

Note on Psoriasis or Psoriatic Arthritis

Jung D. Kim*

Department of Medicine, Division of Rheumatology and Psoriatic Arthritis Center, New York University School of Medicine, New York, USA

DESCRIPTION

Psoriasis is a type of skin disease that causes itchy, red scaly patches topped with silvery scales generally on the knees, elbows, trunk and scalp. Psoriatic arthritis is a type of arthritis which affects psoriasis patients. Generally people develop psoriasis first and are later diagnosed with psoriatic arthritis, but there are some cases reported where the joint problems begin before the skin patches appear.

Usually psoriatic arthritis appears in people between the age group of 30 to 50, but it can also affect in childhood. For this disease men and women are equally at risk. Children with psoriatic arthritis are also at risk to develop uveitis (an inflammation of the middle layer of the eye). Approximately 30% of people with psoriasis develop psoriatic arthritis. Sometimes, the arthritis can appear before the skin disorder.

There are several types of psoriasis based on the symptoms they show, the most common form, psoriasis known as plaque psoriasis which causes dry, itchy or tender raised, red skin patches covered with silvery scales. Nail psoriasis is another type of psoriasis is which fingernails and toenails are causing pitting, abnormal nail growth and discoloration. Guttate psoriasis is the type of psoriasis in which primarily affects young adults and children. It's usually triggered by a bacterial infection. Symptoms are small, drop-shaped, scaling lesions on the trunk, arms or legs. Inverse psoriasis which affects the skin folds like breasts, buttocks or groin. This causes smooth patches of red skin. This type of psoriasis may triggered by fungal infections.

Psoriatic arthritis and psoriasis both are chronic diseases that get worse over time. Psoriatic arthritis can affect joints on just one

or both sides of body. Signs and symptoms of psoriatic arthritis often resemble with rheumatoid arthritis including swollen fingers and toes, Foot pain, Lower back pain.

Psoriasis or Psoriatic arthritis is types of autoimmune disease, in which body's immune system begins to attack healthy cells and tissue. The improper immune response causes the inflammation in joints and overproduction of skin cells which causes those rash and patches like symptoms. It is not clear why the immune system attack healthy tissues, but both genetic and environmental factors play a role in the development of symptoms. Recently researchers discover certain genetic markers associated with psoriatic arthritis. Physical trauma, viral, bacterial or fungal infection can trigger psoriatic arthritis in people with an inherited tendency.

There is no cure for psoriatic arthritis, so the medical intervention only tried to control the symptoms and preventing joint damage. Psoriasis or Psoriatic arthritis generally affect both inside and outside of body. The goal of treatment is, to control the inflammation that causes the joints to swell and ache, to ease the pain and prevent further damage. Salicylic acid, Calcipotriol, Tazorac gel is the drugs prescribed by doctors to use externally to ease the symptoms. Immunosuppressants like pimecrolimus and tacrolimus are used to change immune cells work. Methotrexate, cyclosporine, ultraviolet light may use to treat severe symptoms. These types of therapy can cause serious side effects. Tumor necrosis factor (TNF) inhibitors, interleukin (IL)-23 inhibitors, IL-17 inhibitors, and IL-12 inhibitors, some enzyme inhibitor are also used in modern treatment process of Psoriasis or Psoriatic arthritis.

Correspondence to: Jung D. Kim, Department of Medicine, Division of Rheumatology and Psoriatic Arthritis Center, New York University School of Medicine, New York, USA, E-mail: jdkimrheumatology998@gmail.com

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