

# PSORIASIS

on your skin and beyond



What you should know about your psoriasis diagnosis...  
and how it may be affecting your skin and beyond.<sup>1,2</sup>

abbvie

# Your psoriasis – on the skin

**Psoriasis** is a chronic, inflammatory **skin** disease that affects **1 million Canadians**

## Symptoms can range from mild to severe and include:

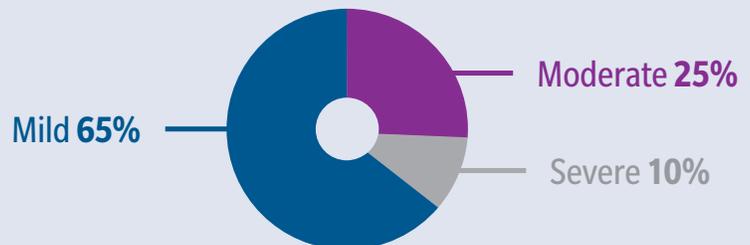
- Dry or red areas of skin, usually covered with silvery-white scales, and sometimes with raised edges
- Rashes
- Joint pain, swelling or stiffness
- Itching and skin pain, which can be severe
- Nail abnormalities

## Psoriasis can affect any area of the skin, including:

- Scalp—can range from mild, with fine scaling, to very severe with thick, crusted plaques covering the entire scalp
- Hands and feet—sometimes cracking, blisters, and swelling develop during flares
- Genitals—usually affected by a type of psoriasis called inverse psoriasis. It requires careful treatment and care
- Face—usually affects the eyebrows, skin between the nose and the upper lips, the upper forehead, and the hairline
- Nails—up to 50% of patients with psoriasis develop nail changes
- Skin folds—often gets irritated by rubbing and sweating

The exact cause of psoriasis is unknown. Research shows that psoriasis occurs when your immune (protective) system starts to react against your own body. This causes inflammation and speeds up the growth of new skin cells, forming in 3 to 4 days rather than the 28 to 30 days seen in normal skin growth.

## Approximate percentage of people with different psoriasis severities

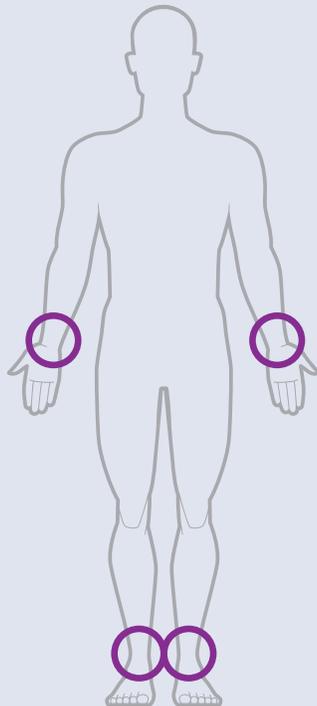


# The severity of psoriasis varies with each person

Psoriasis can be as widespread as a few patches here and there, to full body involvement. Severity can be defined as the amount of body surface involved and its overall effect on your quality of life.

## Mild

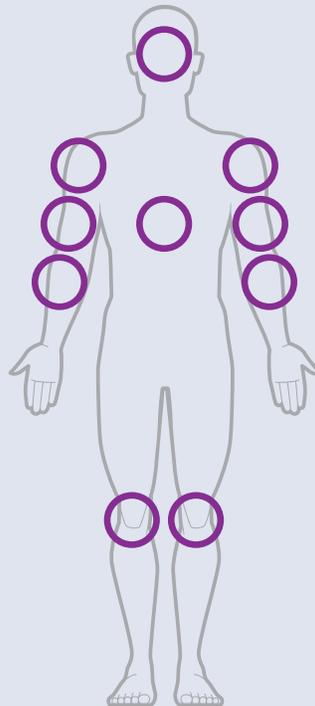
<3% of the body



Characterized by isolated patches often on the knees, elbow, scalp, hands, and feet.

## Moderate

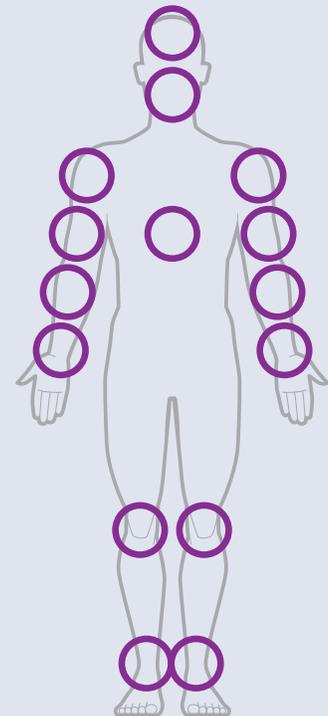
3%–10% of the body



Appears on the arms, torso, scalp, and other regions. Often results in concern about other's reaction to visible lesions.

