



# Psoriasis

## 牛皮癬



Changi  
General Hospital  

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SingHealth

## What is psoriasis?

- Psoriasis is a common inflammatory skin condition that affects one to two per cent of the population.
- It is caused by rapid multiplication of cells in the skin leading to thickening of the skin and scaling.
- The skin looks red because of an increased number of enlarged small blood vessels in the skin.



## What does psoriasis look like?

- Psoriasis appears as red patches of skin covered with scales that flake off.
- Any part of the body can be affected.
- Elbows, knees, back and the scalp are commonly involved.

## Is psoriasis contagious?

- No. Psoriasis is not infectious. It cannot be passed to other people.
- It is not caused by poor standards of hygiene.

## What causes psoriasis?

- Psoriasis is believed to be caused by a combination of genetic and environmental factors.
- A quarter to a third of persons with psoriasis comes from a family with such history. Genetic factors play a part in some cases.
- Physical and emotional stress, throat infection, flu, certain drugs (e.g., steroid hormones, some antihypertensives) may make psoriasis worse.
- Drinking alcohol and smoking may worsen psoriasis or prolong the recovery period.



## Is psoriasis linked to other conditions?

- About five per cent of psoriasis patients develop joint pains and swelling.
- Psoriasis affects nails, causing tiny pits, discolouration and thickening.

## Who gets psoriasis?

- Psoriasis affects both men and women.
- Psoriasis usually starts at age 20 but some may occur at birth and during old age.
- Once it starts, there will be periods of remission alternating with periods of active psoriasis.

## What treatments are available for psoriasis?

### 1. Creams

- These include moisturisers, tar, dithranol, calcipotriol, topical steroids.
- Most people with mild form of psoriasis can get considerable relief with topical creams.



### 2. Phototherapy

- Psoriasis responds to ultraviolet (UV) light treatment.
- UV light, either UVB or UVA have been found to be effective in clearing psoriasis if used in increasing doses gradually over a period of several months.

### 3. Medicines

- Your dermatologist may prescribe oral tablets for extensive psoriasis.
- Examples of oral tablets are methotrexate, acitretin and cyclosporin.
- Biologics may be considered in certain situations and if the above mentioned immunosuppressants are not effective.
- These drugs cause side effects and patients will require regular blood tests to detect them.

## Dos and don'ts for psoriasis patients

- Don't scratch the skin as this will delay healing.
- Don't give up treatment too soon as it may take a few weeks to see results.
- Don't stop taking the prescribed tablets or treatment suddenly as it may worsen your condition.
- Do continue treatments regularly.
- Do keep the skin moisturised as this will help reduce itching and scaling.
- Exposure to sunlight is generally beneficial. However, do not expose yourself to sunlight for too long such that you develop a sunburn. Sunburns can aggravate psoriasis.
- Stress can also aggravate psoriasis. Do learn to relax, exercise or take a break or holiday.



For appointments to our Dermatology Clinic, please call the CGH Appointment Centre at (65) 6850 3333.

## 什么是牛皮癣？

- 牛皮癣是一种常见的皮肤炎症，约有1%到2%的人患有这种皮肤病。
- 它是由皮肤细胞快速繁殖引起，导致皮肤变厚并起鳞屑。
- 由于皮肤中的小血管扩大并且数量增加这将导致患处皮肤发红。



## 牛皮癣有何症状？

- 患者的皮肤会出现红斑，并覆盖着会脱落的鳞屑。
- 身体任何部位都有可能发病。最常见的发病部位包括肘部、膝盖、背部及头皮。

## 牛皮癣是否会传染？

- 牛皮癣不具传染性，不会传染给别人。
- 它不是由不良的卫生条件引起的。

## 牛皮癣的病因是什么？

- 一般认为牛皮癣是由遗传及环境等综合因素引起的。
- 四分之一到三分之一的患者，其家族中有牛皮癣的病史。遗传因素确实是一些人患牛皮癣的原因。
- 生理和精神压力、喉咙发炎、感冒、某些药物（如类固醇激素、抗高血压药物）都会使牛皮癣恶化。
- 喝酒抽烟也可使牛皮癣恶化或难以治愈。



## 牛皮癣引起的其他症状有哪些？

- 约5%的患者病情会发展到关节肿痛。
- 手指甲和脚指甲也可能会受牛皮癣影响，导致指甲出现小针孔状的凹陷、变色及变厚。

## 哪些人易患牛皮癣？

- 不论男女都可能患上牛皮癣。
- 牛皮癣通常在患者20岁左右时发作，但也可能在刚出生或老年时开始发作。
- 一旦牛皮癣发作，病情减弱期与活跃期会交互出现。

## 如何治疗牛皮癣？

### 1. 药膏

- 包括保湿乳、焦油、地蒽酚、钙泊三醇及局部类固醇。
- 大多数患有较轻症状的患者，可通过局部使用药膏大幅缓解病情。

### 2. 光线疗法

- 可通过紫外线治疗牛皮癣。
- 紫外线A和紫外线B都可以有效治疗牛皮癣。治疗时要逐渐增加剂量，并持续数个月的时间。



### 3. 药物

- 针对大面积牛皮癣，皮肤科医生会开一些口服药，如氨甲叶酸、阿维A、环孢霉素等。如上述免疫力反应抑制剂无效，医生可能会采取生化反应改变剂。
- 这些药物有副作用、因此患者应定期验血，看看身体是否有出现副作用。

## 患者注意事项

- 不要抓挠皮肤，否则会延缓患处的康复。
- 不要太早放弃治疗，这需要几个星期才能出现效果。
- 不要突然停止服药或放弃治疗，否则会使病情加重。
- 必须定期进行治疗。
- 保持皮肤湿润，这会缓解皮肤瘙痒，减少鳞屑。
- 一般而言，晒太阳对治疗牛皮癣是有益的。但是，不要暴晒过长，否则会将皮肤晒伤，从而使牛皮癣恶化。
- 压力也会使牛皮癣恶化，一定要学会放松，经常锻炼身体，适当的休息或放个长假。



如要预约皮肤科门诊，请致电预约中心。

电话：(65) 6850 3333



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Operating hours:  
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Closed on Sundays and Public Holidays

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