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Psoriatic Arthritis

By: [Suellen Cazarez](#) ★

Psoriatic arthritis is a particular type of inflammatory arthritis that affects roughly twenty percent of those suffering from the chronic skin condition called Psoriasis. Psoriatic arthritis occurs much more frequently among those that have a particular tissue type. The tissue type most affected by psoriatic arthritis is HLA-B27.

For the most part, treatment of psoriatic arthritis is quite similar to treatment of rheumatoid arthritis. Mostly treatment involves treating patients with anti-inflammatory drugs, though I believe that an advantage to natural medicine therapies are that the same relief is effected, yet that a deeper cause is more fully addressed as well.

For example, rubbing emu oil into the affected areas, brings ant-inflammatory medicine directly to the affected areas, particularly where the joints do not lie very deep beneath the skin's surface. It has been shown that a combination of emu oil applied topically, along with nutritional supplements of glucosamine, chondroitin and/or MSM, can keep arthritis very much under some semblance of control.

One of the more unique characteristics of psoriatic arthritis is that about eighty percent of those suffering with psoriatic arthritis will develop psoriatic nail lesions which are known by pitting of the nails, or even the complete lack of a nail. When a person loses a whole nail, this is called onycholysis.

Of course onycholysis is a very general term meaning simply disease of deformity of the nail. These can include everything from ingrown toenails to all kinds of odd and rare nail fungus and other deformities of the nails.

Psoriatic arthritis can develop at any age, yet the average age that psoriatic arthritis usually appears is about ten years after the first signs of psoriasis. For most people with psoriatic arthritis, this condition makes an onset between the ages of thirty and fifty, yet it can occur in children and those of other ages as well.

Women and men seem to be pretty equally affected by psoriatic arthritis, whereas osteoarthritis affects nearly twice as many women as it does men. One in seven cases of psoriatic arthritis involve the arthritic symptoms occurring much earlier than any skin problems or skin involvement of the condition.

There are some different types of psoriatic arthritis. There is symmetric psoriatic arthritis where joints on both sides of the body are affected simultaneously. This type accounts for about fifty percent of all psoriatic arthritis cases.

Asymmetric psoriatic arthritis affects around thirty-five percent of people suffering from the disorder. This type of psoriatic arthritis tends to be more mild and does not occur in the same joints on both sides of the body.

Less than five percent of psoriatic arthritis patients suffer from arthritis mutilans which is characterized by severe joint damage and is known to progress over months and years until some type of severe damage is noticed.

Spondylitis is a type of psoriatic arthritis characterized by stiffness in the neck or spine and can also affect the feet or hands. Distal interphalangeal predominant arthritis is characterized by pain and stiffness in joints located closest to the tips of fingers and toes.

The main treatment used for psoriatic arthritis is the administering of anti-inflammatory drugs and nutritional supplements. When psoriatic arthritis does not respond to such treatment, sometimes immunosuppressants such as methotrexate may be used to treat the psoriasis in addition to the arthritis.

Suellen has been suffering from arthritis for over 20 years and has researched and tested numerous techniques from arthritis medical journals. She prides herself in keeping up to date with the latest [arthritis remedy](#) as well as medical developments in this field and she shares her knowledge with you at <http://www.awoscentral.com>

Discover How To Help Your Psoriatic Arthritis Disease

By: [Greg Wadel](#)

Psoriatic arthritis develops in 5 to 40% of patients with psoriasis. Prevalence is increased in patients with AIDS. This arthritis is an inflammatory condition that affects the joints of children and adults with psoriasis. Psoriasis is a skin condition that causes patches of thick, red skin to form on certain areas of your body. It also affects tissues surrounding the joints including tendons and ligaments. It may cause a swelling of the whole digit called sausage finger or toe.

This type of arthritis affects about six percent of those suffering from the autoimmune skin condition psoriasis, and can severely damage joints and bones. One study found that, within two years of first diagnosis, almost half of PsA patients experience holes in their bones, visible on X-ray scans, that define erosive arthritis. Psoriatic arthritis is an immune system disorder. Its symptoms are a combination of skin plaques (just as in psoriasis) and joint inflammation. It also can affect other parts of the body. For example, fatigue and anemia are common in people with active psoriatic arthritis.

