES À TENBANDE MINT ONY TRANSPORTE TO ACCEN

URIAGE

Xémose

GENTLE CLEANSING SYNDET Cleanson, Souther Protects

17fl.oz.

500mle

the OR code

Taïeb

childhood.

Smoking

Your family history

Complications

hyperpigmentation)

family suffering from psoriasis too.

Yoga Watch the video Watch the video Chapelon Instructor **Psychologist** RE-SOURCE EXPERT

These include treatments like Corticosteroids, synthetic forms of vitamin D, Retinoinds, Calcineurin

Topical medications are a treatment for mild to moderate psoriasis. They are available as ointments, creams, foams, lotions and washes. The cream, gel, or ointment is usually recommended for sensitive

Keratolytics

Topical steroids

Vit. D3 analogues + Topical steroids

PSORIASIS MODERATE-TO-

SEVERE**

Topical treatments are usually applied once a day during flareups, and on alternate days during

Lucile Gueguen

the OR code

LIGHT **PSORIASIS*** INDURATION -DESQUAMATION -LOCAL TREATMENTS

Systemic treatments

→ 2ND INTENTION BIOTHERAPIES

treatments due to the potential of severe side effects.

URIAGE

Phototherapy (PUVA, TLO1)

Methotrexate

Retinoids

WHICH DERMO-COSMETICS DO YOU USE

areas, such as the face or folds, and for treating widespread patches.

PASI>10 BSA>10% OU DLQI>10. **Light Therapy This line of treatment is used for moderate to severe psoriasis, and usually in conjunction with other psoriasis-treating medications. It involves exposing the affected areas to controlled amounts of natural or artificial light – talk to your doctor about which treatment is right for you, these may include Sunlight, Goeckerman Therapy, UVB Broadband, UVB narrowband, Psrale plus ultraviolet A (PUVA) and Excimer

For moderate to severe cases, or where other treatments were unsuccessful your doctor may prescribe

A number of natural remedies can be used to help soothe the effects of psoriasis and may help to calm

Aloe extract cream, fish oil supplements and Oregon grape are all effective natural remedies to help with

ELIMINATE SCALES

KÉRATOSANE

CREAM GEL CONTAINING 30% UREA

Once or twice a day until scales.

Reduces skin thickening

Eliminates scales

disappear

GLYCOCOLL

INDICATION

URIAGE

oral or injected medication – which are used for brief periods and can be alternated with other

These medications may include Steroids, Retinoids, Biologics, Methotrexate, or Cyclosporine.

the effects of itching and scaling in people with mild to moderate conditions.

Uriage Xemose range for combined treatment and relief DAILY CLEANSING

Protects against dry

Relieves itching

mild conditions.

Plagues with Plagues with moderate to no scales 500 ml pump bottle Tube 40 & 75 ml



URIAGE

URIAGE

CRÉME RELPIDANTE ANTI-BRETATIONS Nevet, Protoge Sprint les sensators de de

400ml⊕ 13.5fl.oz.

URIAGE