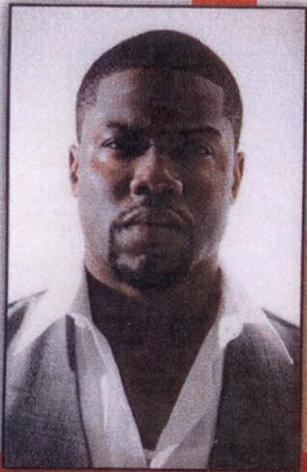


THE BLACK CARD—EVERYTHING YOU NEED TO KNOW

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KEVIN HART
[Laugh at my pain]

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It's the most prevalent autoimmune disease in the U.S., with nearly 7.5 million Americans living with the chronic condition...

And the often painful condition doesn't just affect the skin. The latest research has come to define psoriasis as a systemic inflammatory disease, which can lead to everything from heart disease to psoriatic arthritis.

And Gelfand, who has extensively researched the disease and even published a study on the prevalence of psoriasis in African-Americans, says that data suggests African-Americans—who are 50 percent less likely to develop psoriasis—were “more likely to have more extensive or severe disease.” Similarly, he says multiple studies suggest that symptoms appear worse with obesity.

While genetics, cigarettes and obesity are assumed risk factors, there remains no known cause or trigger. Fortunately, there are several avenues for remission.

“There have been a lot of major advances with people who have moderate to severe psoriasis or extensive psoriasis,” says Gelfand. “We have had six drugs approved for psoriasis in the last 10 years, which is more than we've had in the history of medicine. That's a lot of progress.”

Talbert, now 53, says she's able to successfully control her symptoms with one of the latest new injection treatments called biologics.

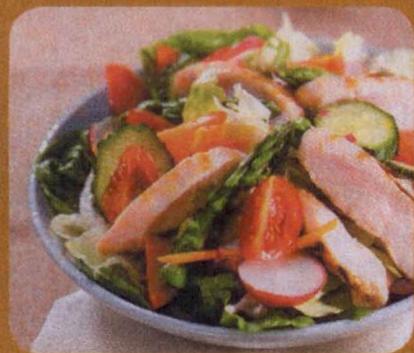
Duffy affirms medicines like these and others—from light therapies to topical treatments—have done a lot to improve the efficiency and ease of treatment. She also says studies have demonstrated that nonmedical treatments like stress reduction through meditation, fish oils, noninflammatory diets and sunlight and sea mineral therapies have also proven successful.

Despite psoriasis, Talbert settled into a normal existence. She's married with children and grandchildren, speaks on behalf of the NPF and no longer wears pantyhose to the beach.

“Can you imagine going your whole life and not owning a short-sleeve blouse?” she asks. “[Just 8 years ago,] I bought my first short-sleeve shirts.”

Fighting Fatigue

Ward off that midday slump with the right power lunch.



If you're like most, you look forward to lunch; it breaks up your day and provides you with enough energy to toil through the rest of your workload. But Jackie Keller, nutrition coach, author and owner of the California meal delivery program nutrifitonline.com, says instead of fueling up for lunch, you could unknowingly be powering down.

Heavy meals and foods high in fat often cause sluggishness. Instead, she says to go for foods high in nutrients like vegetables, lean meats, beans and whole grains. Some of her favorite power lunches are grilled chicken sandwiches, salmon teriyaki, veggie or turkey burgers and hummus with roasted peppers in a pita.

Even after lunch is done, Keller says to plan a snack every three hours, but avoid the common desk traps like candy and even diet sodas, which provide a quick boost but leave you zapped or thirstier shortly after.

“The best thing to drink when looking for a pick-me-up is water,” she says. “Dried soy nuts, soy crisps and whole grain, peanut butter-filled pretzels also make great pick-me-ups.” —N.H.R.

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