

**VYTLONE**

SPECIALTY PHARMACY

# Your Guide to Psoriasis



## Program Overview

Vyt!One’s Clinical Track Disease Management Programs offer a unique approach to disease management. Each clinical track includes information from disease overview to therapeutic outcome management and provides continuous, coordinated, and patient-centered care plans carefully designed to fit your specific needs.

As part of the program, you will also have access to:

- Patient education materials providing disease specific information stressing the importance of medication compliance, ongoing physician follow-up, scheduled lab work adherence, etc.
- Ongoing patient communication with documented patient feedback.
- Proactive refill calls to assist with patient compliance.
- Monitoring of timely and appropriate prescription refills to avoid product waste or misuse.
- Convenient ordering capabilities.
- Free delivery to home or other preferred location.
- Clinical pharmacist availability 24/7/365.
- Screening and education for drug/drug, drug/food, drug/lab, and drug/disease interactions as well as adverse drug reactions.
- Side effect management.

Through ongoing patient communication, education in lifestyle changes, clinical interventions, focused compliance efforts, market trend expertise, cost saving pharmacy practices, and outcome evaluation measures, our Clinical Track Programs are dedicated to meeting your needs.

You can access your patient portal at [vytlone.com](http://vytlone.com) or call us at 866-629-6779 for more information.

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# Understanding Psoriasis

## **Psoriasis and VytlOne's Role**

An estimated 125 million people worldwide, about 3% of the total population, have psoriasis. More than 8 million people in the United States are affected.

Our goal at VytlOne Specialty Pharmacy is to provide you with the tools and resources you need from initial diagnosis and onward. We aim to provide consistent support and navigation throughout the seasons of life. Understanding you or your family member's diagnosis is the first step in taking control of your health. This program will provide key information about psoriasis and ongoing initiatives to help get you started on your journey.

## **What is psoriasis?**

Psoriasis is a chronic skin condition that changes the life cycle of skin cells. Psoriasis causes skin cells to grow too quickly and build up on the surface of the skin. The extra skin cells form thick, white, silver, or red patches called plaques. The patches vary in size and appear most often on the knees, elbows, scalp, hands, feet, or lower back.

There are many different types of psoriasis such as guttate psoriasis, pustular psoriasis, and others. The most common type of psoriasis, however, is plaque psoriasis. Symptoms of psoriasis can vary from person to person and are based on the type of psoriasis you have.

## **What causes psoriasis?**

Psoriasis can appear at any age. However, it most commonly appears between the ages of 20 to 30 and 50 to 60 years of age. Psoriasis is more than a skin rash. It is a chronic systemic inflammatory disease. Psoriasis is a lifelong disease defined by excessive inflammation affecting the skin, joints, and other organs in the body. The exact cause of psoriasis is unknown. However, genetics and environmental factors are thought to play a role in triggering this disease.

## **How is psoriasis diagnosed?**

Psoriasis is often diagnosed by a dermatologist through a skin exam. Your doctor will examine your skin, scalp, and nails for signs of the condition. A family and medical history may also be gathered, including information such as:

- Symptoms of itching or burning skin.
- Recent illnesses.
- Severe stress.
- Medication history.

- Family members with psoriasis.
- Joint tenderness.
- Past and present health conditions.

### **What does psoriasis look like?**

Symptoms of psoriasis appear in different ways. Psoriasis can be mild with small areas of rash. However, when psoriasis becomes moderate or severe, the skin gets inflamed with raised red areas covered with silvery, scaling skin. If psoriasis is severe, the skin can become itchy and tender. In some people, psoriasis causes joints to become swollen, tender, and painful. This is called psoriatic arthritis. This arthritis can also affect fingernails and toenails, causing them to split, change color, or separate from the nail bed.



### **Complications of psoriasis**

Most cases of psoriasis are mild, and treatment starts with skin care at home. This includes keeping the skin moist with creams and lotions, protection from sunlight, and treatment using over-the-counter skin products and prescribed medications. It may take some trial and error to see which skin products work best.

It is also important to avoid things that can cause psoriasis to flare up or make the psoriasis worse. Things to avoid include:

- Skin injury – an injury to the skin can cause psoriasis patches to form anywhere on the body, including the site of injury.
- Stress and anxiety – can cause psoriasis to appear suddenly or make symptoms worse.
- Infection - such as strep throat.