It's also one of over 100 types of arthritis. It is associated with psoriasis (a skin disease in which scaly red and white patches develop on the skin). Psoriatic arthritis is an inflammatory joint disease associated with psoriasis, a chronic skin disease. It is estimated that between five and 23 percent of people with psoriasis will develop this type. It can and is also treated with etretinate, which is derived from vitamin A. Etretinate should not be taken by pregnant women or women who are planning to become pregnant within one year because it remains in the body for a long time and can cause birth defects.

Psoriatic arthritis affects everyone differently, as symptoms and their intensity may vary and can also change within individuals as time passes. Also, like psoriasis, is lifelong and cannot be prevented. It is a chronic condition, but in many cases its effects are fairly mild, causing discomfort in only a limited number of joints. In more severe cases, it can become very painful and even debilitating. This type is a form of arthritis associated with psoriasis, a chronic skin and nail disease characterized by red, scaly rashes and thick, pitted fingernails. The disease is similar to rheumatoid arthritis in symptoms, characterized by joint inflammation.

It's also a condition that produces both joint and skin symptoms. While some medications only treat one or the other, REMICADE has been proven to provide rapid and sustained relief of painful and swollen joints fast - in as little as two weeks. It has a greater tendency towards asymmetric oligoarticular involvement, distal interphalangeal involvement and spondylitis. Associated features such as enthesitis and dactylitis are more common. Psoriatic arthritis affects people of all ages, but most get it between the ages of 30 and 50. Usually a patient has psoriasis (the skin rash) for many years before the arthritis develops, and the arthritis comes on slowly.

Author: Gregory Wadel

Find more resources on helping you with your Arthritis at:

<http://psoriaticarthritisdisease.weebly.com>

Psoriatic Arthritis - What Is It?

By: [Michael Russell](#) ★

What is psoriatic arthritis? Psoriasis is a skin condition that affects 2% of the population. About 10% of those who have psoriasis may eventually develop an arthritis which is, as part of the course of the psoriatic skin condition, called psoriatic arthritis.

Psoriatic arthritis is a chronic destructive arthritic condition, which, if left untreated, may eventually lead to joint destruction. Psoriatic arthritis is thought to be an autoimmune process, in which the body mounts an immunogenic response against self, which results in widespread inflammation and destruction.

What are the symptoms of psoriatic arthritis? Psoriatic arthritis can affect any joints in the body, with predilection for larger joints in arms and feet and also smaller joints in the hand. When psoriatic arthritis affects joints in the fingers, it can cause a sausage-like swelling of the fingers, which is typical to psoriatic arthritis. When it affects fingernails, it causes them to be pitted, thickened and discoloured.

Symptoms of psoriatic arthritis are relapsing and remitting, which means they come and go, periodically flare up and then subside and also vary in intensity. In some cases, the arthritis persists, causing considerable pain and discomfort. Sometimes, the spine may be affected, resulting in bending difficulty.

What are the causes of psoriatic arthritis? The causes of psoriatic arthritis are still unknown. Some researchers believe that the disorder develops as a result of genetic instability, while others suspect external exposure to bugs has to do with the cause. In some cases, psoriatic arthritis arise after exposure to streptococcal throat infection, which leads to researchers to believe that both genetic make up and environmental factors have an important role in triggering psoriatic arthritis.

Which population group gets psoriatic arthritis? Both men and women are at equal risk of getting psoriatic arthritis. The onset of psoriatic arthritis is usually between the third and fifth decades. About 10% of those who have psoriasis develop psoriatic arthritis.

How is psoriatic arthritis diagnosed? Psoriatic arthritis is diagnosed by identifying the typical features of psoriatic arthritis. Joints are usually swollen and painful. Blood tests may show features of inflammation for example elevated erythrocyte sedimentation rate (ESR) and mild anemia and elevated uric acid.

How is psoriatic arthritis treated? Since symptoms of psoriatic arthritis come and go, psoriatic arthritis may only necessitate treatment when symptoms arise. When symptoms subside, treatment can be stopped. This is contrary to the treatment of rheumatoid arthritis, which usually requires treatment on a regular basis. First line treatment may include non-steroidal inflammatory drugs (NSAIDs) which include ibuprofen and

naproxen. Occasionally in refractive cases, disease modifying anti-rheumatic drugs (DMARDs) can be considered and these include sulfasalazine, methotrexate, cyclosporine, azathioprine, etc. Surgery is the last resort, which can be helpful to replace badly damaged joints.

