

Definition: Psoriasis

Psoriasis is a skin problem that causes thick, raised red patches of skin called plaques.

They may appear on the knees, elbows, scalp, hands, feet, or lower back.

The skin often is itchy and tender.

Symptoms can come and go. There are flares, when symptoms get worse, and then improve and go away for a while.

It's usually best to treat psoriasis so that it doesn't get worse.

Psoriasis isn't contagious. It can't be spread by touch from person to person.

Want to know more about psoriasis and possible treatments? Talk with your care team. They are here to help.