## Severe

>10% of the body



May affect large areas of skin. Psoriasis of the face and palm/soles may be considered severe.

# The **impact of psoriasis** on quality of life is broad and deep

Psoriasis is a visible skin disease that can cause inflammation in other parts of your body. The impact of psoriasis extends far beyond the cosmetic or physical aspects of the disease.

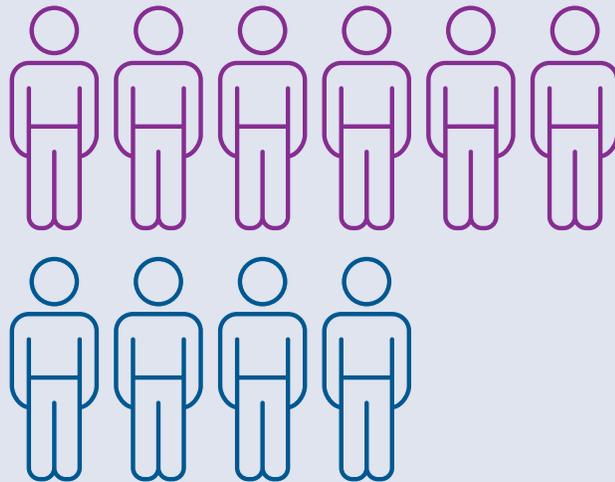
The physical dysfunction and emotional burden associated with psoriasis have poor effects on the self-esteem and well-being of its sufferers; it can affect relationships, social activities and ability to work, and cause significant financial burden.

The emotional impact of psoriasis depends on how each person feels about the itchiness, pain and discomfort of psoriasis and the visibility of the lesions.

## Psoriasis is not just a cosmetic problem

Nearly  
**60%**

of patients with psoriasis reported their disease to be a large problem in their everyday life



# Your psoriasis – below the skin

**Psoriasis is a chronic, inflammatory, autoimmune disease that can be associated with other chronic health conditions.**

→ Immune system proteins, also called cytokines, play a key role in promoting the inflammatory process of psoriasis.

Patients with moderate to severe psoriasis experienced a greater negative impact on their quality of life.

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Despite its visible appearance on your skin, psoriasis is a disease that can **cause inflammation in different parts of your body.**

**“Psoriasis is now understood as a non-contagious, chronic inflammatory autoimmune whole-life disease that manifests in the skin, joints and associated comorbidities [conditions].”**

*— Canadian Psoriasis Network*

## Other conditions may be associated with **psoriasis**

- They can be autoimmune or non-autoimmune in origin and extend beyond the surface of the skin.
- People with psoriasis have too much of certain proinflammatory cytokines in their bodies. It is the effect of these cytokines throughout the body that increases the risk for various disorders.

## AUTOIMMUNE-ASSOCIATED CONDITIONS



**Psoriatic arthritis**



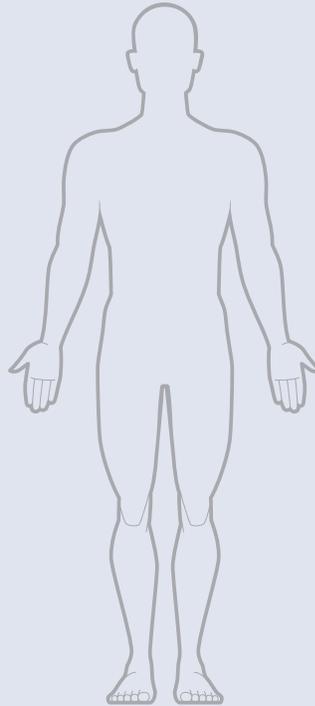
**Crohn's disease**



**Ulcerative colitis**



**Uveitis**



## NON-AUTOIMMUNE-ASSOCIATED CONDITIONS



**Cardiovascular disease**



**Metabolic syndrome**



**Obesity**



**Depression & anxiety**

Early detection is essential for the successful prevention and management of many of these associated conditions.

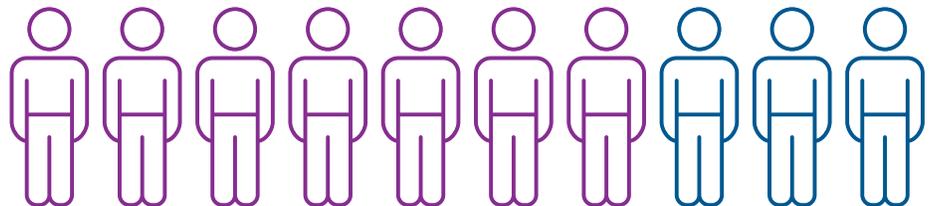
**Talk with your doctor about any concerns you may have.**



# Inflammatory autoimmune-associated conditions

## Psoriatic arthritis (PsA)

- One of the **most common autoimmune-associated conditions** seen in psoriasis patients.
- Usually appears between 5 and 12 years after the onset of psoriasis.
- Psoriatic arthritis is a chronic condition that has the same scaling and itchiness seen with psoriasis, but also causes:
  - joint pain
  - joint stiffness (especially in the morning)
  - swelling in and around the joints



Psoriatic arthritis is even **more common in people with more severe cases of psoriasis, including nail and scalp psoriasis.**

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**It is important to report any swelling, pain and warmth (inflammation) in your joints as early as possible** – early diagnosis and management of psoriatic arthritis are critical for better long-term outcomes.



