

## What is the difference between eczema and psoriasis?

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What is the difference between eczema and psoriasis? And how is each one treated?



Skincare expert, Dr Maureen Allem from Skin & Body Renewal, responds:

"These conditions, eczema and psoriasis, both present in a similar fashion. Both appear as red, sore, itchy, scaly patches. What makes them different, is that eczema is often caused by a trigger, an allergy, something that the person has a sensitivity to, but it can be treated and managed. Psoriasis on the other hand is an auto-immune disease and there is no cure for it. There can be flare-ups at any time and these flare-ups can be linked to low immunity or during high stress situations. They are also treated in similar ways. Psoriasis is treated mainly with a combination of UV light treatments along with Steroid-based creams, Calcipotriene-containing topical ointments, Coal-tar ointments and shampoos. With eczema, obviously we try to manage all the triggers and it can be treated with various supplements and use of topicals such as cortizones etc."

To read the full article visit: <http://beautysouthafrica.com/skin-and-body/what-is-the-difference-between-eczema-and-psoriasis>