

psoriasis what?

About the National Psoriasis Foundation

The National Psoriasis Foundation is a patient-driven, nonprofit patient advocacy organization and the voice for millions of Americans and their families who are affected by psoriasis and psoriatic arthritis. Since 1968, the Psoriasis Foundation has made a significant difference in the way psoriasis and psoriatic arthritis are treated and perceived.



**NATIONAL
PSORIASIS
FOUNDATION®**

Foundation staff, members and volunteers work closely with our volunteer Board of Trustees and Medical Board to carry out our mission of improving the quality of life of people who have psoriasis and psoriatic arthritis.

For more information, or to make a donation, visit www.psoriasis.org, or call 800.723.9166.

Mission statement

Our mission is to improve the quality of life of people who have psoriasis and psoriatic arthritis. Through education and advocacy, we promote awareness and understanding, ensure access to treatment, and support research that will lead to effective management and, ultimately, a cure.

National Psoriasis Foundation • 6600 SW 92nd Ave., Portland, Ore. 97223 • 800.723.9166 • www.psoriasis.org



Find out more at www.psoriasis.org

According to the National Institutes of Health, as many as 7.5 million Americans have psoriasis— a chronic, noncontagious skin disease that causes itchy, painful, red patches. It's a common disease that can develop in anyone, regardless of age, gender or race. It can affect nearly every aspect of a person's life. During Psoriasis Awareness Month in August, and throughout the year, the National Psoriasis Foundation educates others about the disease. Learn to answer the question "psoriasis?" when you read these important facts about psoriasis. Psoriasis isn't contagious, but awareness is!

1.

Psoriasis is not contagious.

pso what?

People with psoriasis often face discrimination and embarrassment in public places. They're turned away from hair salons, swimming pools, health clubs, clothing stores and restaurants, simply because others fear psoriasis is contagious. It's not. You can't catch psoriasis from someone else. Psoriasis lesions are not infectious and pose no threat to the health or safety of others.

2.

Psoriasis is not a rash.

pso what?

Some people think psoriasis is a cosmetic problem. In fact, psoriasis is a genetic disease that starts beneath the skin's surface. The immune system sends faulty signals to speed up skin cell growth, causing thickened, scaly lesions on the skin.

5.

There is no cure for psoriasis, but there are effective treatments.

pso what?

Over the past several years, many new treatments have been developed for psoriasis and psoriatic arthritis. But some people give up on treatment because of cost, hassle or a feeling of hopelessness.

3.

Ten percent to 30 percent of people with psoriasis also develop psoriatic arthritis.

pso what?

Psoriatic arthritis is a potentially disabling condition that causes pain, stiffness and swelling in and around the joints. People with psoriatic arthritis may have difficulty sleeping, using their hands, or walking, sitting and standing for long periods of time.

Just getting through the day can be an uphill battle.

4.

Psoriasis carries a serious physical and emotional burden.

pso what?

According to researchers, psoriasis causes as much disability as other major diseases, including cancer, arthritis, hypertension, heart disease, diabetes and depression.

The emotional toll of psoriasis can be just as much of a burden as the physical aspects.

People with the disease may feel hopeless, helpless, depressed and isolated.

pso what can you do?

- Help us educate others that psoriasis is not contagious.
- Show compassion to someone with psoriasis and/or psoriatic arthritis.
- If you know someone with psoriasis who hasn't been to a doctor in awhile, encourage them to see a dermatologist.
- Reach out to someone with psoriasis. Encourage them to visit www.psoriasis.org for support and connection.
- Support the National Psoriasis Foundation. Make a donation today.