- Overexposure to sunlight – short periods of sun exposure reduces psoriasis in most people, but too much sun can damage the skin and cause skin cancer, and sunburns can trigger a flare-up.
- Alcohol – too much alcohol can cause symptoms to flare up.
- Smoking – smoking can make psoriasis worse.

## References

- Understanding Psoriatic Disease. National Psoriasis Foundation. Updated 2024. Accessed November 21, 2025. <https://www.psoriasis.org/understanding-psoriatic-disease/>

# Psoriasis Treatments

At VytlOne, our aim is to provide you with goals that can be implemented to improve you or your loved one's care.

## The 3 Goals of Psoriasis Treatment

1. Reducing disease symptoms
2. Preventing flare ups
3. Improving quality of life

## Goal 1: Reducing disease symptoms

Achieving clear skin improves more than just skin. It can reduce inflammation and improve long-term outcomes. The primary goal of treatment is to reduce psoriasis down to 1% or less body surface area (BSA) affected within three months of starting a new medication or treatment. Once 1% or less of BSA affected has been achieved, your doctor will schedule regular check-ups to ensure you are continuing to experience these results to your treatment.

### *Topical Treatments*

Topicals – such as creams, ointments, lotions, and shampoos – are often the first step in treatment of psoriasis. Some topical medications may be bought over the counter or as a prescription. Prescription topicals either have steroids or do not have steroids (nonsteroidal).

Steroid topical treatments include:

- Betamethasone dipropionate 0.05%.
- Clobetasol 0.05%.
- Fluocinonide 0.05%.
- Hydrocortisone 2.5%.
- Triamcinolone 0.1%.

Nonsteroidal topical treatments include:

- Anthralin.
- Calcineurin inhibitors (tacrolimus, pimecrolimus).
- Roflumilast.
- Tapinarof.
- Tazarotene
- Topical vitamin D analogs (calcipotriene, calcitriol, tacalcitol).

*Phototherapy (light therapy)*

Phototherapy is the use of ultraviolet light to decrease the visible effects of psoriasis. There are two types of ultraviolet light, UVA and UVB. While there are techniques to use UVA for treatment using a light-sensitizing agent, UVB is the light preferred for treatment. Phototherapy can be costly and often requires an appointment with your dermatologist on a regular basis with treatment occurring under medical supervision. While regular visits and consistency are key to find success with phototherapy, keeping up with frequent doctor’s appointments can be challenging. There are phototherapy treatments available for home use. That may be more economical and convenient. Home phototherapy treatments require a prescription. Ask your dermatologist for more information.

Tanning beds are not recommended as an alternative to phototherapy prescribed by a dermatologist. Tanning beds emit mostly UVA light, not UVB, which is relatively ineffective for psoriasis. Additionally, the American Academy of Dermatology (AAD), the Food and Drug Administration (FDA), and the Centers for Disease Control and Prevention all discourage the use of tanning beds and sun lamps. Indoor tanning raises the risk of melanoma by 59%, according to the AAD and the World Health Organization.

*Biologics and Oral Systemic Treatments*

Biologics are medications primarily given by injection or infusion to target the immune system that plays a role in psoriasis. Like biologics, biosimilar products are modeled after an FDA-approved biologic medicine or biologic. Oral systemic therapy affects the entire immune system and has been on the market for over 10 years.

| <b>Oral Therapies</b>   |  |   |
|---|--|---|
| Cyclosporine<br>Methotrexate<br>Otezla® (apremilast)<br>Rinvoq® (upadacitinib)<br>Soriatane® (acitretin)<br>Sotyktu® (deucravacitinib)<br>Xeljanz® and Xeljanz XR (tofacitinib) |  |   |
| <b>Biologic Therapies</b>   |  |   |
| <b>TNF-Alpha Inhibitors</b>   | <b>IL-17 Pathway Inhibitors</b>  | <b>IL-23 Pathway Inhibitors</b>   |
| Adalimumab products<br>Cimzia® (certolizumab pegol)<br>Enbrel® (etanercept)<br>Infliximab products<br>Simponi® (golimumab)<br>Simponi Aria® (golimumab)                         | Bimzelx® (bimkizumab)<br>Cosentyx® (secukinumab)<br>Siliq™ (brodalumab)<br>Taltz™ (ixekizumab) | Ilumya® (tildrakizumab)<br>Skyrizi® (Risankizumab)<br>Tremfya® (guselkumab) |
| <b>IL-12/23 pathway inhibitors</b>  | <b>IL-36 Pathway inhibitors</b>  | <b>T-Cell Inhibitors</b>  |
| Ustekinumab products  | Spevigo® (spesolimab-sbzo)   | Orenzia® (Abatacept)  |

A combination of therapies may be required for people who are unable to improve their psoriasis with only one medication. Multiple treatments may need to be used together to achieve treatment goals.

