



## **Psoriasis Awareness 60 Sec PSA**

You may have heard the term “psoriasis” or heard about psoriatic disease, but how much do you really know about it?

August is Psoriasis Awareness Month. Psoriasis is an autoimmune disease that speeds up the growth of skin cells and causes thick, itchy red patches that often appear on the elbows, knees, scalp, palms, and even the soles of feet.

Plaque psoriasis and psoriatic arthritis are most common in adults, but can also affect teens, children, and babies. While there is no cure, there are several ways to treat psoriasis flare ups. For starters,

- Over the counter and prescription topical creams and ointments can provide relief and
- Oral medications may offer long term control of psoriasis symptoms.

If you or a loved one think you might have psoriasis or show symptoms, consult a dermatologist for a proper diagnosis. Living with psoriasis may mean some changes in diet or lifestyle, but it doesn't mean giving up the life you love.

This is brought to you by the Alabama Department of Public Health and this station.

**For more information, contact: Brandon Vaughn**  
**[brandon.vaughn@dph.state.al.us](mailto:brandon.vaughn@dph.state.al.us) / 334-206-2080**