



Psoriatic Arthritis



Overview

This is a form of arthritis you may have if you have psoriasis. That's a skin condition that causes patches of red, scaly skin. With psoriatic arthritis, you have pain in your joints. It's a chronic disease that can come and go, and it gets worse over time.

Causes

We aren't sure what causes psoriatic arthritis. It happens when your immune system begins to attack healthy cells. It may be linked to your genes and to things around you. Most people develop it after getting psoriasis. But sometimes the symptoms of psoriatic arthritis are felt before any skin problems start.

Symptoms

Psoriatic arthritis can affect any of your joints. It causes pain, stiffness and swelling. Your joints may be red and warm. Your fingers and toes may swell painfully. Your feet may hurt, especially the backs of your heels and the soles. You may have pain and problems in your neck and lower back. And you may have pinkeye or other eye issues. These symptoms can flare up and then go away for a period of time.

Treatment

There is no cure for psoriatic arthritis, but it can be managed. Stay at a healthy weight and get regular exercise. And avoid straining your joints. Medications and joint injections can keep your pain under control. If your joints have become badly damaged, you may benefit from surgery. Your healthcare provider will create a care plan that's right for you.