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Is it Psoriasis or Eczema?

Knowing whether it's Psoriasis or Eczema can be difficult to determine as the symptoms are quite similar.

Some of the symptoms are include:

- Discolored skin
- Rash
- Itching and burning sensations

A physician can have an easier time identifying which condition it may be.

Let's review the definition of each before we show additional information before we get into more details.

Psoriasis is a chronic immune-mediated disease associated with systemic inflammation that can lead to comorbidities like cardiovascular disease, type 2 diabetes, anxiety, and depression.

Eczema, according to the National Eczema Association, "is the name for a group of conditions that cause the skin to become itchy, inflamed, or have a rash-like appearance. There are seven types of eczema: atopic dermatitis, contact dermatitis, dyshidrotic eczema, nummular eczema, seborrheic dermatitis, and stasis dermatitis."

Approximately 3% of the U.S. population lives with psoriasis and it typically appears between ages 20-30 and may have a second peak around age 60. It is estimated that approximately 1% of children are diagnosed with psoriasis.

Per the National Eczema Association, the most common type of Eczema is atopic dermatitis with 9.6 million children and 16.5 million adults.

The largest population with psoriasis is Caucasians at 3.6% whereas the National Health and Nutrition Examination Survey has found that 19.3% of African-American children have atopic dermatitis with 16.1% of white children.

Check out what foods to eat to help manage psoriasis

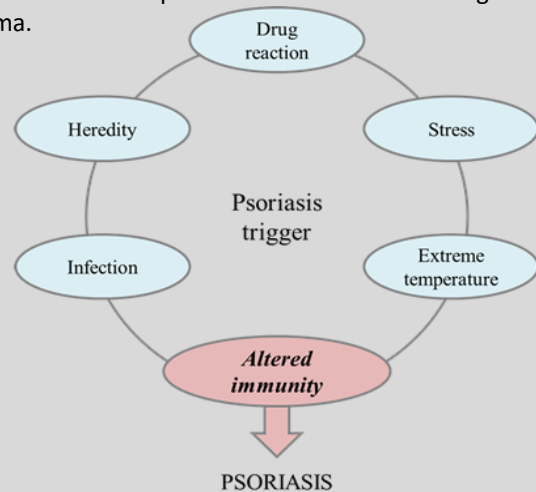
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/psoriasis-diet-foods-to-eat-and-avoid-if-you-have-psoriasis>

The most common type of Psoriasis tends to be Plaque psoriasis and is seen on lighter skin as red plaques with silvery scales. Individuals with skin of color it will appear as purple or discolored skin. The plaques may be thick, raised, cover a large area of skin, and usually have very defined borders. The most common places for Psoriasis include trunk, knees, elbows and the scalp or hairline. {1}

Eczema presents as thinner patches of dry red or brown, bumpy skin, and the borders between affected and unaffected skin are less well-defined than with plaque psoriasis.

Itching is the most common complaint for those suffering from eczema, whereas, those with psoriasis complain of soreness or pain from the cracking of the skin and may have joint pain as well. One in three people with psoriasis will develop psoriatic arthritis, which can cause permanent joint damage.

Doctors are diligent in their diagnosis and recognize that it is possible for an individual to have both conditions. It is important for a provider to monitor the treatment if an individual is being treated for eczema with either a topical corticosteroid or a biologic because if the rash worsens it's more than likely the individual has psoriasis and not eczema.



Article resource

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<https://www.psoriasis.org/watch-and-listen/how-do-i-know-its-psoriasis/>

Original References:

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Healthy Recipe

<https://www.healthline.com/health/nutrition/almond-crusted-trout>

Anti-Inflammatory Recipe

Almond-Crusted Trout with Shaved Brussels Sprout Salad

By: The Healthline Editorial Team on April 23, 2024

Serves: 4

6 Min Prep & 8 min cook time

Ingredients:

- 1 tbsp. fresh dill
- ½ cu almond flour
- ½ cup panko bread crumbs
- 2 eggs
- 1 ½ lbs trout (4 6 oz portions)
- ¼ cup olive oil
- 2 tbsp. apple cider vinegar
- 1 tsp Dijon mustard
- 2 cups shaved Brussels sprouts
- 4 cups arugula
- 1 cup cherry tomatoes
- 1 lemon
- Pinch of salt and pepper



Directions:

1. Preheat oven to 400 degrees F.
2. Finely chop dill. Combine in a bowl with almond flour, panko, and a pinch of salt and pepper. Transfer to a shallow dish. Crack eggs into a separate shallow dish and lightly whisk.
3. Pat trout dry and season with salt and pepper. Dip into the egg mixture, then coat in almond flour mixture.
4. Heat 2 tbsp. olive oil in an over proof skillet over medium-high heat. Add trout and cook 4 minutes, then flip and transfer the pan to the oven. Cook 4 minutes more, until opaque and flaking easily with a fork.
5. Meanwhile, in a salad bowl, whisk together apple cider vinegar, mustard and remaining 2 tbsp. olive oil. Season with salt and pepper to taste. Add Brussel sprouts, arugula and cherry tomatoes. Toss to coat.
6. Enjoy trout garnished with extra dill and a squeeze of lemon, over the salad.

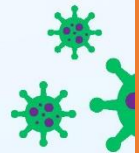
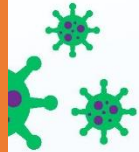
Nutrition:

Serving size ½ cup

Calories: 579al | Carbohydrates: 20g | Fat 33g| Sugar 6g) Protein: 47g | Fiber: 5g | Saturated Fat 5g | Cholesterol 282 mg | Sodium 203 mg| Added Sugar 1g



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