



Psoriasis and the heart connection

New research shows the inflammation that causes psoriasis also raises your risk of heart problems.

A big study of people with psoriasis found that a simple blood test can help spot if heart disease risk is higher—before symptoms appear.

Why does this happen?

Doctors say ongoing inflammation in psoriasis may also silently affect your blood vessels and heart. This is why looking after your heart is just as important as caring for your skin.

What can you do?

- Talk to your GP or dermatologist about heart checks at your next appointment.
- Stay active and eat well to keep your heart healthy.
- Keep up with your psoriasis treatment, and ask if new tests like GlycA could help track your health.

Psoriasis is a whole-body condition. Protecting your heart starts with small steps—and by making sure your healthcare team knows about your full health picture.

[Read more](#)