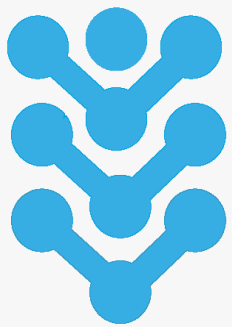


COMORBIDITIES OF SPONDYLOARTHRITIS



From my experience:

“Psoriasis can pop up anywhere. For a while it was just my kneecaps and elbows, then I got it at the baseline of my hair. Sometimes it ends up in one eyebrow or between my breasts. It does what it wants to do, sometimes white and scaly, sometimes just red. Prescription corticosteroid gel has helped immensely!”

“See a Dermatologist for light therapy. It is the easiest treatment that has worked for me. Work with a naturopath to determine what foods trigger psoriatic reaction, if nothing else works, try biologics.”

“Genital psoriasis is real and can be embarrassing. Don’t assume that it’s a sexually transmitted disease like I did. It can be treated with keeping the areas well moisturized in general and also with prescription creams can be effective.”

“I have nail psoriasis which looks like pitting and it grows really thick. When I’m on vacation I swim in the Ocean salt water, wear open toe shoes to get sun on my feet and I apply moisturizer, coconut oil or cannabis oil on my feet before I go to bed. Wear socks so the moisture remains on your feet while you sleep.”



Psoriasis