



What is National Psoriasis Awareness Month?

August is National Psoriasis Awareness Month, providing an opportunity to inform and increase understanding of this common condition. Psoriasis is a chronic skin disease that causes a rash with itchy, scaly patches, on various parts of the body. It often follows a cyclical pattern, flaring up for weeks or months, then subsiding temporarily. While there is currently no known cure for psoriasis, there are various ways to help manage symptoms and enhance the quality of life for those affected.

Symptoms of Psoriasis May Include:

- Patches of thick, red, scaly skin
- Soreness, itching, or burning
- Dry or cracked skin that may bleed
- Rashes that vary in color
- Thick, ridged nails
- Poor sleep quality

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Treatment and Prevention of Psoriasis:

- There are several [treatment options](#) available for psoriasis, including topical therapy, light therapy, and medications taken orally or through injections. It is important to work with your healthcare provider to choose a treatment plan based on the type and severity of your psoriasis.
- Fostering a healthy lifestyle and integrating self-care practices into your daily routine can assist in preventing flare-ups and managing symptoms effectively at home. Consider the following strategies to better manage your psoriasis:
 - 💧 Take lukewarm baths each day using a mild soap and follow up with a moisturizer to keep your skin hydrated. Before bedtime, apply an ointment-based moisturizer and wrap the affected areas overnight.
 - 🚫 Identify and avoid psoriasis triggers. Common triggers may include [stress](#), [smoking](#), and excessive [sun exposure](#), all of which can significantly worsen the condition.
 - 🏃 Engage in regular [physical activity](#), follow a [nutritious diet](#), [abstain from alcohol](#), and maintain a [healthy weight](#).

As a State of Maine Health Plan member, you can schedule a visit with a dermatologist for skin, hair, and nail conditions through Anthem's [LiveHealth Online](#). Sign up today to get convenient access to care, from anywhere!



Looking for a Provider?

Utilize Anthem's [Find Care tool](#) to find a provider, such as a dermatologist, and much more in your health plan network.

Sources:

[National Psoriasis Foundation - About Psoriasis](#)
[Mayo Clinic - Psoriasis Overview](#)
[Mayo Clinic - Diagnosis and Treatment](#)
[National Institute of Health - Symptoms of Psoriasis](#)