UNDERSTANDING PSORIASIS

SYMPTOMS
- Pain
- Burning
- Fatigue
- Scaling of the skin
- Erythema
- Swelling
- Bleeding

MILD
- Less than 3% of the body has psoriasis

MODERATE
- 3%-10% of the body has psoriasis

SEVERE
- More than 10% of the body has psoriasis

1% = SURFACE AREA OF THE HAND

COMORBIDITIES
- Psoriatic Arthritis: Up to 30%
- Diabetes: 46%
- Cardiovascular Risk: 58%

PSYCHOSOCIAL AND ECONOMIC IMPACT
- 89% of people with psoriasis experience shame and embarrassment
- 42% of people with psoriasis experience a lack of self-confidence
- 62% of people with psoriasis experience depressive symptoms
- 44% of people with psoriasis have major difficulties at work

TREATMENTS
- TOPICAL THERAPY
  - Fixed combination of betamethasone dipropionate and calcipotriol
  - Vitamin D3 analogues
  - Retinoids
  - Dilbrend

- PHOTO THERAPY (plus retinoids)
  - PUVA (Systemic, local)
  - UVB (311 nm)
  - UVA/UVB

- SYSTEMIC THERAPY
  - Biologics
  - Methotrexate
  - Cyclosporine A
  - Fumaric acid esters

GLOBAL PREVALENCE OF PSORIASIS

MILD PSORIASIS
- 52% of patients

MODERATE PSORIASIS
- 36% of patients

SEVERE PSORIASIS
- 12% of patients

Available treatments range from very simple remedies to highly sophisticated biomolecular agents. While there is no cure for psoriasis, there is a continual research effort towards new and improved treatments.

Please visit www.ifpma.org/psoriasis for more information.
In 2014, psoriasis was recognized for the first time as a serious non-communicable disease (NCD) at the World Health Assembly. All Member States recognized that:

- Incorrect or delayed diagnosis
- Inadequate treatment options
- Insufficient access to care

CAUSING NEEDLESS SUFFERING FOR MILLIONS OF PEOPLE WORLDWIDE.

In 2016, the World Health Organization (WHO) released a Global report on psoriasis to bring the public health impact of psoriasis into focus, to help raise awareness of the range of ways that psoriasis can affect people's lives.

The report showed how stakeholders can play a key role in addressing the unnecessary social, psychological or economic consequences of psoriasis.

WHO GLOBAL REPORT RECOMMENDATIONS

**POLICY-MAKERS**
- Ensure that people suffering from psoriasis have access to professional medical care.
- Provide education about psoriasis to general practitioners to increase early diagnosis and prevent irreversible deformities of the joints and disability.
- Raise awareness about psoriasis and combat stigma and discrimination.

**PATIENT ORGANISATIONS**
- Encourage the formation of patient organisations where currently none exist.
- Create networks of support and empower patients to be part of the dialogue.
- Hold policy-makers to account on global commitments and fight against discrimination of people with psoriasis.

**HEALTH CARE PROFESSIONALS**
- Create greater awareness in general-practice settings that psoriasis is a serious, chronic, complex condition.
- Collaborate with patients to identify barriers to treatment adherence.
- Develop guidelines regarding the diagnosis and treatment of psoriasis.

**RESEARCHERS**
- Investigate new therapies to prevent as well as to manage the symptoms of the disease.
- Further clarify the link between psoriasis and associated conditions.
- Harmonize research methods to collect quality data on the incidence and prevalence of psoriasis at global level.

A hundred million people with psoriasis remain undertreated, at increased risk for cardiovascular events and suffering social and work-related stigma and discrimination.

In order to remove the barrier psoriasis poses to well being and socioeconomic development, there is a need for local implementation of the WHO resolution through collaborative approaches.

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