

How to Distinguish Psoriasis from Eczema

People often ask how Dermatologists can differentiate two different inherited diseases: psoriasis and eczema

Psoriasis is a papulosquamous disease that causes the skin lesions to be red and scaly which are well demarcated from the normal skin. This demarcation is very clear and you can easily see where the diseased skin ends and the normal skin begins on each person. The lesions are often distributed in areas of skin trauma like the elbows, knees, scalp, palms, soles and nails.

Eczema is part of the eczematous diseases. These also are red and scaly but the demarcation between the normal and diseased skin is hard to see. The lesions are usually found on the folds of the arms, behind the knees, the face or tops of the hands and feet.

In people with color the diseases can be even harder to diagnose. This is because the redness in the skin is often not seen. This is why going to a Dermatologist is important to help distinguish which of the diseases you have and then get the best treatment possible.

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