

# IEMT Treatment for Psoriasis

A surprising observation is how IEMT has been used to successfully treat *plaque* psoriasis.

Psoriasis is a chronic skin condition that affects millions of people worldwide. It is characterized by red, scaly patches on the skin that can be itchy, painful, and sometimes even bleeding. The exact cause of psoriasis is unknown, but it is thought to be related to an immune system problem.

There are several types of psoriasis, including plaque psoriasis, guttate psoriasis, inverse psoriasis, and pustular psoriasis.

- **Plaque psoriasis** is the most common type, and it appears as raised, red patches on the skin covered with a layer of white or silver scales.
- **Guttate psoriasis** is characterized by small, red, drop-like lesions on the skin, usually on the arms, legs, and trunk.
- **Inverse psoriasis** occurs in the folds of the skin, such as the armpits, groin, and under the breasts.
- **Pustular psoriasis** is a rare form of the disease that appears as raised bumps filled with pus on the skin.

From a medical viewpoint, there is no cure for psoriasis, but it can be managed with a variety of treatments. Topical treatments, such as creams and ointments, are often used to treat mild to moderate cases of the disease. These treatments can help to reduce inflammation and slow down the production of skin cells. More severe cases may require the use of phototherapy, which involves exposing the skin to controlled amounts of natural or artificial light. This can help to reduce inflammation and improve the appearance of the skin.

In some cases, oral or injected medications may be necessary to manage psoriasis. These medications, which include biologics and immunomodulators, work by targeting the immune system and reducing inflammation. They may be used alone or in combination with other treatments.

Living with psoriasis can be challenging, both physically and emotionally. The condition can cause discomfort and pain, and it can also have a negative impact on a person's self-esteem and overall quality of life. It is important for individuals with psoriasis to work closely with a healthcare provider to find a treatment plan that works for them and to seek support from friends, family, and support groups.

## ICD Classification

The International Classification of Diseases (ICD) is a standardized system for classifying and coding diseases and related health problems. It is used by healthcare providers, insurance companies, and public health agencies to record and report diagnoses, procedures, and outcomes.

In the ICD, psoriasis is classified under category L40, which includes all forms of the disease. Within this category, there are several subcategories that are used to specify the type of psoriasis a person has. For example, L40.0 is plaque psoriasis, L40.1 is guttate psoriasis, L40.2 is pustular psoriasis, and

L40.3 is erythrodermic psoriasis.

The ICD also includes codes for other conditions that may be related to or occur in conjunction with psoriasis, such as psoriatic arthritis (M07.3) and nail psoriasis (L40.5).

The ICD is regularly updated and revised by the World Health Organization (WHO) to ensure that it accurately reflects current medical knowledge and practice. It is used globally, with different countries and regions sometimes adapting the codes to meet their specific needs.

## Conclusion

Psoriasis is a chronic skin condition that affects millions of people worldwide. It is characterized by red, scaly patches on the skin and can be managed with a variety of treatments. While there is no cure for psoriasis, individuals with the condition can work with a healthcare provider to find a treatment plan that helps to manage their symptoms and improve their quality of life.

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Last update: **2023/01/07 09:17**

