

# Understanding Types of Psoriasis Treatments

Psoriasis is a disease caused by an overactive immune system.<sup>1</sup> It:

- Affects at least 100 million people worldwide
- Is chronic (long-lasting)
- Is systemic (can affect parts of the body beyond the skin)

Learn more about psoriasis [here](#).

Psoriasis can include a number of different symptoms including:<sup>2</sup>

- Itching, pain, stinging, burning or skin tightness
- Skin dryness, cracking, scaling, shedding or flaking, redness, lesions or bleeding

Deciding on a disease management plan for psoriasis is personal and based on various factors including disease severity, symptoms, previous treatment(s) and individual needs.

Understanding different types of treatment options can help people work with their healthcare providers on the approach best suited to their needs.



## Topicals

Topicals, or creams/lotions, are medications applied directly to affected areas of the skin.<sup>3</sup>

- Often first type of treatment recommended
- Most frequently used are topical steroids, available with a prescription from a doctor, which may help control the body's inflammatory processes
- Other topical treatments can be purchased without a prescription from a doctor



## Phototherapy

The process of exposing the skin to ultraviolet light.<sup>4</sup>

- May slow the growth of skin cells affected by psoriasis
- Must be done on a regular and consistent basis
- Can be performed at home with proper equipment or in a healthcare provider's office



## Systemics: Oral Treatments

Pills given by mouth (orals) are systemic treatments, or treatments that work throughout the entire body.<sup>5</sup>

- Can help correct an overactive immune response
- Must be prescribed by a doctor



## Systemics: Biologics

Injections and intravenous infusions are systemic biologic treatments. Biologics are protein-based medicines.<sup>6</sup>

- Used when psoriasis is moderate to severe
- Many options are available; must be prescribed by a doctor
- Can help correct an overactive immune response
- Some can be self-administered by the patient while others require administration by a nurse or doctor

**Despite the availability of systemic therapy, many people with moderate to severe psoriasis remain undertreated, untreated or dissatisfied with current types of treatments.<sup>7,8</sup>**

Bristol Myers Squibb is committed to the research and development of new treatment options to help deliver life-changing medicines for people with psoriasis and other immune-mediated diseases.

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