

THE ROLE OF COSMETICS IN PSORIASIS



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1. INTRODUCTION

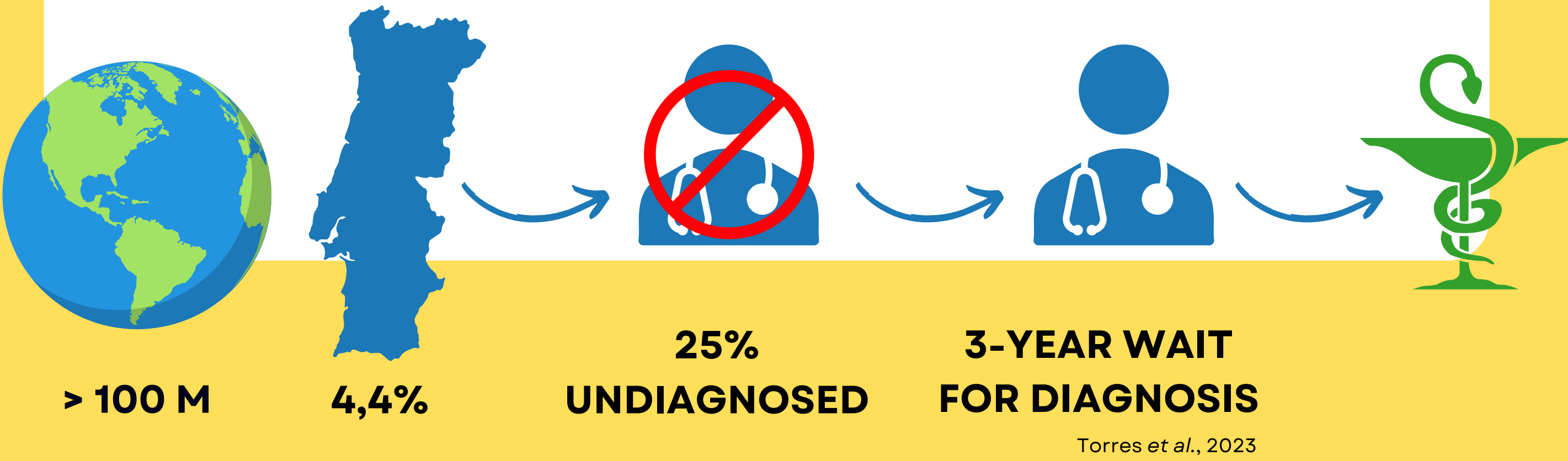
Psoriasis is a **chronic, noncommunicable, painful, disfiguring and disabling disease** for which there is **no cure** and with **major negative impact** on patients' quality of life.

World Health Organization, 2016

It is a **systemic inflammatory disease** with an **autoimmune** nature and a **multifactorial etiology**.

In Portugal, psoriasis is currently **undervalued, underdiagnosed** and, consequently, **undertreated**.

Torres et al., 2023



Torres et al., 2023

2. AIM

To describe the reality of psoriasis in Portugal and highlight the importance of pharmaceutical cosmetic counseling in the management of this disease.

3. METHODS

This work is based on a bibliographic review in PubMed of scientific articles written in English between 2015 and 2024 and on institutional websites.

4. RESULTS AND DISCUSSION

PLAQUE PSORIASIS OR PSORIASIS VULGARIS (90%):

- Mostly manifested by red, scaly lesions on the skin, called **psoriatic plaques**;
- Usually accompanied by **itching (73%)**;
- Frequently found on the **scalp, elbows and knees**.