# Inflammatory autoimmune-associated conditions

## Inflammatory bowel disease (IBD)

→ IBD involves chronic inflammation of all or part of the digestive system.

→ Includes Crohn's disease (CD) and ulcerative colitis (UC).

## Psoriasis patients have a:

**1.5 to 2.9x**  
↑ **risk of CD**

**1.6x**  
↑ **risk of UC**

↑=increased

Those who have psoriasis and psoriatic arthritis are at an even greater risk of developing CD.

**Psoriasis can occur before gastrointestinal symptoms** and thus may serve as an important clinical indicator in making an earlier diagnosis of IBD.



## Uveitis

→ Uveitis is a group of inflammatory conditions that produces swelling and **destroys eye tissue**.

- These conditions can result in slight to severe vision loss.
- Signs and symptoms depend on the type of inflammation.

Patients with psoriasis are slightly more likely (than the average person) to get uveitis, and for patients with psoriatic arthritis, the risk is even higher.

If you ever suffer from **eye pain, severe light sensitivity and/or any change in vision, immediately see an ophthalmologist.**



# Non-autoimmune-associated conditions

## Cardiovascular disease (CVD)

→ Psoriasis has been linked to an increased risk of heart attack and CVD.

Patients with severe psoriasis have a:

**4x ↑ risk of heart attack**  
(vs. patients without psoriasis)

→ Patients with severe psoriasis are also at an increased risk compared to people without it for:

- Stroke
- Heart attack
- High lipid (i.e., cholesterol and/or triglyceride) levels
- High blood pressure
- Diabetes

↑ = increased



## Metabolic syndrome

→ Metabolic syndrome is a combination of conditions that occur together and lead to heart disease, stroke and diabetes.

The prevalence of metabolic syndrome:



## Obesity

The prevalence of obesity:



Beyond seeking care for your psoriasis skin symptoms, **get screened for heart disease risk factors and make lifestyle changes to minimize your risk of future cardiovascular problems,** such as maintaining a healthy weight.



## Depression and anxiety

- Studies have found higher levels of anxiety and worry in psoriasis patients vs. the general population.
- Patients with psoriasis frequently report poor self-esteem and higher rates of both passive and active suicidal ideation.

**Up to 60% of people with psoriasis  
may develop depression**

**Talking with your doctor** is the most direct route to determining what's wrong and in taking action to help remedy the problem.

# For more information about psoriasis, please visit the following:

## Canadian Web sites\*

### Canadian Association of Psoriasis Patients

[www.canadianpsoriasis.ca](http://www.canadianpsoriasis.ca)

### Canadian Dermatology Association

[www.dermatology.ca/public-patients/skin/psoriasis/](http://www.dermatology.ca/public-patients/skin/psoriasis/)

### Canadian Psoriasis Network

[www.canadianpsoriasisnetwork.com](http://www.canadianpsoriasisnetwork.com)

### Canadian Skin Patient Alliance

[www.skinpatientalliance.ca](http://www.skinpatientalliance.ca)

## International Web sites\*

### National Psoriasis Foundation

[www.psoriasis.org](http://www.psoriasis.org)

### Mayo Clinic

[www.mayoclinic.org/diseases-conditions/psoriasis/symptoms-causes/syc-20355840](http://www.mayoclinic.org/diseases-conditions/psoriasis/symptoms-causes/syc-20355840)

### MedicineNet.com

[www.medicinenet.com/psoriasis/article.htm](http://www.medicinenet.com/psoriasis/article.htm)

### MedlinePlus

[www.medlineplus.gov/psoriasis.html](http://www.medlineplus.gov/psoriasis.html)

\* The resources suggested in this booklet do not imply an endorsement of or association with third-party organizations/websites and are provided for information purposes only. AbbVie is not responsible for content of non-AbbVie sites.

# Target the skin and beyond

If you feel that your psoriasis is not well-controlled, you may be at a higher risk for developing an associated condition. Speak to your doctor about treatment options that may help.

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Care for patients with psoriasis requires optimally treating skin lesions, improving quality of life, and managing commonly associated conditions that already exist or may develop, including joints, cardiovascular and metabolic diseases, as well as psychological conditions.