

# [Comparison of available psoriasis treatments](https://assignbuster.com/comparison-of-available-psoriasis-treatments/)

Although there is no available cure for psoriasis at present, there are different approaches to treat psoriasis and all you need to do is choose the best method. What works for your friend might not work for you. The severity of the condition, health and fitness of the sufferer, age, and other factors affect the extent of the needed treatment. Doctors often try several methods with utmost care in order to find the best one for a particular patient.

Here are some of the options you have available for Psoriasis treatment

1. Natural treatments

Lifestyle Change

Once you have had psoriasis expect it to occur again. If you have an unhealthy lifestyle (drinking, smoking, staying up late, and the likes) making changes that are healthier is important. You know that stress, that includes lack of proper sleep, too much alcohol, and smoking can contribute to make your psoriasis worse or make it flare up again. If you are following a treatment now but keep on doing things that trigger psoriasis, don’t be surprised if your psoriasis evolves into a more dangerous form. Wear comfortable clothing that allows your skin to breathe. Try light fabrics like cotton because it is soft against your skin and will not irritate your psoriasis. Cotton also allows moisture in.

Dietary recommendations that help control Psoriasis

As you monitor your food, cut down on red meats or completely eliminate them from your diet if you can. Processed foods must go because they are packed with more chemicals than actual nutrients. You should also stay away from fatty foods. Passing up vegetables such as eggplant, tomatoes, potatoes, and peppers may aid in controlling psoriasis related inflammation. Make sure to eliminate these vegetables from your diet and don’t give in to the temptation, even if the eggplant lasagna looks succulent.

Try eating foods that cleanse your liver and kidneys such as celery, fish, lettuce, turkey, fiber-rich fares, and lemons. The National Psoriasis Foundation includes soy, chocolate, nuts, and cranberries in their list of foods that prevent psoriasis outbreaks, or at least keep those outbreaks at a minimum. Drinking plenty of water can flush out toxins from your body, keep it well hydrated, and make you feel fresh all day. Although there are many power drinks that claim to keep you energized and well hydrated, nothing beats pure, plain water.

Nutritional Supplements you should take daily

You need to consider taking the necessary nutritional supplements along with a well-balanced diet. You can include vitamins A, D, and E in your daily diet. You can choose to include fish oil, primrose oil, or milk thistle in your diet. Taking selenium, lecithin, and folic acid can also help prevent psoriasis.

2. Direct Skin Treatments

There are natural remedies that you can try if you have psoriasis. These remedies might not completely make your psoriasis go away but they can help lessen the irritation and discomfort that psoriasis causes. Prepare a bath of lukewarm (not hot) water. Add mineral oil, Epsom salt, milk, German chamomile, or olive oil (choose only one). Any of these choices can soothe itching and can penetrate the plaques and scales. Apply a doctor recommended moisturizer when you finish your bath for double benefits.

Apply vegetable oil or olive oil on your skin that has psoriasis plaque to help loosen them. The oil provides the needed moisture to the skin. If you have psoriasis on your scalp, try massaging it with a few tablespoons of olive oil to loosen the plaque before you take your shower. Stick with these suggested oils and don’t do any experimenting using different oils because those might make the condition worse. These natural treatments compliment other treatments. Just make sure you ask your doctor first before proceeding.

3. Over the counter and Systematic Treatments

Doctors often choose topical or Over-The-Counter (OTC) treatments for psoriasis. If your skin does not respond to the current treatment, another topical treatment can be selected. Topical treatments bought over-the-counter can be applied directly on the affected area of the skin. Topical treatments usually include lotions, creams, gels, and ointments. Topical treatments are always the first option for most doctors for treating mild to moderate cases of psoriasis.

Topical or OTC treatments include:

1. Dandruff shampoos.
2. Vitamin D analogues
3. Cortisone in ointment or cream form.
4. Retinoids that can be applied on the skin.
5. Coal tar.
6. Lactic and salicylic acids.
7. Anthralin.

It is important to consult with your doctor first to select the right topical treatment for your psoriasis.

Opting for a Systematic Treatment

If you have a more severe form of psoriasis, or if a topical treatment is not helping, doctors usually turn to oral or injectable drugs. If your psoriasis is due to infection, taking antibiotics for the infection might also stop, or alleviate, your psoriasis.

The medicines used for systematic treatments include:

1. Retinoids.
2. Immunomodulator drugs.
3. Methotrexate.
4. Thioguanine.
5. Cyclosporine.
6. Hyrdroxyurea.

Keep in mind that you should always seek your doctor’s advice even if you have had psoriasis before. There is the possibility that your new psoriasis outbreak (if you failed to prevent psoriasis from re-occurring) may be different from your previous one. It is always best to be safe, meaning check in with your doctor to be sure the current outbreak can be treated as before. Don’t re-start a medication from a prior outbreak without first checking with your doctor.

4. Light Treatments

Some psoriasis sufferers prefer light treatments over other methods simply because they are non-pharmaceutical and famous for being effective. As always, it is best to take the recommendation of your doctor to minimize any problems.

Sunlight

There are reports that some psoriasis sufferers achieve favorable results via sun exposure, but take note that too much sun exposure can do more harm than good. It is still best to consult with your doctor regarding the matter. Your doctor can give the correct time of day to get a beneficial amount of sunlight and tell you how long you can stay in the sun. Be sure to follow your doctor’s instructions to the letter.

Via UVB Phototherapy

Phototherapy is a perfect option for most individuals with moderate to severe inverse psoriasis, although other forms of psoriasis can also benefit from this treatment. UVB rays can slow the growth of skin cells for some psoriasis sufferers. Treatment involves a light box that creates faux UVB rays that are used within a specified amount of time for each session. There is a catch when using phototherapy. Your psoriasis might get worse temporarily before you experience the good part. Tell your doctor immediately if you have developed rashes after the treatment. Don’t even think of doing it on your own by using a tanning bed because there could be other adverse complications.

The Goekerman Therapy

This therapy combines UVB treatment with coal tar. The combination is more effective than doing either separately. Coal tar can make the skin more accessible to UVB light. This is ideal for use with mild to moderate psoriasis.

Pulsed Dye Laser

If other treatments fail to deliver positive results, your doctor may suggest trying a pulsed dye laser. This treatment tears down the tiny blood vessels in the areas that surround the plaque to cut off the flow of blood, reducing cell growth in the affected area. The only trouble with laser therapy is that it cannot cover large areas and may only be useful in areas that are smaller in size.

Conclusion

Your doctor help you find the right treatment after making a proper evaluation of your condition. It is best to take any advanced treatment under the supervision of your doctor. You are more likely to achieve favorable results. Now you know the things you need to do, and you know the options to consider for treating your psoriasis. It is time to act and you need to act to eliminate psoriasis from your life.