

Understanding Plaque Psoriasis

Knowing about the causes and symptoms of plaque psoriasis can help support your skin care.

What is plaque psoriasis?

Plaque psoriasis is a skin condition caused by an overactive immune system.

Your immune system is a part of your body that works hard to protect you, but sometimes it works overtime. This may cause areas of the skin to build up in layers, creating “plaques.”



Where on the body can plaque psoriasis appear?

Plaque psoriasis can affect different areas of the body.

Some people will only have mild plaque psoriasis, while others will have large patches of affected skin. For example, it could develop on these areas:



Scalp



Torso



Shoulders and arms



Legs



Genitals



Hands/nails

What can trigger plaque psoriasis?

Your symptoms may come and go, but there may be triggers that can cause it to become worse. These can be different from person to person, so it is important to know what your triggers are. Here are some common examples:



Stress and anxiety



Infections



Family history/genetics



Certain medications



Skin trauma (scratches or injuries)

What are the symptoms of plaque psoriasis?

It can be different for everyone.

Plaque psoriasis may show as:

- Red, raised, inflamed patches on lighter skin
- Purple or brown areas on darker skin
- Thick, scaly, silvery-white build-up on skin
- Itchy, painful skin that may crack or bleed



How is plaque psoriasis treated?



Each person will have a different experience and treatment plan. Examples of treatments could be:

- Topical treatments such as creams, gels, and ointments
- Oral or injectable medications
- Light therapy



It is important to discuss treatment with your doctor or a doctor who specializes in plaque psoriasis (a dermatologist).

Navigating to a Dermatologist



Getting the right care starts with taking the right steps:

Check Your Insurance: Confirm with your doctor if you need a referral for a dermatologist visit.

Meet with Your Doctor: Discuss your concerns and ask for a referral if required.

Book an Appointment with a Dermatologist: Come prepared with your medical history, symptoms, and goals for treatment to ensure the best consultation.



Why Seeing a Dermatologist Matters

- Early diagnosis can prevent long-term skin damage and discomfort.
- Many conditions worsen without medical treatment, even if symptoms come and go. Follow-up care is important to monitor your condition and adjust treatment as necessary.
- Dermatologists can provide personalized treatment plans.



Questions to Empower your Visit

- “Could this be related to an autoimmune condition or family history?”
- “What are my treatment options, and what should I expect?”
- “Are there any lifestyle changes or triggers I should be aware of?”
- “Can you explain how this condition affects my body and long-term outcome?”



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