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Plaque Psoriasis Treatment Goals

Doctor Discussion Guide

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Guidelines and Goals

There is no cure for plaque psoriasis. But treatments can minimize, or even get rid of, your lesions and skin symptoms. Healthcare providers make treatment recommendations based on symptoms. The choice of plaque psoriasis medication usually depends on a few factors, like:

1. **How much** plaque psoriasis you have
2. How it affects **your daily life** and mental well-being
3. What treatments you've tried **in the past**
4. If you have **joint pain** (*psoriatic arthritis*)
5. Your **personal preferences**

Most people will start with topical medications. But it's common to use more than one treatment at the same time when treating plaque psoriasis.

The Three Main Goals of Plaque Psoriasis Treatment

- 1 Keep all your symptoms controlled so that plaque psoriasis doesn't prevent you from participating in work, school, physical activities, and relationships.
- 2 Turn off the part of your immune system that is causing the plaque psoriasis to attack skin and joints. Doing so can prevent permanent damage.
- 3 Reduce your risk of complications, like heart disease, diabetes, or depression.

YOUR GOALS
