

Psoriasis is a common skin condition that causes itchy or sore red patches of skin with silvery scales. Other symptoms include dry, cracked skin that may bleed, malformed nails, and stiffened joints.

Psoriasis occurs when the normal life cycle of skin cells is accelerated by the immune system, causing buildup of dead skin cells, which form the thick, silvery scale-like appearance. There are several types of psoriasis, the most common of which include Plaque Psoriasis, causing the red, scaly lesions; Scalp Psoriasis; Nail Psoriasis, causing abnormal nail growth; and Psoriatic Arthritis, causing stiffness and progressive joint damage. For many people, psoriasis is just a nuisance, however patients should seek medical advice if the psoriasis causes discomfort and pain, interferes with daily tasks, or causes concern about the appearance of skin. There is no cure for psoriasis, but many treatments exist to interrupt the overproduction of skin cells and to provide significant relief.

Resources at Northwestern for Psoriasis

Northwestern Memorial Hospital's Department of Dermatology offers state-of-the-art treatment options for dermatology conditions such as psoriasis. The department also provides cosmetic treatments to patients with various dermatological symptoms. Treatment options include laser surgery, microdermabrasion, camouflage makeup, skin peels and phototherapy (PUVA).

<http://www.nmh.org/nmh/specialtiesandservices/medicalspecialties/dermatology/main.htm>

The Department of Dermatology at Northwestern's Feinberg School of Medicine runs a Psoriasis and Psoriatic Arthritis Clinic on Tuesday mornings. The clinic is headed by [Prashant Singri, MD](#) from dermatology and by [Eric Ruderman, MD](#) from Rheumatology. The clinic has an active ultraviolet light set up with full body units, hand and foot units, bath PUVA facilities and a scalp wand and is ideal for patients with both psoriasis and psoriatic arthritis. For more information or to schedule an appointment, contact the clinic at 312-695-8106.

Northwestern Physicians / Researchers Specializing in Psoriasis Treatment

The Department of Dermatology at Feinberg School of Medicine has active areas of laboratory and clinical outcomes research. Nearly all of the clinical faculty in the department serve as principle investigators in clinical trials. Dr. Amy Paller, head of the division of dermatology at Children's Memorial Hospital, is researching treatments for pediatric psoriasis. Also conducting clinical trials involving psoriasis are Drs. Prashant Singri, head of the Psoriasis clinic and Murad Alam, who is studying treatments for nail psoriasis specifically.

Click to see physician profiles and clinic information:

<http://www.nmff.org/findphysician/physearch.asp>

<http://www.nmff.org/clinicaldepts/department.asp?id=41>

IWHR Highlighted Researcher

Dr. Anne Laumann, MBChB, MRCP (UK) is an Associate Professor of Dermatology in the Feinberg School of Medicine. She is an active member of many dermatology organizations including the American Academy of Dermatology and the Psoriasis Foundation. Dr. Laumann is the principal investigator on various clinical trials related to atopic dermatitis, psoriasis and Raynaud phenomenon. Currently she is conducting a clinical trial to study the outcome and safety of Raptiva in patients with chronic moderate to severe plaque psoriasis. This study is a multicenter, prospective, 5-year surveillance study involving Raptiva and non-Raptiva treated patients. The study is currently recruiting patients with moderate to severe plaque psoriasis who are currently using or are initiating Raptiva therapy.

Useful Links and Resources

<http://support.psoriasis.org/chicago/>

<http://www.skincarephysicians.com/psoriasisnet/index.html>

<http://www.nlm.nih.gov/medlineplus/psoriasis.html>

<http://www.psoriasis.org/>

Upcoming Conferences/Symposiums

2008 National Psoriasis Foundation National Conference in Orlando, FL,

August 15-16

<http://www.psoriasis.org/events/conference/>

January

February

March

April

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December