



DERCOS

DERMATOLOGICAL SCALP & HAIR EXPERT

**ALL YOU NEED
TO KNOW ABOUT**

SCALP PSORIASIS

**PATIENT
INFORMATIVE
LEAFLET**



WHAT IS SCALP PSORIASIS?

PSORIASIS AFFECTS

125

MILLIONS
OF PEOPLE GLOBALLY¹

3/4

OF PATIENTS CONSIDER
THAT THE DISEASE HAS
A NEGATIVE IMPACT²

SCALP PSORIASIS AFFECTS NEARLY

80%

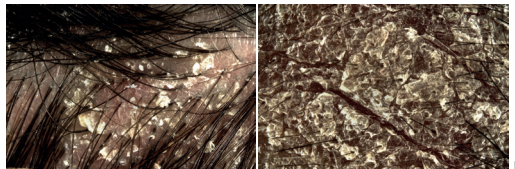
OF PEOPLE WHO
HAVE PSORIASIS³

Scalp psoriasis, like body psoriasis, develops due to abnormal immune responses that tell the skin to make new cells too quickly. These cells pile up on the surface of the skin, causing patches of psoriasis to appear.

The intensity of the symptoms can be: **MILD** with little scaling, **MODERATE TO SEVERE** with large, inflamed, painful plaques.

Symptoms, in order of severity, include:

- Dryness
- Flaky and scaling scalp
- Red and white patches:
 - Red colour comes from inflammation
 - White part comes from skin thickening
- Itchy scalp and tingling
- Plaques
- Burning and painful skin



EXPOSOME^{SCIENCE}

IMPACT OF THE EXPOSOME ON SCALP PSORIASIS

Scalp psoriasis causes are not fully understood, there may be genetic link along with factors that trigger flare-ups, for example:



DIET



SKIN DAMAGE



INFECTION



STRESS AND FATIGUE



SMOKING



ALCOHOL



SOME MEDICINES



COLD, DRY WEATHER



IMPACT ON QUALITY OF LIFE

97%

OF PEOPLE REPORT THAT SCALP PSORIASIS INTERFERES IN THEIR DAILY LIFE^{2,3}

Scalp psoriasis can cause patients to suffer **psychological and emotional distress**.

Patients can experience stress, low self-esteem, discomfort, shame and embarrassment in social situations and difficulties in establishing relationships. **It can often cause a vicious cycle, as emotional stressors can trigger flare-ups.²**

It is important to ask for a referral to a healthcare professional able to help to manage the psychological side of psoriasis.

Psoriatic patient groups can offer valuable advice and psychological support to help with the distress that scalp psoriasis can cause.

HOW TO MANAGE YOUR SCALP PSORIASIS?

Scalp psoriasis treatments aim to relieve symptoms and reduce the frequencies and severity of flare-ups. You may need a combination of treatments, so it is important to **CONSULT A DERMATOLOGIST** or doctor to determine the right one.

Your **dermatologist** will recommend appropriate treatment for you, considering :

- Severity of psoriasis
- Previous response to treatments
- Areas of the body affected

There is not one psoriasis treatment that works for everyone. There are ranges of options available, with or without a prescription, to slow skin cell growth and help shed dead skin cells.

For best results, scalp psoriasis **treatment should be used continuously** to manage flare-ups and prevent relapses.

TYPES OF PRESCRIBED TREATMENT



Topical corticosteroids, reduce skin inflammation:

- Available as creams, ointments, lotions, gels, sprays and shampoos
- Other common topical treatments are non-steroidal and work by slowing the growth of skin cells, e.g. topical forms of vitamin A or D



Oral medications, including:

- Retinoids, a form of vitamin A, reduces inflammation and cell growth
- Cyclosporine, calms the immune system and slows the growth of certain immune cells
- Methotrexate, stops skin cells from growing so quickly



Phototherapy is typically prescribed by a dermatologist. It involves exposing the skin to ultraviolet light on regular basis, under medical supervision, to slow skin growth

All these treatments have side effects and may need monitoring, it is important to see your doctor regularly. Always follow prescription directions carefully.

COMPLEMENTARY THERAPIES & LIFESTYLE

A variety of over-the-counter products are available and can be useful for managing mild scalp psoriasis or in addition to prescribed treatments.

Over-the-counter products: :



- **Dermocosmetic shampoos with dermatological ingredients** that can be used from 3 times a week to daily



- **Topical treatments such as creams, gels, lotions, foams and oils**

Other options include:



- **Herbal and natural remedies** may help soothe skin when used together with medical treatment



- **Mindfulness techniques** like meditation



- **Psychological support**

Following a **healthy lifestyle and a well-balanced diet** will have a positive impact on scalp health.

TOP TIPS TO IMPROVE YOUR SCALP PSORIASIS

DO



- **Follow your treatment plan**, not just to treat a flare-up, but all the time to help reduce the frequency of flare-ups
- **Use complementary/over-the-counter treatments in together** with your prescribed medical treatment
- If symptoms worsen for any reason, **consult your dermatologist**
- **A healthy lifestyle** is important, limiting alcohol intake, eating a balanced diet and physical activity can all help
- To ease itching, **spray thermal water to your scalp** with or apply cold to the plaques
- **Try meditation and deep breathing exercises**

DON'T



- **Scratch you scalp**, this can cause hair loss and bleeding
- **Use heat from a hairdryer** to sooth the scalp
- **Use harsh**, chemical or bleaching hair treatments

Psoriasis is a chronic condition, the key is to learn how to live with it day-to-day and find what works best for you.

DERCOS: FOR ALL SCALP PSORIASIS SYMPTOMS

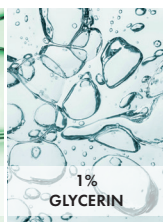
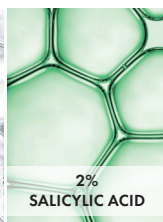
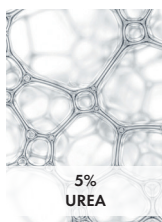


PSolution

KERATO-REDUCING TREATING SHAMPOO

DEVELOPED FOR PSORIASIS PRONE SCALPS
TO ACT ON ALL PSORIASIS SYMPTOMS FOR HEALTHY LOOKING HAIR.

ANTI SQUAME
ITCHING
TINGLING **+** SOFTER HAIR



SUITABLE FOR SENSITIVE SCALPS AND DAILY USE

MANAGING SCALP PSORIASIS WITH DERCOS PSOLUTION

MONOTHERAPY

PSolution SHAMPOO



FROM 3 TIMES A WEEK
TO DAILY USE

OR

ADJUNCTIVE THERAPY

MEDICAL PRESCRIPTION



AS PRESCRIBED

PSolution SHAMPOO



DAILY USE

REFERENCES

1. Griffiths CEM, et al. *Br J Dermatol*. 2017;177: e4–e7.
2. Bhosle MJ, et al. *Health Qual Life Outcomes*. 2006;4:35.
3. Blakely K & Gooderham M. *Psoriasis (Auckl)*. 2016;6:33-40.

VICHY
LABORATOIRES