

WHAT IS YOUR SKIN TELLING YOU?

Stress has a funny way of making itself known. In general, the body does a decent job of mitigating the effects of daily physical, emotional, environmental and glycemic stressors. However, when chronically threatened, the body manifests stress through a variety of mechanisms, one of those being through its largest organ and outlet: the skin. Stress is a primary trigger for both inflammatory and autoimmune-related skin conditions, such as eczema and psoriasis.

As the body attempts to absorb stress of any form, the immune response is triggered, resulting in an inflammatory cascade and the subsequent release of several mediators, including pro-inflammatory cytokines, chemokines, leukocytes and histamine. The body should repeat this cycle normally, working behind the scenes 24 hours a day to remain in homeostasis. However, for those who suffer from chronic inflammatory and autoimmune-related conditions, such as eczema and psoriasis, the cycle is less resilient and more overactive, making fast and effective treatment necessary. Due to some commonly shared pathophysiology between eczema and psoriasis, reducing inflammation and modulating the immune response are critical for effectively treating each of these conditions.

Causes of Eczema vs. Psoriasis

Both eczema and psoriasis stem from immune system complications, but by different mechanisms. Each condition produces a red and

inflamed rash, and the two can often be difficult to differentiate.

Eczema is an extreme sensitivity to certain triggering substances, sometimes caused by an allergy. Common triggers for eczema include soaps, pet dander, fabrics and various medications. These triggers perpetuate inflammation, which creates immune dysfunction, leading to itchy skin. When the itchy skin is scratched, it breaks down the skin barrier, exposing the skin to infection and further inflammation. As the integrity of the skin barrier is compromised, it becomes leaky and unable to retain water. The skin loses water and becomes dry and flaky, giving eczema its classic presentation. To effectively treat eczema, this cycle must be stopped.

Psoriasis is a multifactorial autoimmune reaction where the immune system inappropriately identifies its own skin cells as offensive and attacks them. A psoriatic immune response involves epidermal hyperproliferation, abnormal differentiation of epidermal keratinocytes and inflammation with immunologic alterations in the skin. The decreased skin cell turnover and increased skin cell buildup are what give psoriasis its raised, scaly appearance.¹

Simply put, eczema is caused by the body inappropriately reacting to an external stimulus, and psoriasis is caused by the immune system attacking healthy skin cells.

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Physicians Preference Pharmacy is a Houston-based, PCAB-accredited compounding pharmacy serving physicians and patients since 2001. We are licensed to work with and ship to doctors and patients in all 50 states. Our standards are more stringent than those of the United States Pharmacopeia (USP). Physicians Preference Pharmacy ranks first in Houston for the number of samples sent for potency testing and in the top 8% of pharmacies nationwide.



KNOW THE DIFFERENCES:

Eczema	Psoriasis
Dry, itchy skin caused by illness, irritants, allergens or stress	Genetic, autoimmune condition causing thick, uncomfortable raised patches of skin
More common in babies/young children	More common between ages 15-30 years
Red, dry, cracked skin	Thick red or white patches
Presents commonly on the face, scalp, chest, neck, wrist and ankles	Presents commonly on the knees, elbows and lower back
Triggers are external and depend on the type of eczema	Triggers include stress, illness and reduced immune function
Treatment includes topical cream to manage dryness and irritation	Treatment includes topical cream to slow/stop the accelerated skin production and decreased cell turnover

Both: Cause skin inflammation, lead to red, dry and cracked skin, and tend to run within families²

A Surge in Eczema and Psoriasis

Over the past year particularly, there has been a noticeable surge in the number of eczema and psoriasis cases, most likely due to dramatic lifestyle changes leading to both stress and chronic inflammation. As broad-spectrum antibiotics continue to be overprescribed and Western diets over consumed, our ability to maintain and nourish the commensal species necessary to promote a healthy microbiome that supports healthy immunity has diminished. Additionally, the continued increase in sanitization practices being implemented due to the pandemic are rendering our immune systems much less competent and far more trigger-happy. Essentially, we have altered each of these habits simultaneously, overwhelming our ability to modulate the immune system when necessary.³

Predisposing Factors for Eczema and Psoriasis:

1. Family history
2. Over sanitization practices
3. Being born by cesarean delivery
4. Absence of pets in the home (decreased diversity of pathogen exposure)⁴
5. Increased use of broad-spectrum antibiotics
6. Coming from a smaller family size
7. Consuming a Western diet, lacking in plant fiber and other diverse foods that support a healthy gut microbiome⁵

Treatment of Eczema vs. Psoriasis

The predictability of treatment outcome for eczema or psoriasis in any one individual may be difficult, as family history, age, dietary profile and immunocompetency all play significant roles in the treatment approach. However, both eczema and psoriasis are treated by modulating the

immune system, and one of the fastest and simplest ways to boost immunity is by reducing inflammation. Therefore, Physicians Preference Pharmacy has developed a proprietary topical cream to attack these particular skin conditions from all angles.

Our **Phys Pref Eczema and Psoriasis Support Cream** contains the following active ingredients to reduce the itching and irritation that accompany both eczema and psoriasis: Ivermectin, naltrexone, zinc pyrithione and hydrocortisone.

Ivermectin is FDA approved for scabies and rosacea, as it gets excellent concentration in the skin tissue and acts as a powerful anti-inflammatory.

Naltrexone at low doses (LDN) serves as a regulator of T cells. It modulates the immune response by regulating lymphocytes, decreasing the release of proinflammatory cytokines such as TNF- α , IL-6 and IL-12, inhibiting T lymphocyte proliferation and decreasing mast cell activity. Naltrexone also reduces inflammation by inhibiting the overexpression of Toll-like receptors (TLRs).^{6,7}

Zinc pyrithione works as a cytostatic agent while offering antifungal and antibacterial activity to protect against infection. The cytostatic action makes it suitable for hyperkeratotic conditions such as eczema and psoriasis, as it is highly effective in reducing skin redness, flakiness, itching and scaling.

Hydrocortisone is a corticosteroid that, when applied topically, provides anti-inflammatory, antipruritic and vasoconstrictive effects. Hydrocortisone may also decrease the formation and release of endogenous chemical mediators of inflammation such as histamine, liposomal enzymes and prostaglandins.⁸

Front of neck



Nape of neck



Before and after 7 days of treatment with *Phys Pref Eczema and Psoriasis Support Cream*



PHYS PREF ECZEMA AND PSORIASIS SUPPORT CREAM

Ivermectin 0.5%
Naltrexone 1%
Hydrocortisone 0.1%
Zinc pyrithione 0.2%

SIG: Apply a thin layer to the affected area(s) once to twice daily.

Available in 50 ml pump and 100 ml pump

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an amino acid that is abundant in green tea. Supplemental L-theanine was shown in a 2020 review study to help reduce stress and anxiety in individuals dealing with stressful situations.

The ingredients in Tranquil have a synergy that makes them work particularly well when taken together. Plus, they exert their calming effects in a safe and gentle manner. Unlike medications for stress and anxiety, Tranquil does not cause lethargy or drowsiness. It simply helps you feel more relaxed, at peace and tranquil.

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