Psoriasis (psoriasis) how to live with it?



Treating your psoriasis is critical to good disease management and overall health. Work with your doctor to find a treatment—or treatments—that reduce or eliminate your symptoms. What works for one person with psoriasis might not work for another. So it's important to know the different treatment options and keep trying until you find the right regimen for you.

Biologics

Biologic drugs, or "biologics," are usually prescribed for moderate to severe psoriasis and psoriatic arthritis that has not responded to other treatments. They are given by injection or intravenous (IV) infusion. Read about biologic treatments »

Systemics

Systemic medications are prescription drugs that are taken orally or by injection and work throughout the body. They are usually used for individuals with moderate to severe psoriasis and psoriatic arthritis. Read about systemic treatments »

Phototherapy

Phototherapy or light therapy, involves exposing the skin to ultraviolet light on a regular basis and under medical supervision. Treatments are done in a doctor's office or psoriasis clinic or at home with phototherapy unit. Read about phototherapy »

New Oral Treatments

New oral treatments improve symptoms of psoriatic disease by inhibiting specific molecules associated with inflammation. Unlike biologics, which are derived from living sources and must be administered via injection or infusion, these treatments can be effectively delivered as tablets taken by mouth. Read about new oral treatments »

Topicals

Topical treatments are applied to the skin and are usually the first treatment to try when diagnosed with psoriasis. Topicals can be purchased over the counter or by prescription. Read about topical treatments »

Complementary and Alternative

Complementary and alternative medicine (CAM) is a group of diverse medical and health care systems, practices and products that are not presently considered to be part of conventional, or Western, medicine.

Source: https://www.psoriasis.org/about-psoriasis/treatments