



## Bethune Oriental Medicine Center

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### **Business Hours:**

|                   |            |
|-------------------|------------|
| Mon., Wed. & Fri. | 9 AM-6 PM  |
| Tue. & Thu.       | 9 AM-7 PM  |
| Saturday          | 10 AM-4 PM |
| Sunday/Holiday    | 1 PM-4 PM  |



You can take Bus 70, drop off at 32 Ave.

## Psoriasis Rehabilitation

Psoriasis is a common immune-mediated chronic skin disease, which is frequently found on the skin of knees, elbows, scalp, hands, feet or lower back. The skin cells of the patients mature and move rapidly up to the surface of the skin over three to six days, instead of normal 28 days. It generally appears as patches of raised red skin covered by a flaky white buildup and can cause intense itching and burning.

Psoriasis affects 2 to 2.6 percent of the United States population, or between 5.8 and 7.5 million people.

There are five types of psoriasis. They are plaque, guttate, inverse, erythrodermic and pustular type. The results of clinic treatment largely depend on the type of psoriasis. It is very important that you talk with your physician about what course of action to take with your type of psoriasis.

There is no blood test for psoriasis. Physicians usually diagnose it by examining the affected skin.

Psoriasis may be triggered by emotional stress, injury to the skin, some types of infection or reaction to certain drugs. Many treatments are available to help manage its symptoms.

It is believed that "Psoriasis and psoriatic arthritis have no cure, but people have a wide range of treatment options to help them gain control over their disease. Many different therapies can reduce, or nearly stop the symptoms of psoriasis and psoriatic arthritis. No single treatment works for everyone, but something is likely to work in most cases. Individuals may need to experiment before they find a treatment that works for them."

## Treatment

There are three major ways to treat psoriasis in conventional medicine.

(1). Sunlight and topical agents (external therapies), which include the use of steroids, coal tar, calcipotriene, anthralin, salicylic acid, and other topicals.

(2). Phototherapy, which involve the use of Sunlight, ultraviolet light B, lasers (pulsed dye and excimer), and PUVA (psoralen plus ultraviolet light A).

(3). Systemic (internal) medications usually are reserved for patients with moderate to severe psoriasis or disabling psoriatic arthritis. They also are used for erythrodermic or pustular psoriasis. The drugs that may be used include: Methotrexate, oral retinoids, cycloporine, biologics (made from living sources, such as viruses, animals and people and must be injected or infused into the body, rather than taken orally), and other systemics (such as Hydroxyurea, Mycophenolate mofetil, Sulfasalazine and 6-Thioguanine).

(Data source:

<http://www.psoriasis.org>, cited Feb. 13, 2004

<http://www.niams.nih.gov/hi/topics/psoriasis>, cited Feb. 13, 2004)

## How psoriasis can be improved by Traditional and Current Chinese Medicine

Traditional Chinese Medicine is also under further development. In Current Chinese Medicine, following therapies are used for the treatment of psoriasis:

Acupuncture: including the acupuncture point injection of herbal preparations.

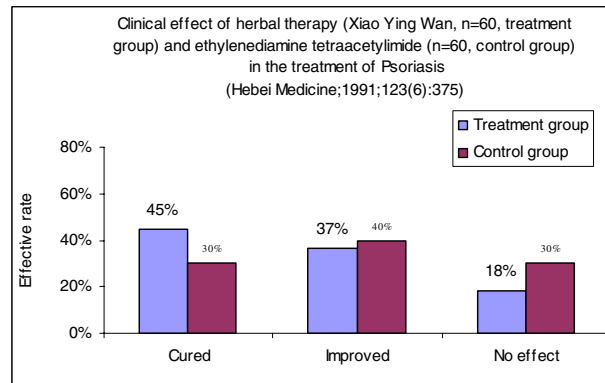
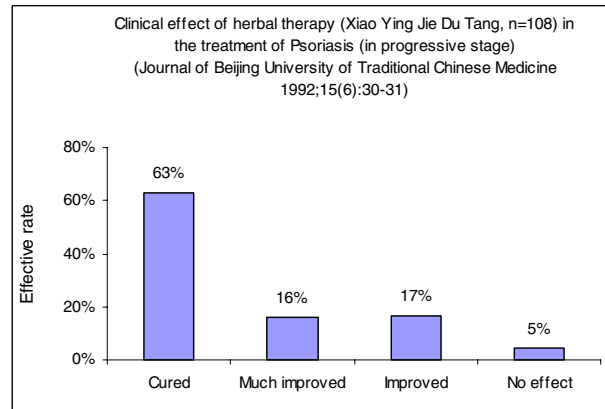
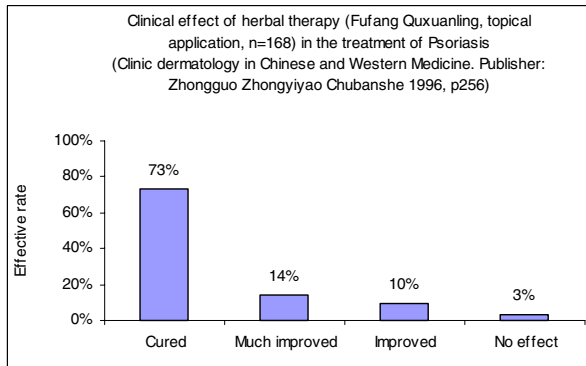
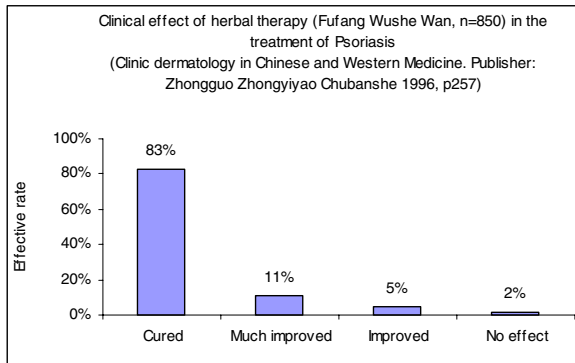
Chinese herbal therapy: applied orally or topically, in injection or in infusion into circulation.

