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Facts about psoriasis

- Psoriasis is a chronic, noncontagious autoimmune disease that appears on the skin. It occurs when the immune system sends out faulty signals that speed up the growth cycle of skin cells.
- Psoriasis is the most common autoimmune disease in the United States, affecting as many as 7.5 million Americans. An estimated 125 million people worldwide live with psoriasis.
- Plaque psoriasis is the most common form of the disease, affecting 80 percent of those with psoriasis. It appears as raised, red patches of skin covered by silvery, white buildup called scale.

Other types of psoriasis:

- Guttate: Small dot-like lesions
 - Pustular: White blisters surrounded by red skin
 - Inverse: Occurs in armpits, groin and skin folds
 - Erythrodermic: Intense shedding and redness of skin
- Psoriasis can appear anywhere on the body, but most frequently occurs on the scalp, knees, elbows and torso.
 - The exact cause of psoriasis is unknown. Genetics and external factors known as “triggers” play a role in the development of the disease. Triggers include: injury to the skin, infections, certain medications

Psoriasis prevalence and statistics

- Psoriasis can appear at any age, but it most commonly occurs between the ages of 15 and 35. Roughly one-third of people with psoriasis develop the disease before age 20.
- Each year, roughly 20,000 children under age 10 are diagnosed with psoriasis. The disease rarely appears in infants.
- If one parent has psoriasis, there is a 10 percent chance of a child developing it. If both parents have psoriasis, the chance increases to 50 percent.

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- At least 10 percent of the general population inherits one or more of the genes that create a predisposition for psoriasis. However, only 2 to 3 percent of the population develops the disease.
- Psoriasis occurs equally in men and women. It affects all ethnicities, but is most predominant in Caucasians. Ethnicity figures from a 2012 National Psoriasis Foundation study:
 - Caucasian: 87%
 - Hispanic/Latino: 4%
 - African American: 2%
 - Asian American: 2%
 - Native American: 1%
 - Other: 2%

Impact of psoriasis

- People with psoriasis are at increased risk for other health conditions, such as heart disease, diabetes, heart attack, Crohn's disease, obesity, high blood pressure and depression.
- Psoriasis significantly impacts quality of life. People with psoriasis report feeling self-conscious, embarrassed and helpless, and to have increased thoughts of suicide.
- Psoriasis has a greater overall impact for women and minorities than for men.
- Women are particularly sensitive to the effect of psoriasis on their appearance. They are 33 percent more likely to alter their clothing choices to conceal their psoriasis.
- Women with psoriasis are three times more likely than men to suffer from other chronic diseases, such as lupus and multiple sclerosis.
- Many people with psoriasis report trouble sleeping, walking, sitting or standing for long periods of time, as well as difficulty using their hands.
- The total cost of psoriasis in the U.S. is estimated at \$11.25 billion due to medical expenses and lost wages.



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Facts about psoriatic arthritis

- Psoriatic arthritis is a chronic, inflammatory arthritis that causes pain, swelling and stiffness in and around the joints and tendons.
- Up to 30 percent of people with psoriasis develop psoriatic arthritis. In 85 percent of people, skin disease precedes psoriatic arthritis.
- Individuals with mild psoriasis are just as likely to develop psoriatic arthritis as those with moderate to severe forms of the disease.
- Psoriatic arthritis usually develops between ages 30 and 50, but can affect anyone at any age, including children.
- Genes, the immune system and environmental factors are all believed to play a role in the onset of the disease.
- If left untreated, psoriatic arthritis can be disabling and cause irreversible joint damage.
- Psoriatic arthritis can significantly impact quality of life. National Psoriasis Foundation research reveals:
 - 63 percent are unable to be as active as they once were
 - 47 percent say the disease impacts their ability to work
 - 34 percent have difficulty getting in and out of a car

Prevalence of psoriatic arthritis and diagnosis

National Psoriasis Foundation research reveals that:

- Nearly one in four people with psoriasis may have undiagnosed psoriatic arthritis. This is in addition to the up to 2 million people currently diagnosed with the disease.
- People with psoriatic arthritis are not being diagnosed in a timely manner.
 - 44 percent experienced symptoms for one year or longer before being diagnosed.
 - 30 percent reported a delay of two years or longer to receive diagnosis.



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Symptoms of psoriatic arthritis

People with psoriasis and/or a family history of psoriasis, should be aware of the following symptoms, and see a doctor if they experience one or more:

- Pain, swelling or stiffness in one or more joints
- Tenderness, pain and swelling of the tendons
- Swollen fingers and toes that look like sausages
- A reduced range of motion
- Morning stiffness and tiredness
- Nail changes, such as pitting, crumbling or separation from the nail bed
- Generalized fatigue
- Pain in the lower back, above the tailbone
- Redness and pain of the tissues surrounding the eyes, such as conjunctivitis

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What we do

Founded in 1968, the National Psoriasis Foundation (NPF) is the world's largest nonprofit serving people with psoriasis and psoriatic arthritis. Our priority is to provide individuals with the information and services they need to take control of their condition, while increasing research to find a cure. In addition to serving more than 2.1 million people annually through our patient and professional health education and advocacy programs, the NPF is the largest charitable funder of psoriatic disease research worldwide.

Research

Finding a cure for psoriatic diseases is our highest priority. The Psoriasis Foundation is the largest charitable funder of psoriatic disease research worldwide.

- Each year, the Psoriasis Foundation awards research grants and fellowships to fund promising psoriatic disease research and support early-career dermatologists.
- National Psoriasis Foundation Victor Henschel BioBank is the world's largest single collection of psoriasis DNA which is currently being used for genetic research.

Advocacy

NPF works to shape the laws and policies that affect people with psoriasis and psoriatic arthritis.

- Advance a public policy agenda to secure more federal funding for psoriatic disease research
- Improve access to care

Education

- Provide extensive patient education through events, publications and outreach
- Keep health care providers up to date on psoriasis and psoriatic arthritis treatments

Connection

- Unite people through online communities, patient-focused events and a mentor program
- Establish grassroots network of volunteers and advocates around the United States

Learn more about the National Psoriasis Foundation at www.psoriasis.org or call 800.723.9166