Psoriasis is a chronic (lifelong) disease related to the immune system. It is not contagious. Inverse psoriasis is the second most common type of psoriasis. About 25 percent of people with psoriasis develop inverse psoriasis. It is also known as intertriginous psoriasis.

People with psoriasis may have more than one type of psoriasis. You can have different types of psoriasis at different times.

What are the symptoms?

The symptoms of inverse psoriasis are inflamed, deep-red skin that is smooth and not scaly. Symptoms usually appear in body folds such as the underarms, under breasts, and in the genital area and buttocks. It can cause severe itching, pain and discomfort. This can be worsened by sweat and rubbing in the body fold areas.

All types of psoriasis can have an impact on your mental and emotional health. Inverse psoriasis that affects sensitive areas such as the genital area may have a great impact on your overall quality of life. This may cause emotional distress, mood changes and low self-esteem.

It is important to get treatment with a mental health professional if you feel depressed or anxious. A mental health professional may be a counselor, social worker, therapist, psychologist or psychiatrist.

What are the triggers?

There are no known triggers that are specific to inverse psoriasis compared to other types of psoriasis. However, moisture (including sweat) and rubbing of the body fold areas may worsen inverse symptoms.

The following are some general triggers for psoriasis that may trigger inverse psoriasis:

- Certain medicines
- Infections
- Injury to the skin
- Starting or stopping medicines
- Stress
- Tobacco or alcohol use

What are the treatment options?

Treatment for inverse psoriasis can be difficult due to the location and sensitivity of the skin in these areas. Work with your health care provider to set personal goals for managing your psoriasis. This will help you know what to expect from your treatments. The following are treatments recommended according to treatment standards from the 2008 *Journal of the American Academy of Dermatology* article on “Treatment of intertriginous psoriasis: From the Medical Board of the National Psoriasis Foundation.”
First-line treatment options
These are generally the first treatments recommended according to treatment standards.

Your health care provider may recommend using one or a combination of the following:
• Over-the-counter topicals (including moisturizers or tar-based products) may be used alone or in combination with a low-potency steroid
• Antimicrobial treatments

Second-line treatment options
If your inverse psoriasis is not controlled by a first-line treatment, then it may be necessary to try one of the following:

Your health care provider may recommend using one or a combination of the following:
• Biologics and oral treatments
• UVB phototherapy (light therapy)
• Other over-the-counter topicals, such as salicylic acid-based products
• Other prescription topicals, such as Zithranol or Zithranol-rr (dithranol) or retinoids

What should I do next?
Contact our Patient Navigation Center to find providers, prepare for appointments, discuss treatments and get help with accessing treatments (find contact information below).