

Types of Psoriasis

Plaque psoriasis About 80% of those who have psoriasis have this form. It is characterized by raised, inflamed, red lesions covered by a silvery white scale. It is typically found on the elbows, knees, scalp and lower back, although it can occur on any area of the skin. [Plaque](#)

Inverse psoriasis Inverse psoriasis is found in the armpits, groin, under the breasts, and in other skin folds around the genitals and the buttocks. This type of psoriasis first shows up as lesions that are very red and usually lack the scale associated with plaque psoriasis. It may appear smooth and shiny. Inverse psoriasis is particularly subject to irritation from rubbing and sweating because of its location in skin folds and tender areas. It is more common and troublesome in overweight people and people with deep skin folds. Inverse psoriasis is found in the armpits, groin, under the breasts, and in other skin folds around the genitals and the buttocks. [Flexural](#)

Erythrodermic psoriasis Erythrodermic psoriasis is a particularly inflammatory form of psoriasis that often affects most of the body surface. It generally appears on people who have unstable plaque psoriasis, where lesions are not clearly defined. It is characterized by periodic, widespread, fiery redness of the skin. The erythema (reddening) and exfoliation (shedding) of the skin are often accompanied by severe itching and pain. Erythrodermic psoriasis "throws off" the body chemistry, causing protein and fluid loss that can lead to severe illness. Edema (swelling from fluid retention), especially around the ankles, may also develop along with infection. The body's temperature regulation is often disrupted, producing shivering episodes. Infection, pneumonia and congestive heart failure brought on by erythrodermic psoriasis can be life threatening. People with severe cases of this condition are often hospitalized. Erythrodermic psoriasis is a particularly inflammatory form of psoriasis that often affects most of the body surface. It generally appears on people who have unstable plaque psoriasis, where lesions are not clearly defined. It is characterized by periodic, widespread, fiery redness of the skin. [Click Here for Pictures of Erythrodermic psoriasis](#)

Guttate psoriasis This often starts in childhood or young adulthood and resembles small, red, individual spots on the skin that are not normally as thick or as crusty as lesions of plaque psoriasis. A variety of conditions have been known to bring on an attack of guttate psoriasis, including upper respiratory infections, streptococcal infections, tonsillitis, stress, injury to the skin and the administration of certain drugs (including antimalarials, lithium and beta-blockers). This form of psoriasis may resolve on its own, occasionally leaving a person free of further outbreaks, or it may clear for a time only to reappear later as patches of plaque psoriasis. [Guttate](#)

Pustular psoriasis Primarily seen in adults, pustular psoriasis is characterized by white pustules (blisters of noninfectious pus) surrounded by red skin. It is not an infection, nor is it contagious. This relatively unusual form of psoriasis affects fewer than 5% of all people with psoriasis. It may be localized to certain areas of the body, for example, the hands and feet. Pustular psoriasis also can be generalized, covering most of the body. It tends to go in a cycle: reddening of the skin followed by formation of pustules and scaling. Primarily seen in adults, pustular psoriasis is characterized by white pustules (blisters of noninfectious pus) surrounded by red skin. It is not an infection, nor is it contagious. [Click Here for Pictures of Pustular psoriasis](#)

Palmo Plantar Psoriasis or **Palmoplantar Pustulosis ("PPP")** looks very different to plaque or flexural psoriasis. It is normally found on the palms of the hands and/or the soles of the feet (thus the name "palm" and "plant"). Unlike plaque psoriasis, there are no red, scaly lesions, rather a mass of weeping, cracked areas which look like tiny, yellowish blisters. These can be very painful and sore and look "infected", even though there is no actual infection present within the pustules. [Click Here for Pictures Palmo Plantar Psoriasis](#) or [Click Here for more on PPP](#)

Nail Psoriasis Nail changes occur in 25-50% of people who have psoriasis, they are more common in people who also have psoriatic arthritis.

Small indents in the nails (“pitting”) are the most common nail changes, other changes include lifting up of the nails (“onycholysis”), discoloration, thickening and crumbling.

[Nails](#) Scalp Psoriasis

This often affects the back of your head, but may occur in other parts of your scalp, or on the whole scalp. This causes red patches of skin covered in thick silvery-white scales. Some people find scalp psoriasis, extremely itchy, while others have no discomfort. In extreme cases it can cause hair loss, but not permanent balding. [Scalp](#) Psoriatic Arthritis

Psoriatic arthritis is a painful disease characterized by both joint erosion and skin lesions. It causes inflammation in and around the joints and affects an estimated one million adults. People with psoriatic arthritis experience progressive joint pain and swelling, which is often coupled with scaly, red skin lesions. [Arthritis](#)