Psoriasis Comorbidities You Should Be Aware of

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Does Psoriasis Increase the Risk of Developing Other Health Conditions?

What many people don’t know is that having psoriasis can be more of a problem than meets the eye. Patients with psoriasis can develop other health conditions because of their disease. Doesn’t sound fair, does it?

In fact, many people with this affliction have a greater risk of other chronic and serious health problems, also referred to as *comorbidities*. An estimated 30 percent or more people with psoriasis may develop psoriatic arthritis, for example. The heart and mental well-being can be affected by having psoriasis as well.

The Types of Health Conditions

A few health conditions that are common to psoriasis patients are listed below. It does not mean every patient with psoriasis will get these health problems, but the risk in getting them are higher than in a person without psoriasis.

**Psoriatic Arthritis**

This is a fairly common malady that comes with psoriasis. It causes pain, stiffness, and swelling in and around the joints, causing the patient much discomfort. Treatment for psoriatic arthritis includes medications called *disease-modifying antirheumatic drugs (DMARDs)* are recommended. Corticosteroids, splinting of the joints, and exercise is also prescribed to help control symptoms of psoriatic arthritis.

**Cardiovascular Disease**

Research has shown there is an increased risk for heart disease in patients with psoriasis. This is especially true with severe psoriasis cases. The odds are very high for them to have a major cardiac problem arise and the risk for stroke is higher as well. Lifestyle modifications, such as a low-fat diet and exercise, are highly encouraged to keep the inflammation at bay. The use of omega-3 supplements is a good option to help with controlling inflammation. Medications may be used to reduce the chance for the patient to have any cardiac issues.

**Diabetes**

Psoriasis is an autoimmune disorder and it can lead to many problems in the body. Patients with psoriasis are at an increased risk for type 2 diabetes. In fact, patients who have severe psoriasis have a 46 percent more of a chance of getting it. Again, lifestyle changes and medication can treat these patients so that they do not have complications from the disease.

**Depression**
It is a vicious circle when it comes to psoriasis and mental well-being. The disease can bring on emotional distress for the people it afflicts. It can cause them to lose self-esteem and studies have shown that it can increase the risk for mood disorders like depression. One-fourth of psoriasis patients suffer from depression. Medicine and counseling can help address this disorder and alleviate its symptoms.

Other Conditions

There are other types of conditions that can transpire from psoriasis. Cancer, metabolic syndrome, and obesity are some of the comorbidities that may arise as well as immunity-related conditions like Crohn's disease. Skin cancer seems to be a high risk for psoriasis patients. Lymphoma is also a concern. These cancers have been associated with the psoriasis treatment which entails suppress the immune system. Regular health screenings should be done for cancer. Other lifestyle changes are needed to promote better health and stave off potential disease brought on by psoriasis and/or treatment.