

SUNDAY MORNING Health Corner

Psoriasis: Understanding Our Skin From the Inside Out

How we look influences how we feel about ourselves—and psoriasis can impact that. Psoriasis is a disease that causes swelling and discoloration of the skin and speeds up the growth of skin cells. The result can be itchy or painful, scaly, inflamed patches on the skin. But treatment can reduce these symptoms, and that can be important for those of us with darker skin. Because being proud of our skin goes hand in hand with who we are.

Psoriasis in Melanated Skin



A study found that African American patients were about 52% less likely to be diagnosed with plaque psoriasis compared to White patients.



Misdiagnosis can happen in those of us with darker skin, since the plaques can appear more purple or brown, rather than the red seen in lighter skin. Psoriasis may be mistaken for eczema, ringworm, or other skin conditions.



Changes in skin color frequently occur in plaque psoriasis patients with darker skin.



More severe forms of psoriasis can be experienced. Black patients reported having 3 to 5 times more of their body surface area impacted by psoriasis than White patients.



Psoriasis can have a big impact. Psoriasis can cause people to feel self-conscious or embarrassed to be around others.

About 1 in 3 people with psoriasis will develop psoriatic arthritis, which can cause pain, swelling, and tenderness in your joints.

You deserve to be heard. If you think you have psoriasis, talk to your primary care physician or dermatologist and learn about treatment options. If you think you have psoriatic arthritis, talk to a rheumatologist.

