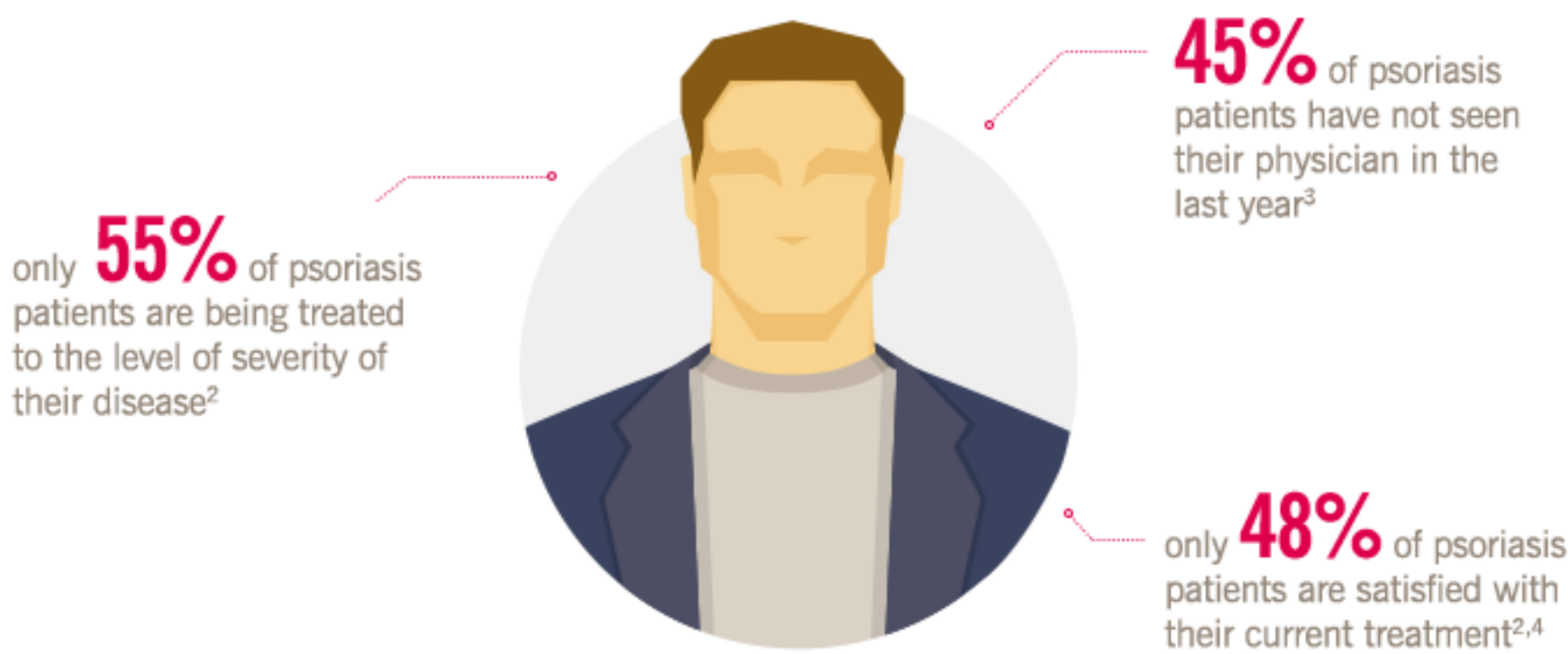


# AAD 2015 Event Summary

## What it's all about...



## What we learned...



"The stark reality is that as we know, psoriasis is not just a skin disease ... it's an autoimmune disorder"

@FlakyFashionista  
Psoriasis patient and blogger

"Comorbidities include cardiovascular diseases, kidney diseases, and a high prevalence of psoriatic arthritis"<sup>5</sup>

Dr James Krueger  
Dermatologist and psoriasis expert

The risks can be reduced by making an effort to do things such as:<sup>6</sup>



Stopping smoking



Exercising more



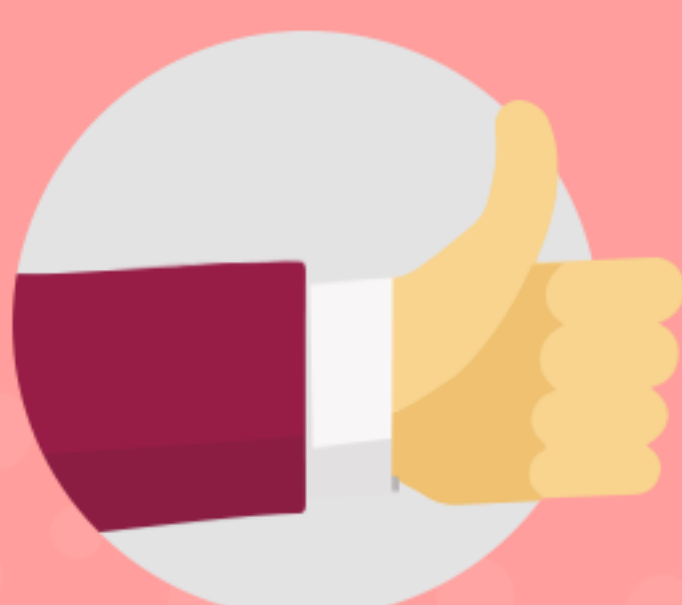
Reaching a healthy weight

## At the end of the day...



"Psoriasis research could do more than offer relief to patients, it could extend their lives"<sup>5</sup>

Dr James Krueger  
Dermatologist and psoriasis expert



"Getting better outcomes means better patient-centered measures to enhance research and treatment"<sup>2</sup>

Dr Alice Gottlieb  
Dermatologist and psoriasis expert



"We need to take care of ourselves. Not just of our skin, but of our whole bodies"

@FlakyFashionista  
Psoriasis patient and blogger



For a patient view of AAD 2015 see @FlakyFashionista's blog at <http://www.theflakyfashionista.com>

You can also catch up on the conversation had during our #AADskinchat on the Skin to live in website



1. Estimate from: <https://www.aad.org/about-aad>.  
2. <http://www.aadmeetingnews.org/2015-annual-meeting-dailies/stakeholders-working-to-fill-gaps-in-psoriasis-research/>.  
3. Lebwohl MG *et al.* *J Am Acad Dermatol.* 2014; 70(5): 871-81.  
4. Armstrong AW *et al.* *JAMA Dermatol.* 2013; 149(10): 1180-85.  
5. <http://www.aadmeetingnews.org/2015-annual-meeting-dailies/taming-psoriasis-newest-biologics-clear-skin-offer-hope-of-reregulating-immune-system/>.  
6. Menter A *et al.* *J Am Acad Dermatol.* 2008; 58: 826-50.