

The Stratford Clinic, Alcester Road,
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Friendly and professional medical care

Dermatology



Psoriasis – Time for a Review

Psoriasis affects approximately one million people in the UK. Consultant Dermatologists, Dr Bruce Gee and Dr Alison Bedlow at The Stratford Clinic discuss this common condition and why as new treatments are now available, there has never been a better time for sufferers to be able to improve their condition.

What is psoriasis?

It is a common skin condition which can be inherited. Sufferers will often have red scaly plaques on the elbows, knees, scalp and lower back. It can also affect the joints and the nails.

How does psoriasis affect people?

Psoriasis can be unsightly with red inflamed skin, itching, soreness and shedding of skin flakes. These can have a significant impact on quality of life. However, in the last five years there have been significant advances in understanding the disease and how best to treat it.

What treatments are available?

Most people will have mild psoriasis, affecting a small area of the skin, which is mainly treated with creams. However, more extensive psoriasis can respond well to ultraviolet light therapy, using a specialist machine which is now available at The Stratford Clinic. For patients with moderate and severe psoriasis who do not respond to light therapy, there are other options including tablets and injections.

To book a consultation with Dr Bedlow or Dr Gee

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What is new about psoriasis?

We now know that psoriasis is not just a skin and joint disease. In more severe cases it is linked with diabetes, raised blood pressure, and heart disease. Life-changing treatments in the form of injections are available when traditional treatments have failed. These have now been used for several years and have good safety profiles. A new tablet has also just been launched which, unlike more traditional treatments, doesn't require blood monitoring.

What is your advice for patients with psoriasis?

If your condition is affecting your quality of life or you are unhappy that the current treatment isn't keeping your condition under control, we suggest you seek a medical review. Many treatments are only available from Consultant Dermatologists. Your GP can refer to you to a Dermatologist. Alternatively, you can make a direct booking with Dr Gee or Dr Bedlow for a consultation at The Stratford Clinic (charges will apply). If you are using Private Medical Insurance you will require a GP referral.

Dr Bruce Gee and Dr Alison Bedlow are both Consultant Dermatologists for South Warwickshire NHS Foundation Trust, and see private patients at The Stratford Clinic. They are key opinion leaders in the management of psoriasis and have worked on national advisory boards.

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