Conclusion: In conclusion, psoriatic arthritis is a chronic destructive joint disorder that comes and goes. It affects 10% of those who suffer psoriasis. Treatment of psoriatic arthritis is only justified when it becomes symptomatic and can be stopped when symptoms subside. Surgery to replace damaged joints is the last resort.

Michael Russell Your Independent guide to [Arthritis](#)

Common Medical Conditions - Psoriasis and Arthritis

By: [Richard Syner](#)

Psoriatic arthritis (also arthropathic psoriasis or psoriatic arthropathy) is a type of inflammatory arthritis that often occurs within both males and females over the age of fifty and affects both sexes equally. It affects around 5-7% of people suffering from psoriasis.

There are five main types of psoriatic arthritis which include:

1. Symmetric: This type is most similar to Rheumatoid arthritis.
2. Asymmetric: This type does not occur in the same joints on both sides of the body and usually only involves less than 3 joints.
3. Arthritis mutilans (M07.1): A severe, deforming and destructive arthritis. This condition can progress over months or years causing severe joint damage.
4. Spondylitis (M07.2): This type is characterized by stiffness of the spine or neck, but can also affect the hands and feet, in a similar fashion to symmetric arthritis.
5. Distal interphalangeal predominant (M07.0): This type is characterized by inflammation and stiffness in the joints nearest to the ends of the fingers and toes. Nail changes often occur.

Psoriatic arthritis is a systemic rheumatic disease which may cause inflammation in body tissues away from the joints other than the skin, typically in the eyes, heart, lungs, and kidneys.

Treating psoriatic arthritis usually involves a combination of anti-inflammatory medications and therapeutic exercise. Stronger, more aggressive medications may be needed if progressive inflammation and joint destruction occur. Exercises for arthritis are performed for the sole purpose of strengthening and maintaining or improving joint range of motion. These exercises should be prescribed by a qualified healthcare professional and performed on a regular basis for best results.

Other treatments for psoriatic arthritis include the use of vitamin D and medications which may alter the immune system. As the immune system changes and genetics become better defined with this illness, the efficacy of available medical treatments will likely improve.

About the author:

Richard Syner specializes in health and rehabilitation and is a clinical physical therapist. Visit

his blog at <http://common-medical-conditions.blogspot.com> or go to <http://www.SurvivingPsoriasis.com> for more psoriasis information.

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Psoriatic Arthritis Treatment - What Should You Expect?

By: [John Coutts](#) ★

Psoriatic arthritis treatment drugs come in several categories. There are the nonsteroidal drugs that combat inflammation, commonly known as NSAIDs. There are the anti-rheumatic drugs that modify the disease, commonly known as DMARDs, and there's also the biologics made from animal or human proteins. In addition to these, there are a number of natural, or alternative remedies that have known success in some people.

Psoriasis is a skin disease that affects some 2 percent of the population. It is a chronic condition having little impact for those only slightly affected, and a considerable social and domestic impact for those heavily affected. Not all psoriasis sufferers require psoriatic arthritis treatment as the condition only affects some 10 to 30 percent of the group as a whole.

The disease develops at different rates for different people. If you already have skin psoriasis, and you also have joint pain, especially if the two coincide on the same joint, then you should inform your physician as soon as possible, for you may have developed psoriatic arthritis and require treatment.

Treatment for this condition is aimed at reducing the pain and the associated swelling. It also aims to maintain fluid and natural movement in the joints, which in turn helps to prevent any further damage. The treatment recommended by your doctor will depend on the severity of the condition, your reaction to the treatment, and the type of psoriatic arthritis that you have.

French physician, Baron Jean Louis Alibert, was the first to describe psoriatic arthritis. It took almost 140 years, however, to be classified as an particular arthritic disease in its own right. Psoriatic arthritis treatment can sometimes be delayed because the condition is wrongly diagnosed as being gout. It is important, however, that the correct form of arthritis is diagnosed as the necessary treatments differ substantially.

Visit <http://www.chronicjointpain.info/> for more tips and resources about [psoriatic arthritis treatment](#) where John Coutts, the author of this article, has a site that gives you all the information you need.

