

牛皮癣

牛皮癣是一种常见的皮肤病，会造成增厚或鳞状皮肤部位或病变。

什么是牛皮癣？

牛皮癣是一种最常见的皮肤病。至少有五分之一的人患有这种皮肤病。很多牛皮癣患者最初是在儿童时期出现。牛皮癣看起来像皮肤上的鳞状红块。牛皮癣可能会持续很长时间（慢性病）。这意味着牛皮癣不会完全消失，但会时隐时现。

是什么原因造成牛皮癣？

我们不知道是什么原因造成牛皮癣。通常会在家族成员中遗传。但并非每一名患者都有患牛皮癣的家庭成员。儿童发病率比成人低，但有些患牛皮癣的人会出现关节疼痛和肿胀（关节炎）。

有时，增厚或鳞状病变会出现在皮肤擦伤、切破或损伤部位。这可能是病变通常出现在手肘、膝盖、臀部和头皮等部位的原因。在链球菌性咽炎感染后会出现很小的牛皮癣病变（肠状牛皮癣），会在全身出现。

如何治疗牛皮癣？

牛皮癣有多种治疗方法。首先，我们可能会建议在皮肤上使用类固醇药膏、软膏或溶液。按照需要每天在增厚或鳞状皮肤部位涂一至两次。钙泊三醇（Calcipotriene/Dovonex）药膏或骨化三醇（Calcitriol/Vectical）软膏是治疗牛皮癣的药物。

如果您的孩子患有更严重的牛皮癣（严重病变或多处病变），他们的服务提供者可能会建议采用其他治疗方法。例如紫外线治疗（光疗）。在少数情况下，服务提供者会用口服药或注射方法治疗牛皮癣。

必须按照您的医疗保健服务提供者的建议用药。在让您的孩子使用任何类型的药物之前，请先征求您的医疗保健服务提供者的意见。服务提供者必须对接受治疗的孩子进行定期检查。您可以通过以下方法预防出现问题：

- 让您的孩子避免皮肤受伤。参加可能损伤皮肤的运动时穿戴防护装置。
- 避免穿过紧的衣服和鞋子。
- 避免晒伤，因为这样会损伤皮肤，可能造成新的病变。少量日照可能会有帮助。

我可以在哪里了解更多有关牛皮癣的信息？

全美牛皮癣基金会（National Psoriasis Foundation）：

psoriasis.org

美国家庭医生学会（American Academy of Family Physicians）：

familydoctor.org/condition/psoriasis

如需了解进一步详情

- 皮肤科诊所
206-987-2158
- 您的孩子的健康护理服务提
- seattlechildrens.org

免费口译员服务

- 在医院内，向您的孩子的护士询问。
- 在医院外，拨打免费家庭口译专线电话
1-866-583-1527。告诉口译员您需要通
话的人的姓名或分机号码。



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西雅图儿童医院向聋人、听力障碍者或不会讲英语的患者、家庭成员和法律代表提供免费口译服务。西雅图儿童医院将应请求用其他格式提供本信息。请打电话给家庭资源中心，电话号码 206-987-2201。本传单已经由西雅图儿童医院的临床工作人员审阅。但是，您的需求具有独特性。在您根据本信息采取行动或依赖本信息之前，请向您的医疗保健提供者洽询。

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Psoriasis

Psoriasis is a common skin problem that causes thickened, scaly areas or lesions.

What is psoriasis?

Psoriasis is one of the most common skin problems. It affects at least 1 in 50 people. Many people with psoriasis first develop it during childhood. It looks like scaly areas on the skin that are red or a darker shade of your skin color. Psoriasis can last for a long time (chronic problem). That means it usually does not go away completely, but it may come and go.

What causes psoriasis?

We do not know what causes psoriasis. It tends to run in families. Not everyone who has it has a family member with psoriasis. It is less common in children than it is in adults, but some people with psoriasis can develop joint pain and swelling (arthritis).

Sometimes, the thick or scaly lesions appear where skin has been rubbed, cut or damaged. That might be a reason why lesions often happen on areas like the elbows, knees, buttocks and scalp. Very small lesions of psoriasis (guttate psoriasis) can happen after a strep throat infection, and these show up all over the body.

How do you treat psoriasis?

There are many treatments for psoriasis. First, we may recommend steroid creams, ointments or solutions for the skin. These go onto the thick or scaly areas of the skin 1 or 2 times each day as needed. Calcipotriene (Dovonex) cream or calcitrol (Vectical) ointment are medicines that treat psoriasis.

If your child has more serious psoriasis (large lesions or many lesions), their provider might recommend other kinds of treatments like ultraviolet light treatments (phototherapy). In a few cases, providers treat psoriasis with oral medication or injections.

Use medicines only if recommend by your healthcare provider. Check with your healthcare provider first before giving any type of medicine to your child. Providers must see children treated for psoriasis regularly. You can prevent problems by:

- Having your child avoid injury to the skin. Wear protective guards when taking part in sports that can harm the skin.
- Avoid tight clothing and shoes.
- Avoid sunburns, since these can damage the skin and may cause new lesions. Small amounts of sunlight may be helpful.

Where can I learn more about psoriasis?

National Psoriasis Foundation:

psoriasis.org

American Academy of Family Physicians:

familydoctor.org/condition/psoriasis

To Learn More

- Dermatology Clinic
206-987-2158
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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