Psoriasis
Treatment and DDx

- Differential diagnosis
  - Discoid eczema
    - less well defined
    - exudative or crusted
    - lack thick scales
    - Don't favor extensor surfaces
  - Seborrhoeic eczema
    - more diffuse
    - less lumpy
    - overflowing the **scalp margins** and interspersed with normal skin in psoriasis
    - not so sharply marginated
    - Sites
      - ear, face, eyebrows
  - Pityriasis rosea
    - confused with guttate psoriasis
    - lesions are oval
    - run along rib lines
    - Christmas tree
    - Scaling is of collarette type
    - **herald plaque**
    - confined to the upper trunk
  - 2ndry syphilis
  - Cutaneous t-cell lymphoma
  - Tinea unguium
    - more asymmetrical
    - obvious tinea of neighboring skin
    - Pitting is not seen
    - Nails are crumbly and discoloured
- Treatment
  - Explanation and reassurance
  - Topical Treatment
    - Vitamin D analogue
      - Calcipotriol
      - Tacalcitol
      - mild to moderate psoriasis
    - retinoids
      - Tazarotene
    - corticosteroids
      - 'limited choice' areas
        - face, ears, genitals and flexures
      - patients who cannot use vitamin D analogues
      - unresponsive psoriasis
        - scalp, palms and soles
      - minor localized psoriasis
      - Salicylic acid
        - short periods
    - Dithranol
    - Coal tar
  - UV
    - S/E
      - Acute Phototoxicity
      - Skin cancer
  - Systemic
    - When Severe
    - photochemotherapy
    - retinoids
      - Acitretin
    - methotrexate
      - Liver failure
    - ciclosporin
      - S/E
        - Renal failure
        - HTN
    - *hydroxyurea*
    - *Sulfasalazine*
    - **never use systemic steroids for psoriasis**
  - Combined
    - resistant cases