Offers authoritative, practical answers to questions about choosing a dermatologist, treatment options, coping strategies, sources of support, and much more.

In clear, accessible style, two expert dermatologists specializing in treating psoriasis describe the latest medical knowledge—including the new generation of psoriasis drugs—and practical tips on what psoriasis is and what you can do to treat your condition, from mild to the most severe, effectively. Featuring “insider” advice from an actual patient, this book is an invaluable resource for anyone coping with the physical and emotional turmoil of this potentially debilitating disease.