

Learn These 4 Things to do Every Day to Live Better With Psoriasis

Description

An estimated 7.5 million people in the United States have psoriasis, an autoimmune illness characterized by various skin complaints.



Plaque psoriasis is the most prevalent type of psoriasis, creating elevated patches of dead skin cells that resemble silvery scales. These red, inflamed, and frequently itchy spots are most commonly found on the elbows, knees, scalp, and lower back, but they can arise anywhere on the body.

While there is no cure for psoriasis, there are a variety of psoriasis treatments available to help you manage the illness. The following are four suggestions for managing your psoriasis symptoms and lowering the frequency of flare-ups.

Moisturize

If you have psoriasis, you should moisturize every day, especially after bathing, showering, or washing your hands. Keeping skin hydrated is essential for minimizing itching, which is widely regarded as the most aggravating symptom of psoriasis. Moisturizing will also help your skin repair after a flare-up by reducing redness.

It would help if you searched for a moisturizer with emollients like lipids and oils. Some people even utilize culinary oils as topical treatments, such as olive oil and coconut oil. In addition, look for products labeled “hypoallergenic,” “fragrance-free,” “non-sensitizing,” and “non-comedogenic,” and avoid those containing colors, perfumes, alcohol, and chemicals, which can irritate delicate skin.

De-stress

Psoriasis is a difficult ailment to deal with. There’s the frustration of flares occurring despite therapy, the shame of visible symptoms, the stress of fitting in skincare routines, psoriasis treatments, and healthcare appointments on top of everything else life requires.

Stress is a well-known cause of psoriasis flare-ups. The National Psoriasis Foundation suggests stress-reduction techniques such as meditation, daily exercise, and, if necessary, counseling or therapy. However, reducing stress can be as simple as taking a few minutes to go for a stroll, read a book, play a game, or contact a funny friend.

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Leave the alcohol at home.

While the specific association between psoriasis and alcohol usage is unknown, evidence suggests that alcohol may be detrimental to psoriasis management in a variety of ways:

Alcohol intake promotes inflammation and immunological dysfunction in the body, and there is evidence that alcohol may initiate or worsen psoriasis symptoms.

Alcohol may also interact with methotrexate, a commonly used psoriasis drug, causing liver damage.

Damage to the liver is quite hazardous. People with psoriasis have a 60% higher risk of dying from alcohol-related mortality than people without psoriasis, and liver disease is the leading cause of alcohol-related death.

Excess alcohol intake is also linked to many other disorders that are more common in psoriasis patients, such as heart disease and depression.

Stick to your psoriasis treatment regimen.

Noncompliance with a treatment regimen is prevalent among people living with psoriasis. Many individuals quit taking medications without being told to by a healthcare professional (HCP). They only

take the prescription on an as-needed basis rather than regularly. People do this for various reasons, including the high cost of a medication, negative side effects, or frustration when symptoms do not improve. In addition, when symptoms are dormant, some people forget to take their medication.

Psoriasis treatments that are not used as directed will not function, resulting in further flares and uncontrolled symptoms. If your current treatment isn't working for you, talk to your doctor about why and look into different possibilities.

Category

1. Lifestyle

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