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psoriasis treatments aim to stop skin cells from growing so quickly and to remove scales options include creams and ointments topical therapy light therapy phototherapy and oral or injected medications there s no cure for psoriasis but treatment can help you feel better you may need topical oral or body wide systemic treatments treat nail changes if you have them reduce joint pain if you also have psoriatic arthritis there is no one best treatment for psoriasis and no one treatment works for everyone your dermatologist may choose one specific treatment or prescribe two or more treatments there may be no cure for psoriasis but many at home treatments such as turmeric and epsom salt soaks can help ease your milder symptoms there s no cure for psoriasis but many treatments are available learn about the range of options that help manage symptoms and reduce psoriasis activity overview psoriasis is a skin disease that causes a rash with itchy scaly patches most commonly on the knees elbows trunk and scalp psoriasis is a common long term chronic disease with no cure it can be painful interfere with sleep and make it hard to concentrate

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there may be no cure for psoriasis but many at home treatments such as turmeric and epsom salt soaks can help ease your milder symptoms

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