Understanding Psoriatic Arthritis

By: [Michael Russell](#) ★

It is estimated that about 2 percent of all the Caucasian population in the United States suffer from a skin disease called psoriasis. An area of inflammation that appears raised, red and scaly characterizes psoriasis. The areas commonly affected with psoriasis are the scalp, tips of elbows and knees. This could also appear around the areas of the anus and genital areas. It is observed that 10 percent of people with psoriasis develop the associated joint disease commonly known as psoriatic arthritis. Additionally, about 30 percent of people with psoriasis also have psoriatic arthritis. Psoriatic arthritis similarly exhibits the symptoms of rheumatoid arthritis. However, this type of arthritis is related with the psoriasis of adjacent skin and nails. The symptoms of psoriatic arthritis are clinically similar with rheumatoid arthritis sans the rheumatoid nodules. Psoriatic arthritis often exhibits mild and irregular flare-ups with very little chances of developing into a crippling form of arthritis. Psoriatic arthritis doesn't have sexual predilection as this equally affects both male and female between the ages 30 and 35.

Heredity plays an important role in a person's predisposition to psoriatic arthritis. Yet, psoriatic arthritis starts when there is streptococcal infection, or trauma. Most often a psoriatic lesion paves the way for the development of the arthritic component. Joint and skin lesions often come back concurrently once the symptoms of psoriatic arthritis have come out completely. Symptoms include swelling, warmth, tenderness and limited movement. Psoriatic arthritis may affect a single joint or this can affect several joints in symmetrical manner. This is commonly seen in hand joints in association with psoriasis of the nails. The affected nails may appear discolored more often yellowish in appearance with pitting, transverse ridge and keratosis. The nail may be entirely destroyed by the disease. During the later stages of psoriatic arthritis, patients may experience low back pain and spondylitis. Frequently, a psoriatic lesion is often found near the affected joint. Sometimes, these lesions may be hidden in such as the areas in the scalp and navel.

Most often, doctors give a diagnosis of psoriatic arthritis to patients with psoriatic lesions and are suffering from inflammatory arthritis. Diagnosis is often backed up by X-ray results and blood tests. Psoriatic arthritis should be differentiated from gout by synovial fluid examination. Psoriatic arthritis lesions should not show any white crystals like gout does. Furthermore, it should be differentiated from septic arthritis by culturing synovial fluid for microorganisms.

Finally, patients with mild psoriatic arthritis should minimize mobility though complete bed rest. Heat therapy or hot baths will also be beneficial. Inflammatory drugs will help ease the inflammation. Patients with this type of arthritis should be reassured by the doctor that the psoriatic plaques are not contagious because these might keep him from going out with people. People around patients with psoriatic plaques should not show signs of repulsion, as these will only trigger the patient's fear of being rejected. Skin care products are important

and the patient should learn how to apply these medications to the skin correctly. However, these skin care products do have side effects and the doctor should be able to explain all these to the patient. The patient should take adequate rest and properly protect the affected joints. Moderate and regular exposure to the sun is also beneficial to patients with psoriatic arthritis.

Michael Russell Your Independent guide to [Arthritis](#)

Psoriatic Arthritis Can Be A Painful Addition To Another Disease

By: [Riley Hendersen](#) ☆

Like adding insult to injury, psoriatic arthritis is a form of the joint disease that tends to impact only those with another uncomfortable, painful and often embarrassing condition. This form of arthritis tends to strike those who have psoriasis of the skin and it presents with similar symptoms to rheumatoid. This means it's painful and can be debilitating.

The symptoms of psoriatic arthritis tend to present in the tips of the fingers or the toes. It can also show up in the spine. In the most severe cases, the disease presents in the joints and in this case it can cause pretty severe damage.

While psoriatic arthritis strikes those with regular psoriasis of the skin, it is not a common condition. This will, of course, be a relief to the many people who suffer from the skin condition. The fact is it affects only a small percentage of the millions of people that suffer from regular psoriasis.

The bad news about psoriatic arthritis is the fact there are five main types of this particular disease. Each tends to come with its own symptoms and treatments. They are:

Distal interphalangeal. In this form of psoriatic arthritis, the disease impacts the last joints of the fingers or toes. It tends to be similar to osteoarthritis, and can generally be dealt with fairly easily.

