

Psoriasis

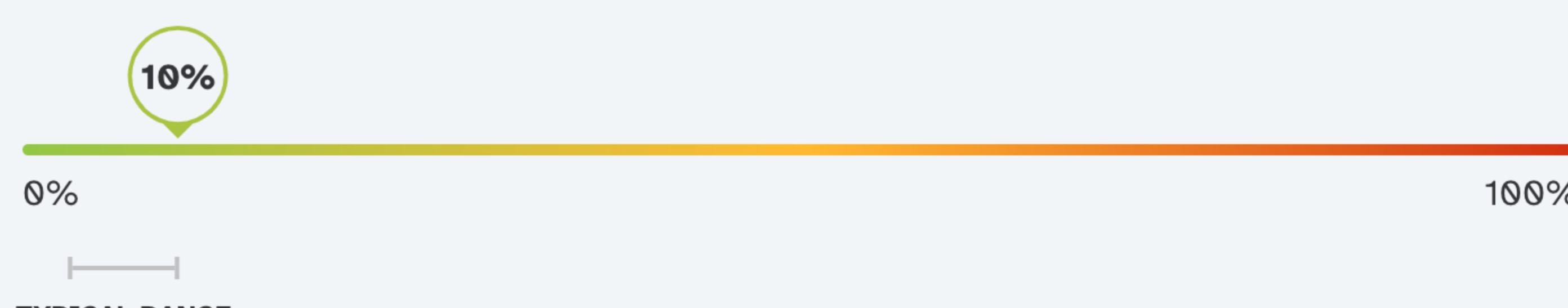
POWERED BY 23ANDME RESEARCH

Psoriasis is a chronic autoimmune condition most commonly characterized by itchy, discolored patches covered in silvery white flakes, called "scales," that form on the skin. Psoriasis symptoms may come and go throughout life, and certain triggers can cause them to flare up. Psoriasis is not an infection and is not contagious.



Jamie, your genetic result is associated with an **increased likelihood** of developing psoriasis.

An estimated **10%** of people with genetics and other factors like yours develop psoriasis **by their 60s**. This is based on data from female 23andMe research participants of European descent.



This estimate is based on currently available data and may be updated over time.

Ways to take action

Your overall likelihood of developing psoriasis also depends on other factors, including lifestyle. Experts agree that healthy lifestyle habits can help lower the chances of developing psoriasis and reduce the frequency and severity of psoriasis flare-ups.

- Limit alcohol consumption
- Avoid smoking
- Maintain a healthy weight
- Manage stress as much as possible
- Keep skin hydrated and clean. Bathe with lukewarm water and gentle soaps, and keep skin moisturized.
- Expose the skin to small amounts of sunlight. Too much sunlight can trigger flare-ups, but a little can help.



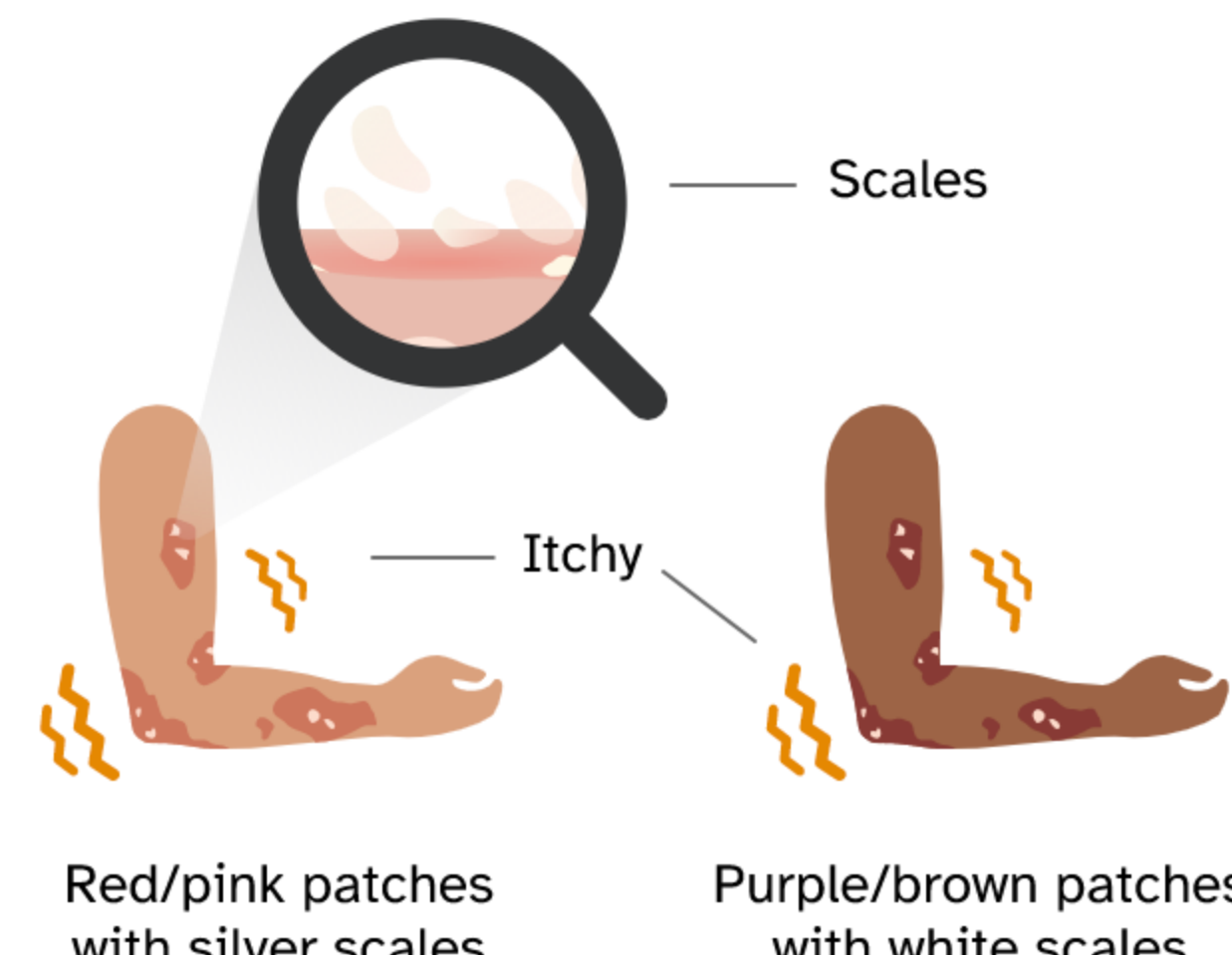
For people who have psoriasis, additional factors such as infections, injuries to skin, and cold, dry weather can trigger flare-ups. If you have concerns about the development of psoriasis or triggers, talk to a healthcare professional.

