Psoriasis in a 13-Year-Old Boy
May 01, 2005
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A 13-year-old boy presented with an explosive eruption of numerous, small, round, erythematous, itchy plaques on his lower back and lower limbs of 2 weeks' duration (A). Some of the lesions were scaly. His nails were normal. There was no evidence of arthritis or joint deformity. He had a sore throat a month before the onset of the rash but did not seek medical attention. He was not taking any medication and had no history of joint pain or family history of skin problems.
Consider phototherapy—alone or in combination with other topical remedies—in older children with refactory disease or whose lesions are too widespread for topical treatment. Side effects include sunburn, aging of the skin, and increased risk of skin cancer. Because of its associated toxicity, systemic treatment is usually reserved for severe and generalized forms of psoriasis that are resistant to other therapies. Combination systemic therapy (with methotrexate, acitretin, or cyclosporine) can achieve additive or synergistic efficacy and reduce the dosage and risk of adverse events.

For this patient, application of moisturizer was recommended and an immunomodulator was prescribed.

References: REFERENCES:

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