



Greetings kids...  
It's Eczii from Planet Apro!  
I've been asked loads of questions  
about something called  
Plaque Psoriasis so I thought  
I would share the answers  
with you...

# Ask Eczii...

## Topic: Plaque Psoriasis

**Q: My doctor said I have Plaque Psoriasis. What's that?**

**A:** Plaque Psoriasis is a common type of psoriasis. Your skin can feel itchy and has red, bumpy patches which are silvery-white on top. These are called plaques and can be different sizes.

**Q: Does anyone else have it?**

**A:** Grandmas, grandpas, mummies, daddies, big and small children can get it... even Captain Apro has it!

You are more likely to have psoriasis if someone in your family has it but it can happen to anyone.

**Q: What happens when I have it?**

**A:** Psoriasis can make your skin red, itchy, scaly and sometimes feel sore if the patches become dry and cracked.

**Did you know...**

The word psoriasis comes from the old greek word 'psōra' which means itch!

**Q: What can I do to make my psoriasis better?**

**A:** With your mum, dad and doctor try to work out what makes your psoriasis worse. Once you know you can do things to help make it better for example if the sun makes your psoriasis worse then make sure that you put on plenty of sun cream before going outside in the sun.

Don't forget to use your AproDerm® regularly and remember...

**Psoriasis is not something you can catch  
If it itches, do not scratch!  
Put on AproDerm® three times a day  
Following the hair, no other way!**

**Q: Where on my body can I get it?**

**A:** Psoriasis can be found anywhere on your body but you normally get it on your knees, elbows, back and scalp.

**Q: Why do I have Psoriasis?**

**A:** The skin is a really cool organ which protects your whole body. Psoriasis happens when too many skin cells are made and these join together on top of the skin to form patches called plaques.

**Did you know...**

There are many different types of psoriasis and the most common one is Plaque Psoriasis!

**Q: Did it happen because I ate something funny?**

**A:** You can't get psoriasis by eating something funny (not even sprouts!!!). You can't catch it or pass it on to someone by touching them. It's just something you have.

**Q: My Psoriasis isn't always bad - it sometimes feels better but sometimes gets worse. Why does that happen?**

**A:** Something that can make your psoriasis worse is known as a trigger. There are lots of different types of these, some examples include scratching and worrying but not everyone has the same triggers. Some people find that the sun can make their psoriasis better but for others it can make it worse.

I hope you found all the answers useful! If you do have any more questions then get your mum or dad to email me at [askeczii@aproderm.com](mailto:askeczii@aproderm.com) and I will try to answer as many as I can!

