

Psoriasis is more than a matter of skin symptoms. Even if you're familiar with its usual flare-ups, it's important to recognise how psoriasis can impact overall health and bring other challenges that often go unseen.

Joint issues are a significant concern. Psoriatic arthritis develops in about one third of people with psoriasis, causing stiff, swollen, often painful joints. Early diagnosis and treatment are essential to limit long-term damage and keep you moving comfortably.

Heart and blood vessel health should be on your radar, too. Chronic inflammation in psoriasis doesn't stop at the skin; it also affects the cardiovascular system. This increases the risk of heart attacks and strokes, even in those with no obvious risk factors. Testing often shows higher levels of inflammatory markers in people with psoriasis, but systemic treatments can help protect blood vessels and lower the risk.

The connection with metabolic health means paying attention to weight, blood pressure, cholesterol, and blood sugar levels. Psoriasis is more common in people with metabolic syndrome, an overlap of insulin resistance, type 2 diabetes, obesity, and high cholesterol, which itself raises cardiovascular risk. Managing these alongside psoriasis can make a real difference for long-term health and is highlighted in current European and UK recommendations.

Mental health deserves equal attention. Anxiety and depression are more frequent in people with



psoriasis, not just because of how the disease looks or feels but also due to its chronic nature. Seeking help and addressing emotional wellbeing are as important as physical treatments.

Other associated conditions, including inflammatory bowel diseases and some liver problems, occur more often in people with psoriasis and may need regular screening and monitoring.

The good news is that modern treatments, including biologics, can help manage systemic inflammation and improve a range of health markers, not just skin symptoms. European, UK, and American guidelines now recommend regular comorbidity screening and a multidisciplinary approach to care, making sure management is tailored to each person's health profile.

Working with your healthcare team to closely monitor and manage these overlapping risks can lead to a healthier, more comfortable life.

Selected recent publications:

- Amara S, et al. Psoriasis management tree based on comorbidity. *Int J Dermatol*. 2025.
- Bernardini N, et al. Psoriasis severity, comorbidity burden, and biologic therapy: An update. *Journal of Dermatological Treatment*, 2025.
- Chen W et al. Comorbidity Pattern in Patients with Moderate-to-Severe Plaque Psoriasis: Network Analysis of a Hospitalized Database in China. *Clin Cosmet Investig Dermatol*. 2025.

