

Psoriasis



Psoriasis is a chronic inflammatory skin condition. It starts as small red bumps. As the affected area grows larger, plaques are formed. These plaques are covered with a silvery-white buildup of dead skin cells called scale. Psoriasis is commonly found on the trunk, arms, legs, palms, and soles. It often affects the scalp, but rarely the face.

Causes

Normally, the outer layer of the skin, called epidermis, regenerates every 28 days or so. For patients with psoriasis, this process is accelerated and the skin regenerates every 4 to 5 days. Because dead skin cells cannot be shed fast enough, they pile up on the surface of the skin, forming scales. Genetics play a major role in the development of psoriasis. It affects men and women equally, and is more prevalent in Caucasians.