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The Comeback
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Reviewed by **Arefa Cassoobhoy, MD, MPH**, WebMD Medical Editor

HEALTH HIGHLIGHTS

PSORIASIS

TIPS FOR MANAGING AND LIVING WITH YOUR CONDITION

By **Matt McMillen**

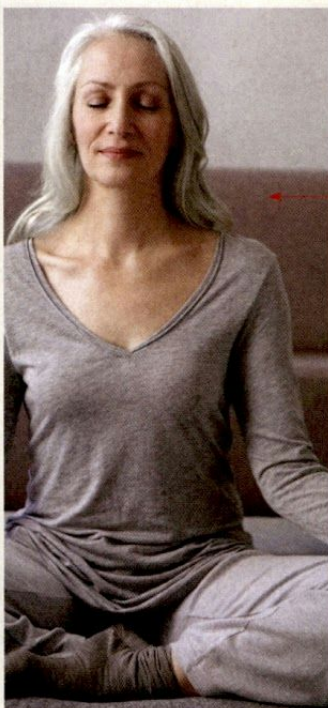
1 *Consult an expert*
Psoriasis can be misidentified. See a dermatologist to confirm the diagnosis and the proper treatment.

2 *Pay attention to joint pain*
Swollen and painful joints may signal psoriatic arthritis. See your dermatologist right away to prevent joint damage.

3 *Be patient with medication*
Prescription creams may take weeks to make a difference, so keep using them as directed.

4 *Try new treatments*
If your medicine no longer helps, ask your doctor to prescribe something different.

5 *Keep cool*
Chill your moisturizers in the fridge for extra itch relief.



6 *Know your mood*
Depression often affects people with psoriasis. Talk to your doctor if you've been down, can't sleep, or lack energy.

7 *Turn to meditation*
Stress often triggers psoriasis flares. Practice mindfulness for a few minutes each day to help yourself relax.

8 *Follow your heart*
Psoriasis boosts the risk of heart disease, so eat well, exercise, and see your doctor.

9 *Stay hydrated*
Drink plenty of water throughout the day to help ease psoriasis symptoms.

10 *Get together*
Talk with friends and family, or join a support group like National Psoriasis Foundation's TalkPsoriasis.org.

EXPERT TIPS



Abby S. Van Voorhees, MD
chair of medical board,
National Psoriasis Foundation

"Psoriasis can be associated with obesity, so exercise and other strategies to maintain your best weight should be a lifelong effort."

"Having trouble getting moisturizer on your back? Put your moisturizer on a large strip of saran wrap and rub it on like you were drying your back with a towel."



Doris Day, MD
dermatologist, Lenox Hill Hospital,
New York City

"Moisturizing is so critical. Use a good, rich cream to get results. The best time to apply: right after your shower to lock in moisture."

"Manage your stress by thinking good thoughts. It may sound silly, but giving yourself a reason to laugh every day really helps."



Colby C. Evans, MD
dermatologist, Evans Dermatology,
Austin, Texas

"Excessive alcohol consumption, especially of beer, tends to worsen psoriasis. Limit or eliminate drinking for several weeks to see if it helps."

"Take care in the sun. Small amounts of sun (10 to 30 minutes depending on your complexion) can improve psoriasis, but sunburns can make it worse."