

## Images in clinical medicine



# Chronic plaque psoriasis

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## Chronic plaque psoriasis

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## Image in medicine

Psoriasis has a significant emotional and psychosocial impact on patients that extends beyond the physical aspects of the disease, impacting social functioning and interpersonal interactions. Psoriasis is a systemic inflammatory disease that has a number of comorbidities, such as cardiovascular disease and cancer. Most of the diagnosis is clinical. There are various clinical of psoriasis, the most prevalent of which is chronic plaque psoriasis, which affects 80-90% of psoriasis patients. Erythematous plaques that are clearly defined, symmetrical, and covered in silvery scale

are the distinguishing features of classic plaque psoriasis. Plaques can appear anywhere on the body, but they are most frequently found on the scalp, trunk, buttocks, and extremities. We here present a case of a patient who came to our institutional outpatient department (OPD) of Datta Meghe Institute of Medical Sciences with complaints of inflammatory red, clearly defined,

elevated, dry plaques of various sizes that are typically covered in silvery or white scales on the trunk. The diagnosis of chronic plaque psoriasis was clinically established based on typical presentation. The patient was advised to take conservative as well as topical steroids, and also for frequent follow-up visits to dermatology OPD of the institute.



**Figure 1:** an image showing chronic plaque psoriasis