

Psoriasis

Psoriasis is a non-contagious, life-long disease. Nearly 7.5 million Americans suffer from psoriasis. According to the National Psoriasis Foundation it is unclear exactly what causes psoriasis. Through studies researchers can agree that it is a type of immune disorder which speeds up the growth of skin cells. Healthy skin cells are formed and fall off the body in 28-30 days.



An individual with psoriasis produces skin cells in 3-4 days, but the cells stay on the skin's surface instead of falling off. The cells build up on the skin's surface resulting in inflamed, scaly lesions.

If you or someone you know has psoriasis talk with your HealthSTAT clinician or healthcare provider to learn more about treatment. There is no cure for psoriasis, but there are treatment options available.

There are five types of psoriasis according to the National Psoriasis Foundation:

1. **Plaque**—raised, inflamed, scaly, red lesions.
2. **Guttate**—resembles small, red, individual spots on the skin.
3. **Pustular**—consists of white pus filled lesions surrounded by red skin.
4. **Inverse**—first appears as red lesions leading to red inflammation.
5. **Erythrodermic**—fiery red inflammation that covers large area of skin.

FACTS

- 2.2% of American Adults have been diagnosed with psoriasis.
- Psoriasis is a common disease.
- 11% of individuals with psoriasis also have psoriatic arthritis.
- Psoriasis is a medical problem, not a cosmetic nuisance.
- 10-30% of people with psoriasis also develop psoriatic arthritis.
- 125 million people worldwide have psoriasis.
- Psoriasis is NOT contagious.



Chronic Obstructive Pulmonary Disease (COPD)

Chronic Obstructive Pulmonary Disease is also known as chronic bronchitis and emphysema which causes serious long term disability. COPD is a condition that partially blocks airways to and from the lungs making it difficult to breathe normally. The lack of oxygen getting in and out of the lungs makes everyday activities difficult causing shortness of breath. Simple tasks such as grocery shopping, laundry, or cleaning tend to be a great challenge.

According to the American Lung Association, COPD is the fourth leading cause of death in the United States. In 2004, COPD claimed 118,171 lives. The number one cause of COPD—SMOKING.

Approximately 80-90% of deaths from COPD are caused by smoking. Other environmental factors that may play a role are air pollution, second hand smoke, a history of childhood respiratory infections, and heredity. Currently there are over 12 million Americans diagnosed with COPD, and an additional 12 million Americans currently living with COPD undiagnosed.

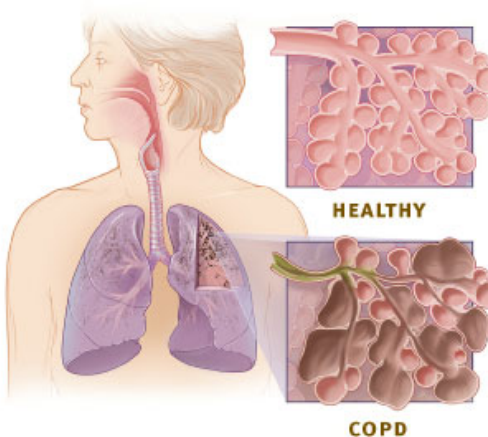
COPD: 2007 Healthcare Expenses

- ◆ Nationwide healthcare expenses in 2007: \$42.6 BILLION
 - ◆ Direct costs (medical, hospitalization, etc.): \$26.7 BILLION
 - ◆ Indirect costs (lost productivity, lost work time) : \$15.9 BILLION

Signs & Symptoms

(National Heart, Lung, & Blood Institute)

- Cough
- Mucus production
- Shortness of breath
- Wheezing
- Chest tightness



This newsletter is a monthly publication of HealthSTAT, Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

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Typically COPD is not diagnosed until middle age or older. The signs and symptoms develop slowly and go unnoticed. All of these symptoms do not always occur in individuals with COPD, and some individuals have some of these symptoms without having COPD. The best way to prevent this from happening to you—DON'T SMOKE!

For more information visit www.lungusa.org. You can also talk with your HealthSTAT clinician or healthcare provider.