[Learn more from the National Institute of Arthritis and Musculoskeletal and Skin Diseases](#)

About psoriasis

What is psoriasis?

Psoriasis is a noncontagious condition that causes new skin cells to grow faster than usual. In the most common type of psoriasis, skin cells build up into thick patches called "plaques," especially on the knees, elbows, trunk, and scalp. Plaques can look red or pink on lighter skin and brownish or purple on darker skin, and they may be covered in silvery or white flakes called "scales." Although the causes of psoriasis are not fully understood, scientists know that an overactive immune response and inflammation play a role in the increased growth of skin cells.



What are psoriasis triggers?

For people who have psoriasis, symptoms can come and go throughout life, but certain factors (called triggers) can increase the chances of a flare-up. Common triggers include:

- Stress. Stress can also worsen symptoms of psoriasis.
- Injuries to skin. This can include scratches, sunburns, bug bites, or needle injections.
- Illness or infection. Anything that affects the immune system can trigger flare-ups.
- Drinking alcohol. Frequent or heavy alcohol consumption can trigger flare-ups and prevent psoriasis medication from working.
- Smoking or spending time with someone who smokes.
- Weather. Most commonly, flare-ups may be triggered by cold, dry weather or intense sun exposure.

Some common triggers include:



Stress



Injuries to skin



Illness or infection



Drinking alcohol



Smoking



Weather

How can psoriasis impact your health?

Although scientists don't fully understand why, psoriasis is associated with an increased risk for other health conditions. Around 40% of people with psoriasis experience psoriatic arthritis, which is pain, swelling, and stiffness in the joints that can result in permanent damage. In addition, people with psoriasis have a higher chance of developing high blood pressure, diabetes, heart disease, and other autoimmune conditions. Although there is no cure for psoriasis, there are many promising treatment options for managing symptoms and reducing the risk of developing other health conditions. If you have concerns about psoriasis or would like to seek treatment, talk to a healthcare professional.



Joint damage



Depression

Because psoriasis can be visible and cause chronic discomfort, it can also impact mental health. Individuals with psoriasis may experience feelings of low self-esteem, depression, or anxiety. Counseling and/or support groups can be an important part of some psoriasis management plans.

Other factors that can impact your chances of developing psoriasis

It is estimated that about 7.5 million Americans have psoriasis. Besides genetics, some factors that can increase a person's chances of developing psoriasis include:

- Family history
- Certain health conditions (including diabetes and high blood pressure)
- Certain medications (including beta-blockers, lithium, and antimalarial drugs; medications can also trigger psoriasis flare-ups)



Family history



Certain health conditions



Certain medications

Keep in mind

This report **does not diagnose** psoriasis. **Consult with a healthcare professional** if you are concerned about your likelihood of developing psoriasis, have a personal or family history of psoriasis, or before making any major lifestyle changes.



If you have already been diagnosed with psoriasis by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing psoriasis also depends on **other factors**, including lifestyle and family history.



This report **does not account for every possible genetic variant** that could play your likelihood of developing psoriasis, and it does not include rare variants that have a large impact on the likelihood of developing this condition.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



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