Asymmetrical. Just like osteoarthritis, psoriatic arthritis can present in this manner. This means there are at least two joints affected individually. The joints in these cases can be in completely different parts of the body. The problem here is that it causes swelling and redness. The good news is this form tends to present rather mildly and can generally be treated with ease using anti-inflammatory medications.

Symmetrical. This form of psoriatic arthritis resembles as less severe form of rheumatoid arthritis. It involves effects found in like joints on both sides of the body. For example, if one knee shows symptoms, the other one will, too. This brand of psoriatic arthritis can cause deformities and permanent damage, so it is very important to proceed with caution and seek out medical advice for treatments.

Spondylitis. This is the form of psoriatic arthritis that tends to impact the spine. This is a very serious form of the condition that can lead to permanent impacts on posture. Fortunately, it is pretty rare. Unfortunately, it can be very painful and might actually impact the ligaments in areas such as the back and neck. Leg and arm pain may also be involved.

Arthritis mutilans. This is considered the most severe form of psoriatic arthritis. It is pretty rare, fortunately. When this strikes, it can destroy bone and cartilage in the joints and lead to deformities. This kind of psoriatic arthritis tends to involve periods of activity and remissions,

which tend to come on with flare ups of the skin condition.

Dealing with the many forms of psoriatic arthritis can be difficult. Since the pain is added on top of another irritating condition, it can be like a double whammy. Those with symptoms should seek out professional advice for treatments. The good news, however, is that there are many possibilities available to alleviate pain and lessen the possibility for permanent damage when one of the forms of psoriatic arthritis presents itself.

For more information on arthritis, try visiting <http://www.easyarthritistips.com> a website that specializes in providing arthritis related tips, advice and resources to include information on [psoriatic arthritis](#)

Psoriatic Arthritis - More Than Just Joint Pain

By: [Riley Hendersen](#) ★

What could be worse than this awful joint pain and stiffness, you wonder as you try to will yourself out of bed. While the pain and fatigue that goes along with rheumatoid arthritis can be excruciating and is without a doubt a possibly debilitating condition, there is actually a form of arthritis that is worse. Psoriatic arthritis is a form of the disease that affects not only the joints, but also the skin, and possibly the tendons, eyes, spine, heart and lungs.

In most people who suffer from psoriatic arthritis, the first sign that something is wrong is the inflammation of the skin. Patients can develop psoriasis on their elbows, knees, scalp, and area around the navel and around the anus or genitals. Psoriasis causes red, raised areas of scaly skin. The signs of the skin disease are first seen in the forties or fifties and generally precede joint pain by several months to years. Once the joint pain starts, it generally involves the joints in the feet, ankles and knees. Inflammation can cause the joints to become red, hot and swollen. Often toes and fingers swell so badly they can resemble sausages. Psoriatic arthritis can also affect the spine.

In addition to skin inflammation and joint pain, psoriatic arthritis also attacks the ligaments and tendons of the body. One of the most common tendons to become affected is the Achilles tendon. This Achilles tendonitis causes the patient to have pain when walking and when climbing steps. Along with affecting the tendons in the heels, the arthritis can also inflame the chest wall and the cartilage that links the breast bone and ribs. This inflammation can cause chest pain and shortness of breath.

Along with the joints and tendons, psoriatic arthritis can also affect the major organs of the body such as the heart and lungs. The lungs can become inflamed causing both shortness of breath and chest pain, especially with deep breathing. If the heart becomes inflamed by the disease, the aortic valve can leak. This leak could result in breathing trouble as well as heart failure.

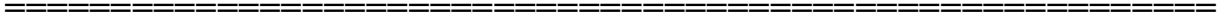
In its rampage on the body, psoriatic arthritis can also damage the eyes. Redness and itching are common results of the condition. The iris or colored area of the eye can also become painfully inflamed, especially when exposed to bright light. Often the only way to relieve this iritis is to inject cortisone directly into the eye.

Psoriatic arthritis can often be difficult to diagnose especially in the early stages. One common symptom of this form of arthritis, however, is the pitting of finger or toe nails. Sometimes the disorder can cause the nails to turn loose and fall off completely.

