

WORLD PSORIASIS DAY 29 OCTOBER 2018

Today is World Psoriasis Day. Psoriasis is a lifelong skin condition characterised by the development of red scaly areas of skin. It's an auto-immune condition that not only affects the skin but is associated with other conditions such as obesity, depression, diabetes, cardiovascular disease and psoriatic arthritis.

Associate Professor Christopher Baker who is co-founder of the Australasian Psoriasis Registry says: "Our data shows that obesity is a common comorbidity in patients with moderate to severe psoriasis. This is relevant to the other conditions that are highly represented in the moderate to severe psoriasis group, such as hypertension, cardiovascular disease, diabetes and psoriatic arthritis. It highlights the concept that psoriasis is a systemic inflammatory disease that is associated with other health issues and the need to look after the whole patient, not just treat the skin disease."

Recent data from the Australian Psoriasis Registry shows that:

- 63% of patients are recorded as obese
- 33% have diagnosed hypertension
- 24% have depression
- 16.4% are diabetic
- 81% of patients have one or more co-morbidity recorded, with over 50% having two or more.

Karen Risdale, President of Psoriasis Australia says: "The International Federation of Psoriasis Associations has launched the theme for World Psoriasis Day in 2018 as treat psoriasis seriously- our lives depend on it. As part of our Australian campaign, we would like you to complete the following phrase 'treat psoriasis seriously, our lives depend on it because...' We want to raise awareness of psoriasis and its serious complications as well as help educate more Australians about the fact that psoriasis is a lifelong condition without a cure. It is not 'just a skin condition.'"

Dr Katherine Amour, advocate of the Australasian College of Dermatologists (ACD) says: "The severe impact of even mild psoriasis on some patient's quality of life is now well recognised in the medical literature. Patients often feel stigmatised due to the often visible nature of their skin condition eg backs of hands, elbows etc. This is a non-contagious disease, which can now be treated very effectively with today's therapies. If in doubt, ask your General Practitioner (GP) for a referral to a dermatologist."

ENDS

Links to further information

[Australian Psoriasis Registry](#)

[Psoriasis Australia](#)



[A-Z of Skin](#)

[Find a local dermatologist](#)

For further information on the ACD, visit www.dermcoll.edu.au, or see our updates on [Facebook](#) or Twitter at [@DermatologyACD](#) #dermcoll or [LinkedIn](#)

About the Australasian College of Dermatologists (ACD):

The ACD is the peak medical college accredited by the Australian Medical Council for the training and professional development of medical practitioners in the specialty of dermatology. They provide authoritative information about dermatology to Government, the media, other health professionals and the general public.

Media enquiries:

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