

HEALTH TIPS

WHAT YOU CAN DO

Psoriasis

Psoriasis is a skin disease that causes patches of thick, red skin with silvery scales. They may be found on the elbows, knees, parts of the legs, scalp, lower back, face, palms, and soles of the feet. Nails may appear bumpy and crumbly or discolored. Sometimes the rash may itch or be painful.



Use creams and ointments to keep skin moist



Avoid too much alcohol.



Ask your doctor about skin treatments.

Here is what you can do:

- Take or apply your medicines as prescribed.
- Use thick ointments or creams over the patches to keep skin moist.
- If you smoke, stop.
- If you are overweight, lose weight.
- Avoid certain medications.
- Avoid too much alcohol.

During your visit to the doctor's office or clinic ask about:

- Creams, ointments, lotions and gels for affected areas.
- Medicines that may trigger a flare up.
- Sunlight exposure or light therapy.
- Changes to your skin care routine.
- What shampoos and soaps are best to use.
- Other treatments or medicines used to care for psoriasis.

Before you begin taking medicine for Psoriasis, ask your doctor or pharmacist these questions:

- How many times a day should I take or apply my medicine? _____
- What are the side effects? _____
- What should I do if I suffer a serious side effect? _____
- How long will I need to take or apply my medicine? _____
- Can I take my medicine with other medicines? _____
- If I forget to take or apply my medicine, what should I do? _____
- Should I take my medicine with or without food? _____
- Are there any foods or drinks I should not have while taking or applying my medicine? _____
- What other remedy can I use if my medicine is not working? _____

My next appointment is _____

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For more information, go to www.MedlinePlus.gov and search for "Psoriasis".

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