### Goal 2: Preventing Flare-ups

Preventing psoriasis flare-ups is key to reducing inflammation and other symptoms associated with the condition. While the exact cause of psoriasis is unknown, a trigger or triggering event may lead to a change in the immune system causing a sudden onset of psoriasis symptoms.

Psoriasis flare-ups vary from person to person. What may trigger your psoriasis might not have any impact on someone else's. Common triggers include:

|                                 |   |
|---------------------------------|---|
| <b>Stress</b>                   | <ul style="list-style-type: none"> <li>• Stress is one of the most common triggers of psoriasis, and often psoriasis flare-ups can also lead to stress.</li> <li>• Stress management strategies such as relaxation techniques including deep breathing, meditation, and yoga, and lifestyle adjustments including regular exercise, a healthy diet, and getting a full night's sleep may help.</li> <li>• Talk to you doctor if you experience stress, anxiety or have other mental health concerns.</li> </ul> |
| <b>Injury to Skin</b>           | <ul style="list-style-type: none"> <li>• Injury or harm to the skin may cause psoriasis to appear.</li> <li>• Types of injury that can contribute to psoriasis include scratches, sunburns, bug bites, and vaccinations.</li> <li>• Wearing sunscreen and bug spray may help to prevent flare-ups caused by skin injuries.</li> </ul>   |
| <b>Illness</b>                  | <ul style="list-style-type: none"> <li>• Psoriasis is caused by an underlying immune dysfunction.</li> <li>• Illnesses that impact the immune system such as an ear infection, respiratory infection, and strep throat can trigger psoriasis and psoriasis flare-ups.</li> <li>• If you have had strep throat in the past, talk with your healthcare provider about getting a strep throat test if your psoriasis flares.</li> </ul>  |
| <b>Weather</b>                  | <ul style="list-style-type: none"> <li>• Cold weather can trigger psoriasis symptoms</li> </ul>   |
| <b>Missing Medication Doses</b> | <ul style="list-style-type: none"> <li>• Missing or stopping your psoriasis medications before consulting with a provider can lead to potential flare-ups.</li> <li>• It is important to continue taking your prescribed psoriasis medication even when you are not experiencing a flare-up or other noticeable symptoms.</li> </ul>  |
| <b>Other Potential Triggers</b> | <ul style="list-style-type: none"> <li>• Allergies, certain foods, smoking, and other environmental factors may contribute to psoriasis flare-ups.</li> <li>• Keeping track of potential triggers and symptoms will help you and your doctor develop a treatment plan to prevent flare-ups.</li> </ul>  |

### Goal 3: Improving Quality of Life

Psoriasis impacts stretch beyond physical symptoms. Often, people with psoriasis experience feelings of social embarrassment, lower body satisfaction, anxiety, and depression. At VytlOne, we strive to not only help you improve your psoriasis, but also aim to help minimize the burden this condition can have on your quality of life.

Depression and anxiety can be key factors that contribute to psoriasis symptoms, or they can develop due to the psoriasis itself. Symptoms of depression may include but are not limited to:

- Loss of energy or increased fatigue.
- Appetite changes.
- Feeling sad or having a depressed mood.
- Loss of interest or pleasure in activities once enjoyed.
- Difficulty thinking, concentrating, or making decision.

Talk to your healthcare provider if you or your loved one are experiencing symptoms of depression.

## References

1. National Psoriasis Foundation. Non-steroidal topical treatments. <https://www.psoriasis.org/non-steroidal/>. Accessed November 21, 2025.
2. National Psoriasis Foundation. Phototherapy. <https://www.psoriasis.org/phototherapy/>. Accessed November 21, 2025
3. National Psoriasis Foundation. Biologics. <https://www.psoriasis.org/biologics/>. Accessed November 21/2025
4. National Psoriasis Foundation. Oral treatments. <https://www.psoriasis.org/oral-treatments/>. Accessed November 21, 2025

## Resources

National Psoriasis Foundation  
<https://www.psoriasis.org/>

Life with Psoriasis  
<https://www.psoriasis.org/life-with-psoriasis/>

Emotional Impact of Psoriatic Disease  
<https://www.psoriasis.org/emotional-impact-psoriasis-psoriatic-arthritis/>  
conditions, including cystic fibrosis.