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Podcast Title: Psoriasis awareness on World Psoriasis day

Department: Dermatology, Venereology and Leprosy

Category: (Select relevant category)

Public awareness/Continuing medical education/Research & innovation/ Day celebration – Public awareness

### TRANSCRIPT

Hello everyone. I take immense pleasure in delivering this podcast on Psoriasis awareness while observing World Psoriasis Day on 29<sup>th</sup> October.

- Psoriasis is a chronic inflammatory skin disease caused by a combination of genetic, and environmental factors, particularly stress.
- Psoriasis is not contagious, so it will not spread by touching the affected patients.
- Psoriasis is characterized by red itchy scaly skin lesions mainly over elbows, knees, scalp, and extensor surfaces occasionally it can involve the entire body.
- Not only the skin but nails and joints can also be affected.
- Psoriasis is a disease of remission and exacerbation.
- Infection, trauma, friction, and stress can aggravate psoriasis.
- Analgesics, drugs for hypertension like beta blockers and ACE inhibitors, can aggravate psoriasis. Do not take unprescribed drugs and treatment suggested by neighbors.
- Patient is advised to take a diet rich in protein and essential fatty acids (EFA). Consumption of fresh fruits and vegetables, such as carrots, tomatoes, oranges, broccoli are beneficial in psoriasis because of their high content of carotenoids, flavonoids and vitamin C.

- Weight reduction has good benefits in psoriasis, since metabolic syndrome (Obesity, hypertension, diabetes, and dyslipidemia) is found to have positive association with Psoriasis.
- Alcohol consumption and smoking are also associated with psoriasis. Hence alcohol abstinence and smoking cessation are advised to avoid exacerbations.
- Appropriate and early management of infection and avoidance of trauma are needed to control the disease.
- Psoriatic patients suffer physical and emotional trauma. So, health education and moral support are of utmost importance in the management.
- Since psoriasis patients may have co-existent diabetes, hypertension and metabolic syndrome, routine screening for diabetes and hypertension, routine physical activity, yoga, and meditation can control the disease.
- Do not panic about having lesions suggestive of psoriasis. Consult a dermatologist at the earliest and get appropriate treatment.
- Liberal application of oil (Liquid paraffin) is the most important part of management.
- Proper adherence to treatment, regular follow-up, avoidance of risk factors and proper diet form the mainstay of treatment.

**Signature of the Resource Person**

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