Rendon e Schäkel, 2019; Torres et al., 2023



Figure 1. Psoriasis prevalence in Portugal by body area

Torres et al., 2023

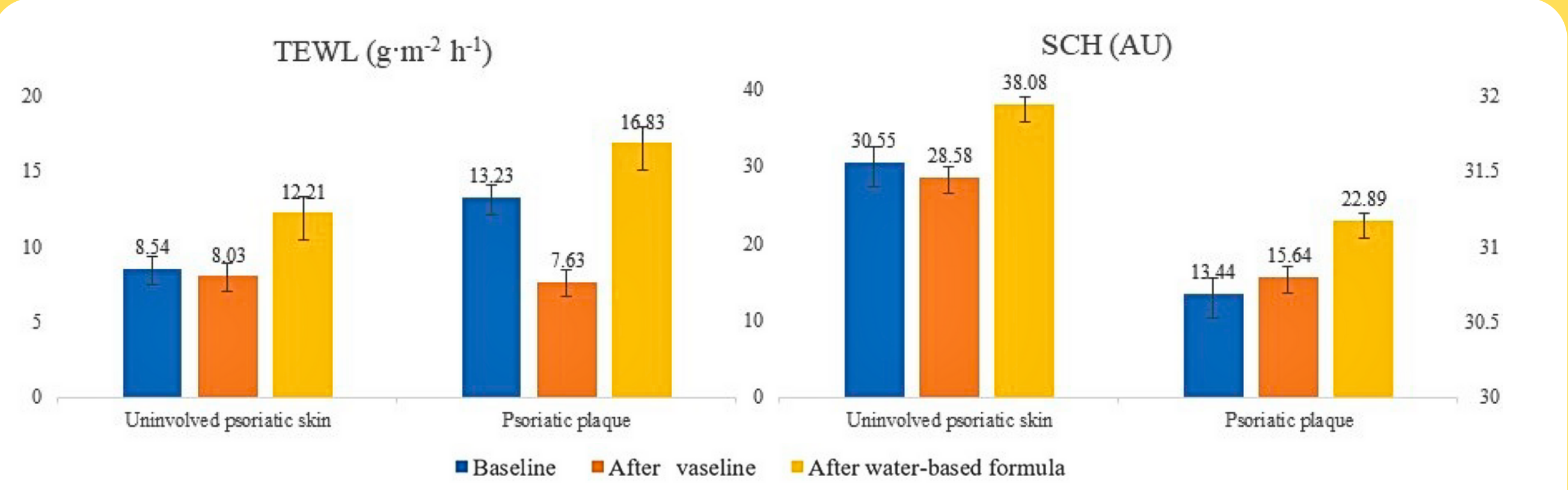


Figure 2. Changes in transepidermal water loss (TEWL) and stratum corneum hydration (SCH) with the use of moisturizers
Maroto-Morales, Montero-Vilchez e Arias-Santiago, 2021

- Psoriatic plaques have greater transepidermal water loss (TEWL);
- The synthesis of ceramides in the stratum corneum (SC) is decreased;
- The psoriatic skin barrier is impaired.

Kircik et al., 2023

Cosmetics, particularly **moisturizers** and **keratolytics**, play a crucial role as they:

- Improve barrier function;
- Reduce xerosis;
- Relieve itching;
- Are therapeutic adjuvants.

Kang et al., 2022; Kircik et al., 2023

INGREDIENT	COSMETIC PROPERTIES
Urea	Moisturizing (<10%), keratolytic (>10%), epidermal proliferation inhibitor, skin barrier regenerator and antimicrobial
Lactic acid	Keratolytic, moisturizing and ceramide synthesis inducer
Salicylic acid	Keratolytic, anti-inflammatory and antimicrobial
Niacinamide	Anti-inflammatory and ceramide synthesis inducer
Ceramides	Moisturizing and skin barrier regenerator

Table 1. Active ingredients commonly used in cosmetics for psoriasis and their cosmetic properties
Kang et al., 2022; Thaçi et al., 2015

Cosmetics are essential as adjuvants as they:

- Reduce the amount of therapy used;
- Minimize the likelihood of adverse effects;
- Decrease the frequency of flares.

In addition, cosmetics:

- **Are safe;**
- **Are fast-acting;**
- **Reduce itching;**
- **Improve quality of life.**

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MOST VALUED ASPECTS OF PSORIASIS TREATMENT BY PORTUGUESE PATIENTS

Kircik et al. 2023; Torres et al., 2023

5. CONCLUSIONS

Cosmetics play a crucial role in psoriasis. By providing cosmetic counseling tailored to the needs of psoriatic skin, pharmacists can effectively improve the quality of life of their patients.

7. REFERENCES

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PSORIASIS AWARENESS INITIATIVES IN PORTUGAL



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