

Psoriasis Treatments Steps

Note that not all patients will necessarily reach the last step of treatment.

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TOPICAL TREATMENTS

1-2x / day
Creams, lotions, ointments,
gels, shampoos, foam
Cortisone, vitamin D or
a combination of the two

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PHOTOTHERAPY

2-3x / week
Treatment only takes
a few minutes
Effective in 4-6 weeks
Specific UV rays for psoriasis

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MEDICATION

Three options (must be taken for minimum 3 months)

Soriatane/acitretin (derivative of vitamin A)

Daily
Blood tests several times a year
Side effects: dryness, hair loss, changes
in cholesterol levels
Pregnancy not advised until 3 years after the treatment
Has no effect on arthritis

Methotrexate

Weekly
Blood tests several times a year
Side effects: digestive, mild immunosuppression
Pregnancy not advised during the treatment
Combined with a vitamin

Neoral/cyclosporine (more effective)

2x / day
Used max 2 years at a time
Blood and blood pressure tests
Side effects: Very few, immunosuppression
Pregnancy not advised during the treatment

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BIOLOGICS AND INNOVATIVE TREATMENTS

Tablets

- Apremilast 2x / day
Side effects: digestion, weight loss, depression
- Sotyktu 1x / day : few side effects

Subcutaneous injections

Several medications available
Self-injection or with assistance
Administration frequency:
from 2x / week to every 3 months
Significant chances of improvement,
approximately 80%
Recommended vaccination
Few side effects: redness at the injection site,
relative immunosuppression

Reimbursed if:

2/3 of the aforementioned medications have failed to
yield satisfactory results over a three-month period
or intolerance or contraindications

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Moderate to severe generalized psoriasis
or on the hands/feet, face, genitals

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Turnkey service with
nurse and assistance program
adapted to the patient