

Ultraviolet light therapy

Ultraviolet light A (UVA)

Psoralen and UVA (PUVA)

How to use

- Psoralen is taken by mouth or is applied to the skin. The affected area is then exposed to UVA, typically by standing in a lighting unit
- Recommended in adults with moderate to severe psoriasis
- May be used alone or in combination with other therapies
- When used twice weekly, clearance may be seen within 4 to 15 weeks
- Treatment to be discontinued upon clearance
- Lifetime exposure should not exceed 200 sessions
- Should only be used in pregnancy if benefits outweigh the risks

What it does

- Psoralen is a light-sensitizing agent
- In the presence of UVA, psoralen slows down the growth of skin cells

Potential side effects*

- **Most common short-term side effects of oral PUVA include:** nausea, itching, redness of skin, higher risk of skin cancer, increased risk of cataracts if eyes are not protected for 12 to 24 hours after treatment, increased risk of freckling and skin aging if more than 150 PUVA treatments are received within 5 years

Ultraviolet light B (UVB)

Artificial UVB light source

How to use

- Treatment involves exposing the affected area to UVB for a set amount of time in a bed or booth
- When used three times per week, clearance may be seen within 4 to 15 weeks
- Treatment to be discontinued upon clearance
- May be used alone or with topical treatments or systemic therapies
- May be used when psoriasis affects a larger area of the skin

What it does

- UVB slows the growth of skin cells

Potential side effects*

- **Most common side effects include:** burns, blisters, premature aging of the skin

* Always speak to your doctor and read the product information before trying a new treatment. Please consult the Patient Information for each product for warnings, precautions and prescribing considerations. The lists above do not include an exhaustive list of side effects. Your healthcare professional can provide the complete list. Also, speak to your healthcare provider if you experience any serious side effects or if side effects persist.