

Psoriasis Presentation

Less common patterns

- Napkin psoriasis
 - psoriasiform spread outside the napkin
- Acute generalized pustular psoriasis
 - recurrent episodes of pustulation
- Erythrodermic psoriasis
 - withdrawal of potent topical or systemic steroids
 - skin becomes universally and uniformly red
 - Malaise
 - shivering

Common patterns

- Plaque pattern
 - most common type
 - well demarcated
 - pink or red
 - large, centrally adherent, silverywhite, polygonal scales
 - Symmetrical sites
 - elbows
 - knees
 - lower back
 - scalp
- Guttate pattern
 - children and adolescents
 - Triggered by streptococcal tonsillitis
 - 'drop-shaped'
 - small round red macules
 - Then scales develop
- Scalp
 - Areas of scaling are interspersed with normal skin
 - overflows just beyond the scalp margin
 - Significant hair loss is rare
- Nails
 - Thimble pitting
 - onycholysis separation of the nail from the nail bed
 - subungual hyperkeratosis
 - Oil drop sign
 - Splinter hemorrhage
- Flexures
 - submammary, axillary and anogenital
 - not scaly**
 - glistening sharply demarcated red plaques with fissuring.
 - most common in women and elderly
 - negative auspitz sign
- Palms and soles
 - poorly demarcated
 - Less erythematous
 - painful fissures on fingers
 - pustules
 - negative auspitz sign

generalized redness of skin that may be scaling (exfoliative erythroderma)

Erythroderma

- Causes**
 - Eczema
 - Psoriasis
 - cutaneous lymphoma
 - Drug allergy
- Complications**
 - Sepsis
 - Dehydration
 - poor thermal control
 - high output heart failure

appearance of **punctate bleeding spots** when psoriasis scales are scraped off

Auspitz sign