## Herbal therapy for psoriasis

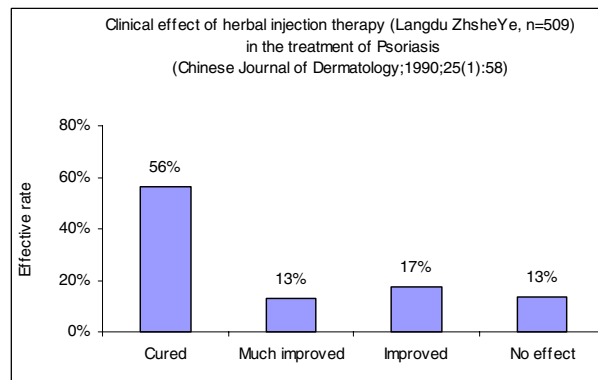
Principally, Traditional Chinese Medicine believes that Psoriasis is caused by blood-heat, blood-dryness and blood-stagnation. Further development of the disease causes accumulation of toxins, wind-damp invasion into meridian, and exhaustion of yin by heat toxins in the blood.

Herbs used for the treatment of psoriasis largely depend on the stage of the disease and the condition of individuals.

Generally speaking, the cure rate of psoriasis with herbal therapy is between 50% and 80%, depending on the herbs used, with or without topic application of the herbs, etc.

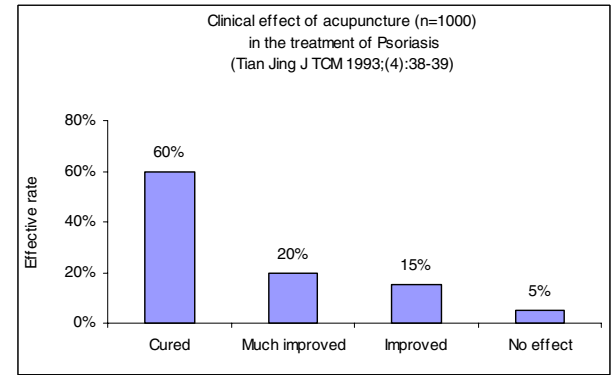


Herbs can also be prepared into an infusion or injection. These make herbal therapy simple in clinic, as dosage can be strictly controlled.



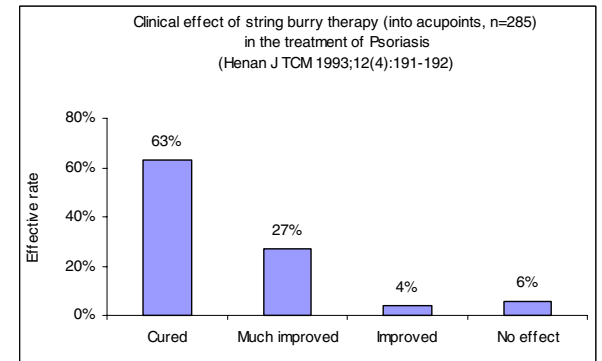
## Acupuncture

When used for psoriasis, acupuncture can also yield a significant results.



## String implantation therapy

String implantation therapy means to implant a string made of sheep intestine material into acupuncture point. The technique has been long used in Traditional Chinese Medicine for the treatment of asthma, chronic bronchitis, and other disease. When used psoriasis, the results are encouraging as well.



## Other therapies

Since patients with psoriasis experience much stress including significant distress from the symptoms of the disease, Qigong therapy is recommended.