

## Types of Psoriasis

<u>Type</u>	<u>Presentation</u>	<u>Precipitating Factors</u>	<u>Differential</u>	<u>Treatment</u>
Plaque-type psoriasis	Red, thick, scaly lesions with silvery scale	Stress, infection, trauma, medications, xerosis	Atopic dermatitis, irritant dermatitis, cutaneous T-cell lymphoma, pityriasis rubra pilaris, seborrheic dermatitis	Localized: topical therapy with corticosteroids, calcipotriene (Dovonex), coal tars, anthralin (Anthra-Derm) or tazarotene (Tazorac). Generalized: phototherapy, systemic agents, combination therapy
Guttate psoriasis	Teardrop-shaped, pink to salmon, scaly plaques; usually on the trunk, with sparing of palms and soles	Streptococcal throat infection	Pityriasis rosea, secondary syphilis, drug eruption	Ultraviolet B phototherapy, natural sunlight
Pustular psoriasis, localized	Erythematous papules or plaques studded with pustules; usually on palms or soles (known as palmoplantar pustular psoriasis)	Stress, infection, medications	Pustular drug eruption, dyshidrotic eczema, subcorneal pustular dermatosis	Same as for plaque-type psoriasis
Pustular psoriasis, generalized	Same as localized with a more general involvement; may be associated with systemic symptoms such as fever, malaise and diarrhea; patient may or may not have had preexisting psoriasis	Stress, infection, medications	Pustular drug eruption, subcorneal pustular dermatosis	Systemic therapy and/or hospitalization usually required
Erythrodermic psoriasis	Severe, intense, generalized erythema and scaling covering entire body; often associated with systemic symptoms; may or may not have had preexisting psoriasis	Stress, infection, medications	Drug eruption, eczematous dermatitis, mycosis fungoides, pityriasis rubra pilaris	Systemic therapy and/or hospitalization usually required