

Short Communication

# CHRONIC INFLAMMATORY DISEASE- PSORIASIS ITS DIET MANAGEMENT AND PREVENTION

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## ABSTRACT

Is a long-term (chronic) skin problem that causes skin cells to grow too quickly, resulting in thick, white, silvery, or red patches of skin. Psoriasis isn't contagious. It can't be spread by touch from person to person. Normally, skin cells grow gradually and flake off about every 4 weeks. New skin cells grow to replace the outer layers of the skin as they shed. But in psoriasis, new skin cells move rapidly to the surface of the skin in days rather than weeks. They build up and form thick patches called plaques. The patches range in size from small to large.

**Key words:** Psoriasis, Inflammatory skin disorder

## INTRODUCTION

Psoriasis occurs when the immune system overreacts, causing inflammation and flaking of skin. In some cases, psoriasis runs in families, a common, chronic, relapsing/remitting, immune-mediated systemic disease characterized by skin lesions including red, scaly patches, papules, and plaques, which usually itch[1]. The disease affects 2–4% of the general population. Things that can flare-ups include a cold and dry climate, infections, stress, dry skin, and taking certain medicines [2]. They most often appear on the knees, elbows, scalp, hands, feet, or lower back. The five main types of psoriasis are plaque, guttate, inverse, pustular, and erythrodermic [3]. Plaque psoriasis, the most common form, typically manifests as red and white scaly patches on the top layer of the skin. Symptoms of psoriasis can be mild, with small areas of rash. When psoriasis is moderate or severe, the skin gets inflamed with raised red areas topped with loose, silvery, scaling skin. If psoriasis is severe, the skin becomes itchy and tender. And sometimes large patches form and may be uncomfortable[4]. The patches can join together and cover large areas of skin, such as the entire back. Symptoms often disappear (go into remission), even without treatment, and then return (flare up).



Fig1: Psoriasis

In some people, psoriasis causes joints to become swollen, tender, and painful. This is called psoriatic arthritis. This arthritis can also affect the fingernails and toenails, causing the nails to pit, change color, and separate from the nail bed. Dead skin may build up under the nails. Psoriasis can usually diagnosed by looking at the patches on skin, scalp, or nails. Special tests aren't usually needed.

**Diet management:** A diet rich in fruits and vegetables and low in fat can help you manage symptoms of psoriasis. This will help your skin stay moist and can help ward off heart disease and cancer, which people with psoriasis are at greater risk for. If you have psoriasis, you're at greater risk for a number of other conditions, including diabetes, obesity, and heart disease. "One of the best ways to help head these off is with lifestyle management [5] — eating a healthy diet, exercising regularly, getting enough sleep, quitting smoking, and drinking alcohol in moderation,"

Omega-6 fatty acids found in most vegetable oils such as soybean, corn, cottonseed, and sunflower oils, and in prepared foods such as potato chips, cookies, and cakes are inflammatory to the body. Psoriasis is an inflammatory disease, so if you have psoriasis you should eliminate as many omega-6 fatty acids from your diet as you can. Cook with olive and canola oils and eat fresh foods instead.

Fatty red meats can promote heart disease, and people with psoriasis are at a higher risk for heart disease. Choosing lean cuts of red meats and white meats like chicken and turkey can help your skin and your heart.

Fruits and vegetables. Not only are they rich in antioxidants, but they're also good sources of vitamins A and C. These vitamins help your skin hold onto the available moisture in your system. Good sources include blueberries, oranges, cantaloupes, and carrots.

## **Prevention**

1. Avoiding environmental factors that trigger psoriasis, such as smoking, sun exposure, and stress, may help prevent or minimize flare-ups of psoriasis. Sun exposure may help in many cases of psoriasis and aggravate it in others.
2. Alcohol is considered a risk factor for psoriasis in young to middle-aged men. Avoid or minimize alcohol use if you have psoriasis.

**Conflict of Interest:** Nil

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