Superficial Appearances

Sometimes psoriasis goes beyond the skin’s surface.

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Psoriasis is an autoimmune disease that affects nearly 7.5 million Americans. The illness commonly causes raised red patches to appear on areas of the skin, especially the elbows, knees or scalp. But psoriasis can cause more than just skin problems.

According to the National Psoriasis Foundation, people who suffer from the condition face a higher risk of developing other serious health illnesses. Nearly 30 percent of these folks will also be diagnosed with psoriatic arthritis, a condition that results in joint pain, stiffness and swelling.

Both psoriasis and psoriatic arthritis are linked to cardiovascular disease, diabetes and depression, among many other ailments.

What’s more, recent findings published in the Journal of Investigative Dermatology reported that individuals living with these chronic diseases experience a threefold risk for serious liver damage.

But there’s a way to reduce complications from psoriasis: Ask your doc to prescribe steroidal or anti-inflammatory medication.

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