Like rheumatoid arthritis, psoriatic arthritis results from the body's own immune system turning against itself. Unlike the rheumatoid variety, however, psoriatic arthritis can affect not

only the joints, but also the skin, eyes and many of the major organs of the body. Left untreated this disease can progress until it become debilitating and sometimes even life threatening.

For more information on arthritis, try visiting <http://www.easyarthritistips.com> a website that specializes in providing arthritis related tips, advice and resources to include information on [psoriatic arthritis](#).



All About Psoriatic Arthritis

By: [Bertil Hjert](#) ★

Psoriatic arthritis is termed as a chronic disease. It is common among most people across the globe. The disease is usually characterized via inflammation of the skin and joints. The inflammation of the skin is medically termed as psoriasis and inflammation of the joints is known as arthritis.

This disease is very common among people between the ages of 40 and 60. Both males and females are affected equally by this disease. It is believed that the skin disease or psoriasis occur separately from the joint pain or the arthritis.

Psoriatic arthritis can be referred to as a systemic rheumatic disease that has the potential to result in the body tissue inflammation. It may also affect other parts of the body such as the heart, eyes, kidneys and lungs.

This type of arthritis usually share several features with the arthritis of other types including reactive arthritis, arthritis related to Crohn's disease, ankylosing spondylitis and arthritis related to ulcerative colitis.

Almost all these conditions may result in inflammation in the spine as well as other joints. The inflammation can also occur in the eyes, mouth, skin and several other organs.

A) Causes of this type of arthritis

There are several causes associated to this type of arthritis. However, the exact cause of this disease is unknown. It is believed that a blend of several genetic and immune factors in conjunction with several environmental factors is responsible for the occurrence of this disease. Patients suffering from this disease may suffer from inflammation of the skin. Certain genes such as HLA-B27 are responsible for the occurrence of this disease.

Several other genes have also been found responsible for this disease. Medical experts feel that some changes occurring in the immune system may play a significant role in developing psoriatic arthritis. Exposure to infection and changes in the environment are also responsible for this disease to occur.

B) Symptoms of psoriatic arthritis

If you want to treat a disease, it is extremely important to know about it at an early stage. This is the best way to rush for medical help and get the best of treatment available.

When it comes to psoriatic arthritis, a patient tends to experience inflammation of the skin as the primary symptoms. Of course, there are other symptoms such as inflammation of the joints, pain in the joints, swelling, and the skin getting hot and red. In some cases, inflammation of the joint in the fingers or toes can result in the swelling of the entire digit.

This results in the appearance of a sausage. Stiffness in the joints is the most common symptoms of psoriatic arthritis. This condition may also result in inflammation of the spine and even the sacrum. This finally results in stiffness and pain in the lower back, neck, buttocks and upper back.

C) Treatments

The condition can be treated with a combination of anti-inflammatory medicines or NSAIDs and exercises. In progressive cases, more powerful medication such as corticosteroids, methotrexate and antimalarial medicines are prescribed. Early diagnosis is the best treatment.

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It's also one of over 100 types of arthritis. It is associated with psoriasis (a skin disease in which scaly red and white patches develop on the skin). Psoriatic arthritis is an inflammatory joint disease associated with psoriasis, a chronic skin disease. It is estimated that between five and 23 percent of people with psoriasis will develop this type. It can and is also treated with etretinate, which is derived from vitamin A. Etretinate should not be taken by pregnant women or women who are planning to become pregnant within one year because it remains in the body for a long time and can cause birth defects.

Psoriatic arthritis affects everyone differently, as symptoms and their intensity may vary and can also change within individuals as time passes. Also, like psoriasis, is lifelong and cannot be prevented. It is a chronic condition, but in many cases its effects are fairly mild, causing discomfort in only a limited number of joints. In more severe cases, it can become very painful and even debilitating. This type is a form of arthritis associated with psoriasis, a chronic skin and nail disease characterized by red, scaly rashes and thick, pitted fingernails. The disease is similar to rheumatoid arthritis in symptoms, characterized by joint inflammation.

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http://www.arthritispainbegone.com/What_is_Osteoarthritis.html

Rheumatoid Arthritis

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Juvenile Arthritis

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A handwritten signature in blue ink that reads "Stacynth Allen". The signature is written in a cursive style with a large, stylized initial 'S'.