

Exercise – for and against – in psoriasis

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Abstract

Sports participation has shown a steady increase over the past 30 years.

Along with the gain in popularity of athletic activity has come an increase in sports-related dermatoses and infections.

Physical activity is reflected in the body through a complex stress: neuromuscular, endocrinometabolic, psycho-emotional and biochemical oxidative. This can produce a beneficial (eustress) or a negative (distress) effect on it.

In psoriasis patients (autoimmune skin disease, mostly induced and aggravated by various forms of stress), sustained physical effort has a paradoxical effect: psycho-physiological distress (inducer of psoriasis) and therapeutical eustress (increasing the quality of life at these patients).

Keywords: exercise, psoriasis, neuro-immuno-modulation, eustress, distress.