

Introduction to Psoriasis

Psoriasis is a chronic and genetic skin disorder that occurs in up to 3% of the population worldwide. It is not contagious. The most common form is *plaque*, or *patch*, psoriasis. The term plaque is used to describe the raised and red scaling patches on the skin that are a primary characteristic of this disease. The scales within the plaques are often silver-colored and thickened and appear most frequently on the elbows, knees, and lower back. However, all areas of the skin are susceptible.

Psoriasis is most common in people of western European or Scandinavian descent. It is less common in blacks or Asians and hardly ever occurs in pure Native Americans.

Psoriasis is more emotional than physically disabling. It can erode self esteem and cause patients to withdraw from activities in an effort to conceal the disfigurement caused by the plaques. Ironically, patients who refrain from outdoor pastimes lose the benefit of sunshine, one of the key treatments in keeping psoriasis under control.

Causes of Psoriasis

The exact causes of psoriasis are not yet known, however research indicates psoriasis tends to be genetic. Psoriasis flare-ups are not caused by but can be fueled by these known triggers:

- Cold weather and/or lack of exposure to sunlight
- Emotional or physical stress
- Other infections in the body
- Trauma or injury, such as a cut or bruise
- Genetic disposition

Recommended Atria Skin Care

It is important to reduce inflammation on the skins surface as well as for the body. O2 Performance Hydration is the most crucial factor in establishing and maintaining proper PH. Be faithful with adding the O2 Performance sachets to your daily intake of drinking water.

Use the Atria Nurture Skin System to reduce topical inflammation, to soften and hydrate the skin. Use Nurture Skin Serum mixed with Nurture Skin Crème on areas of the face, hairline, scalp, elbows and body that are exhibiting signs of psoriasis.