Psoriasis Awareness Day: Spinning the Myths at AUBMC

A day of patient education, myth-busting and conversation · 18 November 2026



Residents, faculty and students of the AUBMC Department of Dermatology and the AUB Dermatology Interest Group at the booth.

The AUB Dermatology Interest Group and the Department of Dermatology at AUBMC dedicated a full day to raising awareness of psoriasis, a chronic, immune-mediated condition that is still widely misunderstood.

Patients, visitors and staff were invited to spin the **"Psoriasis — Spin the Myth!"** wheel. Each spin landed on a common question, such as whether psoriasis is contagious or caused by poor hygiene. Participants answered true or false, then the team explained the facts using twelve illustrated cards.

Around 100 people took part and left glad of what they had learned. Many photographed the cards to keep and share, and many went beyond them, asking about their own skin, treatment options and living with psoriasis.

Dermatology residents staffed the booth alongside Interest Group students, with strong involvement from the department chair, **Dr. Abdul-Ghani Kibbi**, and the department's faculty.

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patients, visitors and staff took part

VENUE
American University of Beirut Medical Center

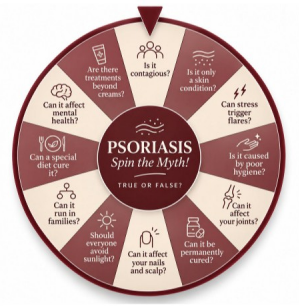
8 AM – 12 PM
AUBMC Building 23

1 PM – 3 PM
Main Lobby, Hospital Building

ORGANISED BY
AUB Dermatology Interest Group & Department of Dermatology, AUBMC

Twelve myths, twelve facts

The questions on the wheel, and the key message shared with every participant.



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PARTICIPANTS	MYTHS	HOURS	LOCATIONS

FALSE 01

You can catch psoriasis by touching someone.

It is immune-mediated, not an infection.

TRUE 02

Psoriasis is more than a skin condition.

Linked to psoriatic arthritis and heart disease.

TRUE 03

Stress can trigger flare-ups.

Stress can worsen psoriasis in some people.

FALSE 04

Psoriasis is caused by poor hygiene.

Immune, genetic and environmental factors drive it.

TRUE 05

Psoriasis can affect your joints.

Psoriatic arthritis causes pain and stiffness.

FALSE 06

Psoriasis can be permanently cured.

No cure yet, but treatment controls it well.

TRUE 07

It can affect your nails and scalp.

Scalp scaling and nail pitting are common.

FALSE 08

Everyone with psoriasis should avoid sun.

Controlled UV helps; sunburn triggers flares.

TRUE 09

Psoriasis can run in families.

Genetics raise the risk but do not guarantee it.

FALSE 10

A special diet can cure psoriasis.

No diet cures it; healthy habits help treatment.

TRUE 11

Psoriasis can affect mental health.

Linked to anxiety, depression and stigma.

TRUE 12

There are treatments beyond creams.

Phototherapy, oral medicines and biologics.









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visitors spun the wheel and learned the facts

The Interest Group's stand · the "Spin the Myth" wheel · the myth-and-fact cards · students and faculty at the booth.