Table 1 – Factors Influencing Systemic Absorption of Topical Corticosteroids

Factor	Effect
High-potency corticosteroids	Increased systemic absorption
Large application area	Higher drug penetration
Prolonged treatment duration	Greater cumulative exposure
Occlusive dressings	Enhanced skin permeability

Conclusion

Long-term application of topical corticosteroids might result in systemic absorption and possible metabolic consequences, such higher blood glucose levels. Patients with diabetes and patients who are receiving high-potency or long-term treatment may be more vulnerable to these effects, even if they are rare when medications are used correctly. To reduce the likelihood of systemic side effects, it is advised to use topical corticosteroids judiciously under careful supervision.

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ASSESSMENT OF PSORIASIS SEVERITY AND ITS CORRELATION WITH PATIENT LIFESTYLE AND HISTORY

Introduction

Psoriasis, as a chronic inflammatory skin disease driven by an immune response, is one condition that never seems to end, significantly affecting the life of the patient. It manifests as an overactive proliferation of skin cells, leading to the characteristic signs of red, thick, and scaly plaques on the skin surface. It may vary from mild to severe, with the severity of the disease being influenced by a combination of genetic, environmental, and lifestyle factors. It is important to understand the depth of the impact of these factors to formulate a treatment plan to transform the life of the patient.

Goal

To properly measure the level of the patient's psoriasis, as well as explore the connection of the patient's psoriasis with other aspects, which may eventually become the key to the effective

treatment of the patient's psoriasis, such as the patient's medical history, as well as the patient's way of living, including the patient's smoking.

Material and methods of research

A study involving 50 patients, all suffering from psoriasis, was conducted in the dermatology outpatient department in Kalamuna. The study collected a wide range of data, including demographic data such as the age and gender of the patients, clinical data such as the duration for which the patient has been suffering from the illness, whether there is a family history of psoriasis, and lifestyle data such as smoking, alcohol, and stress levels. The severity of the disease was measured by the Psoriasis Area Severity Index (PASI), which is used internationally for measuring the severity of psoriasis. Blood samples were collected for measuring the level of inflammation in the body, specifically the level of C-reactive protein (CRP) in the blood. Data was analyzed using SPSS software with a p value of less than 0.05.

The results of the research and their discussion

The group was composed of people whose age range was between 20 and 60 years, with 60% of them being males. On average, the total PASI score was around 15.2±6.8, and this in itself was a cause for concern. There was also an established, highly significant positive correlation between increased PASI and smoking levels ($p < 0.05$). People whose family had a history of psoriasis were experiencing much more severe symptoms than the general average ($p < 0.01$). This goes to show the role of heredity in the development of the condition. Of grave concern was the fact that 70% of the people were experiencing some form of stress, an aspect that is often overlooked but plays an important role in the management of the condition. There was also the positive correlation with inflammatory markers such as CRP, and this goes to show the role of inflammation in the development of the condition. All these findings go to show that the general consensus in the body of literature is right, and lifestyle does play an important role in the development of the condition, which has to be managed in a multidimensional fashion.

Conclusion

The severity of the disease has been inextricably and profoundly linked with aspects of lifestyle, such as smoking and stress, as well as genetic factors. This not only has the potential for the management of the disease in an effective manner, but it also has the potential for the alteration of the course of the disease. These findings have clearly indicated that the aspects of the lifestyle have a significant effect on the prognosis of the disease. In order to seal the groundbreaking findings, it is important that further research is carried out, which has the potential for redefining the future of the management of the disease and bringing hope to millions suffering with the disease.

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