



# Types of Psoriasis

by AMY MANLEY

---

## Eight Different Types of Psoriasis

Psoriasis can be a difficult condition to live with, because it not only affects you physically, but the symptoms of this condition can take a toll on your self-esteem and emotions. Psoriasis causes the skin on various areas of your body to flare-up, leaving patches that vary in size on the skin's surface. The patches that develop in psoriasis patients are often red, scaly, and itchy and can have what looks like a silver scale covering them.

While psoriasis isn't contagious, sadly many people don't fully understand the disease and fear it. Some people with psoriasis themselves don't have a full understanding of the condition, and believe there's only one form of psoriasis that occurs. However, there are eight different forms of psoriasis that occur.

### Plaque Psoriasis

This is the most common form of psoriasis, and causes the painful skin lesions people often associate with the condition. Plaque psoriasis gets its name from the skin lesions that occur, known as plaques. The lesions occur on several different areas of the body, from head to toe. They can occur on the face, genitals, and the soft tissue within your mouth.

### Nail Psoriasis

This form of psoriasis forms in the fingernails and toenails. Psoriasis of the nails causes pitting within the nail, abnormal growth, and in some cases your nails will start becoming loose and they come away from the nail bed, causing it to detach.

### Scalp Psoriasis

Psoriasis can occur on the scalp, and appears red with a silvery appearance. These scales are often itchy, and may appear on the hairline, or extended throughout the entire scalp. Some patients discover they have psoriasis of the scalp when they have excessive flakes appear, and it can be confused with dandruff. While dandruff causes flaking, the flaking seen with scalp psoriasis is much more severe.

### Guttate Psoriasis

This form of psoriasis is most commonly seen in children and adults, and occurs due to a trigger. It's formed when you have a bacterial trigger, often due to strep throat. When guttate psoriasis occurs, it forms on the legs, arms, scalp, and trunk, and also has a silver appearance.

### Inverse Psoriasis

---

---

This form of psoriasis appears on the groin, breasts, genitals, armpits, and becomes worse when friction occurs. Some experts refer to it as a fungal infection, while others state it's a form of psoriasis. It appears as red patches on the skin, but unlike several other forms of psoriasis, it's flat in appearance.

### **Pustular Psoriasis**

This form of psoriasis appears on the hands, feet, and even the fingertips. It's an uncommon form, and rather than staying in place, the small "blister-like" marks come in and go often. When this form occurs, it often has additional symptoms, like those seen with the flu. They include; chills, fever, and diarrhea.

### **Erythrodermic Psoriasis**

This is the most uncommon form of psoriasis, and can appear on the entire body. When an outbreak occurs, the body looks as if it's broken out with a rash, similar to sunburn. The outbreak can be very painful, often causing a stinging pain or burning sensation, and the skin can peel away in a similar manner as a sunburn.

### **Psoriatic Arthritis**

This form causes a variety of symptoms outside of the typical lesions and discolored skin. It causes the patient to experience painful joints, hence its name. The joints often become stiff, and they can become damaged.