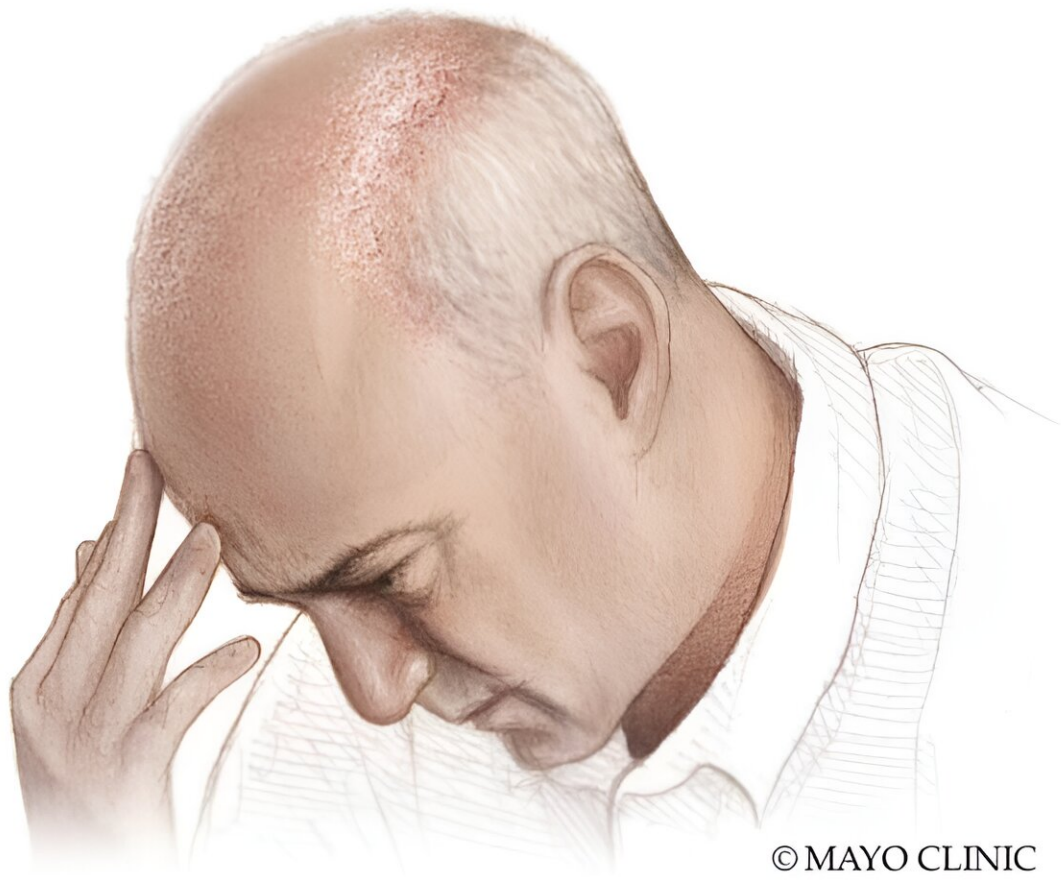


Video: Psoriasis of the scalp

October 11 2023, by ByDeb Balzer



Plaque psoriasis often appears on the knee as well.



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Plaque psoriasis on the elbow and scalp

Credit: Mayo Clinic

Dr. Dawn Davis, a dermatologist at Mayo Clinic, says psoriasis is a multisystem inflammatory disorder primarily affecting the skin. She says psoriasis is inherited, and more people might have genes that make them more likely to develop the condition.

Of all the symptoms associated with [psoriasis](#) of the scalp, many patients find the [itch](#) most bothersome.

"Oftentimes patients will have scales on their [skin](#) on their scalp that itches or kind of stings when they go to shampoo their [scalp](#), and they just assume that it's really bad dandruff," says Dr. Davis.

Dr. Davis says psoriasis is thought to be an immune system issue that results in faster-than-normal growth of skin cells.

"Typically, skin will grow and shed in 28-to-30-day cycles, but psoriasis skin grows and tries to shed in a 72-hour cycle. It's almost growing 10 times the speed of normal skin," she says.

There is no cure for psoriasis, but there are treatments.

"The treatments we use for psoriasis help decrease the [inflammation](#) in the skin and turn off that cell cascade of the immune system," Dr. Davis says.

Dr. Davis says maintaining a healthy weight and avoiding tobacco and excess alcohol can help to decrease the severity of psoriasis.

How to manage symptoms of psoriasis:

- Apply moisturizer daily.
- Use gentle or mild soap.
- Don't scratch.
- Avoid stress.

Talk with your health care team for treatment or new strategy options if the discomfort of psoriasis is affecting your quality of life.

Provided by Mayo Clinic

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