

Live a full and active childhood even with psoriasis

Life can be tough for children with moderate to severe psoriasis, **but it doesn't have to be.**¹

This guide will help you:

- Understand psoriasis
- Control psoriasis
- Know more about treatments



What is psoriasis?

Psoriasis is a chronic (long-lasting) systemic autoimmune condition that causes raised, red, scaly patches to appear on the skin.^{2,3} It might involve other organs and systems including joints. There is no cure for psoriasis, but there are treatments that can help control the disease so children can enjoy a full and active life.²

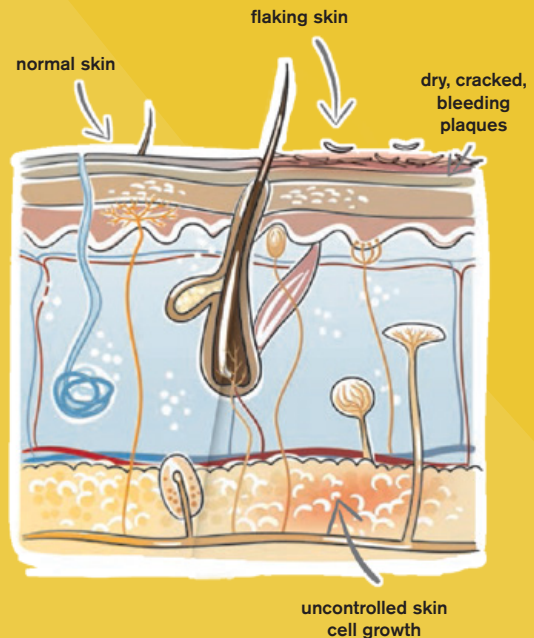
What's really happening?

The body's immune system is working too hard.

The immune system's job is to protect our body from outside germs like viruses and bacteria, and to help us heal after an injury. For example, when you get a cut or are stung by a bee, your immune system causes inflammation—that red swelling you see when these things happen. But with psoriasis, your immune system is working too hard—so it causes inflammation and makes new skin when you don't need it.^{2,4} This is why you get those itchy, uncomfortable, and painful plaques on your skin (even though you haven't been cut or stung by a bee!)

Besides being painful and uncomfortable, psoriasis can have a significant impact on your life. You might feel sad and frustrated and not being able to enjoy life like other children.

Psoriasis can also cause inflammation in other parts of the body, not just in the skin.² So it's important to talk with your doctor about treatments that not only treat the symptoms of psoriasis, but can work on its underlying cause.




A few facts about psoriasis

Having psoriasis might make you wonder, “Why is this happening?,” “How did it start?,” and “Did I do something wrong?” It’s normal to feel this way, but a few facts can help make it easier for you to understand psoriasis⁵⁻⁷:

- It’s not an allergy⁷
- It’s not contagious⁶
- It has nothing to do with the way you wash or bathe⁶
- **It’s not your fault—you did nothing wrong.**⁶
- **You are not alone.**⁶ Approximately 1 in 100 children have psoriasis.⁵

You can do something about it. It’s important to follow the treatment regimen your doctor prescribes to control psoriasis.⁵

A young boy with a surprised expression, wearing a bright yellow t-shirt with blue trim, holds a small chalkboard above his head with both hands. The chalkboard has white text written on it. The background is a bright yellow with faint cloud patterns.

With the appropriate
lifestyle changes
and treatments you
can live a full and
active life.

Staying ahead

Take good care of your skin

A healthy skin-care routine along with appropriate treatment can help lessen the effects of psoriasis and reduce the chance for flare-ups.

Here are some tips for caring for your skin:

1. **Avoid skin injuries.** Things like cuts and bug bites can cause flare-ups.⁸
2. **Avoid sunburns.** Even mild sunburns can make psoriasis worse and cause new psoriasis to form.⁸
3. **Avoid long, hot showers and baths.** They can make dryness and irritation worse.⁹
4. **Try not to scratch.** Scratching tends to worsen psoriasis. To alleviate the itch, dermatologists recommend applying a cold compress and/or taking medications as directed by your doctor.⁸
5. **Moisturize every day.** Creams are preferable to lotions, and gels should generally be avoided, as they may contain alcohol, which can increase dryness and irritation.^{8,10}
6. **Follow the treatment regimen your doctor prescribes, even if your skin starts to clear.**⁸

Did you know these things can also cause flare-ups?^{1,5}



Infections



Weight gain



Emotional or
physical stress



Secondhand
smoke

Common treatments for children

From creams, to light therapy,
to biologics

Your doctor has different options to treat you depending on how severe your psoriasis is. Most children with psoriasis are given topical treatments, like moisturizers, creams, and shampoos.³ Your doctor may try a combination of treatments including topicals, UV light therapy, and other prescription medications.³ Your doctor might recommend a medication called a biologic.³

Psoriasis can cause inflammation in other parts of your body, not just in the skin, so it's important to carry on with your treatment even if your skin starts to clear. Always follow the treatment regimen your doctor prescribed.²



Consult your Dermatologist for treatment so you can enjoy better childhood again



**Less itch, less pain,
fewer signs of psoriasis**



Sleep better



Dance, play, and enjoy being a child



**Enjoy running, swimming,
and playing sports**

**Psoriasis doesn't have to stand in the way of
this time in your life anymore.**

Have more questions about psoriasis and biologics? **Ask your doctor.**

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