Psoriasis, weight and a healthy heart

What is psoriasis?
- Psoriasis is a long-term skin condition. It causes thick silvery scales and dry, red areas. It may itch or be painful. It can start at any age.
- Psoriasis has been linked to obesity. Being overweight may make your psoriasis worse.
- Being overweight increases your risk of heart problems. Having severe psoriasis can also increase your risk of heart problems in the future.

How do I keep my heart healthy?
There are two important things you can do: eat healthy and be active.
Eat healthy.

- Sodas and sweets may taste good but they are bad for your body and can make you gain weight. Soda and juice have lots of sugar.
- Instead of soda and juice, drink more water.
- Milk helps keep your bones healthy. Healthy bones can help you to be active. Drink skim or 1% milk. A healthy limit of milk is about 2 to 3 cups a day. Too much milk can cause problems.
- Instead of sweet or salty snacks, eat more fruits and vegetables. Delicious snacks include colorful apples, carrots, grapes, or your favorite fruits and vegetables.
- Eat healthy protein like beans, fish, and chicken. This will help you build muscle.

Be active. Your heart loves exercise! Get your heart rate up every day.
- Limit screen time. This includes TV, video games, I-pads, computers, etc.
- Run around during recess.
- Play sports during PE or gym class.
- Dance around the house or outside in your backyard.

Any physical activity you love can help you maintain a healthy weight and keep your heart healthy.

Remember, it's your heart and you can do so much to keep it healthy! So turn off that TV, grab an apple, and go play outside!

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.