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ACHIEVEMENTS: RESEARCH AND RESULTS  
OF THEIR IMPLEMENTATION**

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**IV International Scientific and Theoretical Conference**

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## **PRIMARY AND TERTIARY PROPHYLAXIS OF PSORIASIS AMONG THE POPULATION**

**Actuality:** In modern conditions, the fact that diseased persons are becoming younger and younger is progressive. The number of young people whose diseases appear unexpectedly at a young age is increasing every day in the world. The multifaceted illness psoriasis is part of this statistic. The impetus for the occurrence of such a disease can be chronic stress, bad habits, an unbalanced diet, metabolic disorders, skin injury caused by sunburn, and genetic predisposition. No one is immune from psoriasis, it affects people of all age categories and all genders. Accordingly, the issue of its prevention and therapy becomes more acute in direct proportion.

**The purpose of the study:** to determine the awareness of both the prevention of complications of psoriasis and the means of preventing its occurrence among the population.

**Materials and methods:** a voluntary questionnaire of 107 persons of different sexes was conducted on the competence of primary and tertiary prevention of psoriasis. Literary sources on this issue and a practical study of the first affiliated hospital of the Yunnan University of Traditional Chinese Medicine, Kunming, China, were analyzed.

**Results:** A voluntary anonymous survey was conducted among people aged 17 to 60 years, of which 17-20 years make up 52.3%, and 74.8% of all respondents are women. Half of the respondents are sure that psoriasis is a curable disease, and the other half are aware that it is a chronic disease. 75.7% claim that they know about the possible severe course and complications of psoriasis. 42.1% of respondents admitted that they did not realize that the occurrence of such a disease as psoriasis can be provoked by bad habits and regime violations. 53.3% know that sunburn can trigger psoriasis, and 46.7% claim that this is not the case. 23.4% of respondents look for information on the Internet when any rash appears on the skin, 9.3% assure that they will not do anything, 58.9% will consult a doctor if they notice a rash similar to ringworm and the like on the skin, others will start self-medication immediately. 42.1% believe that people of childbearing age are more prone to psoriasis. Only 14% understand the importance of tertiary prevention of psoriasis, and 86% believe that it is impossible to influence the course of the disease and prevent complications of psoriasis. 30.8% heard about the use of ultraviolet lamps in the treatment and prevention of psoriasis complications. When studying the practical research of the first affiliated hospital of Yunnan University, we learned: “NB-UVB irradiation downregulated the expression of pro-inflammatory factors and upregulated anti-inflammatory factors in serum samples from patients with psoriasis. In addition, similar results were confirmed in psoriasis mouse model induced by IMQ after irradiation with NB-UVB. Based on previous studies, [16](#), [20](#), [22](#), [23](#) we speculated that different doses of NB-UVB irradiation altered the expression of immune inflammatory factors through NF- $\kappa$ B signalling pathway..”

**Conclusion regarding the awareness:** Our study showed that almost half of the respondents do not know that psoriasis is a chronic disease, and do not realize that bad habits, sunburns, and eating disorders can be the impetus for the development of the disease. 86% of respondents are sure that complications of psoriasis cannot be prevented. As 86% and

consequently a high number of participants claim that psoriasis cannot be prevented but more than 50% are not aware of psoriasis is a chronic disease and that in fact, self-efficacy regarding nutrition, a healthy lifestyle and protection of their skin from the sun has been proven to play a part in the prevention of psoriasis, these persons with the wrong assumptions may run a higher risk to develop psoriasis simply because of not being informed and therefore not aware of the feasibility of self-protection.”

**Conclusion regarding the state of medical research:** psoriasis is a chronic disease, but medical research has found, that UV treatment is reducing symptoms and may even cure the disease as is stated in the following quote: “therapeutic doses of NB-UVB irradiation could regulate the expression of inflammatory factors, which may be the mechanism by which NB-UVB irradiation ameliorates and cures psoriasis. Further studies are needed to investigate whether NB-UVB irradiation regulates the expression of inflammatory factors via NF- $\kappa$ B signaling to attenuate psoriasis.”

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