



HUMMADI HEALTHCARE

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Daily Care Tips

- Washing vulnerable areas daily and maintaining their hygiene

- Gentle cleansers work better

- Keep skin moisturized with appropriate creams after washing

When should I seek help?

You should seek medical advice if:

Psoriasis is painful or bothering you

Over-the-counter products aren't helping

Psoriasis is affecting your confidence or mood

Psoriasis, Clarified



What causes Psoriasis?

Some of the most common causes we see

- Immune system dysfunction
- Genetics
- Triggers such as stress

Myths to know

Psoriasis is not contagious

Psoriasis is not the same as just having dry skin

What is Psoriasis?

Psoriasis is a chronic condition

- Skin cells build up too quickly
- This results in a type of inflammation
- The skin forms thick, scaly plaques

Common areas affected

- Elbows
- Knees
- Scalp
- Lower back

The mental connection:

Psoriasis doesn't just affect your skin

Psoriasis can be caused to appear or flare up by mental factors such as stressors.

In return, having psoriasis has been shown to increase stress levels further, and a strong link with depression has been found.

Ask us how psoriasis can be weighing on your mental health

Anxiety is characterized by a feeling of apprehension and increased physical tension when a person anticipates a perceived danger or misfortune. Muscles tense, breathing becomes faster, and the body's recovery and immune systems can be affected.

Depression can range from a feeling of unhappiness and discontent to a more extreme level of pessimism and despondency. This can interfere with daily life, altering eating, sleeping, and social habits. Concentration and decision-making are often affected, and other mental health issues tend to co-occur as well.