



Thinking about dry January? Look at other changes you could make too.

Many people are using January to reset their health habits, and cutting back on alcohol is one small change that can support both general health and psoriatic disease. Although the Dry January campaign itself has not been researched specifically in psoriasis or psoriatic arthritis, heavier drinking is linked with more severe psoriasis, higher psoriatic arthritis risk and more difficulty achieving good disease control.

Studies show that people with psoriasis are more likely to drink at greater levels than the general population, and higher alcohol intake is associated with worse skin symptoms and poorer response to treatment. Psoriatic disease also carries increased risks of heart disease, metabolic syndrome and fatty liver, conditions that can all be made worse by regular drinking.

Choosing to step back from alcohol now, whether that means a full “Dry January” or simply more alcohol-free days, supports both skin and joint health and the wider health picture that goes with psoriatic disease. Short-term abstinence studies in the general population suggest that a month without alcohol can lower blood pressure, improve liver blood tests, reduce resting heart rate and help people sleep better and feel more energetic.

Many people also continue to drink less in the months afterwards, indicating that a short break at the start of the year can trigger longer-term positive change. For anyone living with psoriasis or psoriatic arthritis, using the middle of this first month of 2026 as a moment to reflect on:

- drinking habits
- alcohol-free alternatives
- wider lifestyle changes to improve health

**If cutting down feels difficult, speak with your healthcare adviser,
who can help you decide what is most appropriate for you.**

[Learn more about lifestyle changes](#)