

Psoriasis and Metabolic Health: How They're Connected - And What You Can Do

DermCare Companion (DermC²) Patient Education Handout



Psoriasis is more than a skin condition – it's an inflammatory disease that can affect your whole body

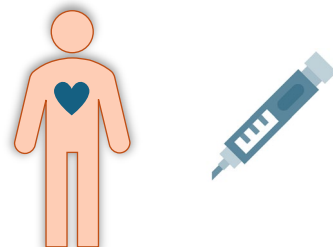
Psoriasis is a chronic inflammatory skin disease that can impact your overall health.¹ Conditions like obesity, high blood pressure, abnormal cholesterol, and high blood sugar are all linked to chronic inflammation.

Your healthcare team may recommend adding a GLP-1 receptor agonist to your management plan

GLP-1 receptor agonists like tirzepatide, semaglutide, and liraglutide, are medications that can help manage weight in patients with psoriasis.²⁻⁴

While more research is ongoing, early studies suggest GLP-1's may help improve psoriasis by:⁵

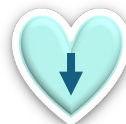
- Reducing systemic inflammation
- Promoting weight loss, which can improve psoriasis severity and treatment response
- Improving blood sugar and cholesterol levels, and lowering cardiovascular disease risk



• Weight
• Inflammation



• Blood sugar
• Cholesterol



• Heart attack
& stroke risk

Not one injection fits all



Tirzepatide, semaglutide, and liraglutide come as pre-filled pens that are easy to use.²⁻⁴

Tirzepatide is also available in a vial for injection with a syringe.



The injection process is different for each of the GLP-1 medications. Your prescriber will give you instructions on how to inject your specific treatment.



Questions to ask your dermatology clinicians:

- Is my psoriasis linked to my metabolic health?
- Would a GLP-1 medication help with any other health problems?
- What are the risks or side effects of GLP-1 therapy?
- How are GLP-1s different from other weight loss treatments?
- Do GLP-1's interact with any of my other medications?
- Is GLP-1 therapy a lifelong commitment?

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References: 1. Elmetts CA, et al. *JAAD*. 2019;80(4):1073-1113. 2. Saxenda [package insert]. Plainsboro, NJ: Novo Nordisk Inc.; October 2025. 3. Wegovy [package insert]. Plainsboro, NJ: Novo Nordisk Inc.; November 2025. 4. Zepbound [package insert]. Indianapolis, IN: Lilly USA, LLC; September 2025. 5. Haran K, et al. *Psoriasis (Auckl)*. 2024;14:143-152.