

Skin

Psoriasis Tightrope Walk – [Char March](#)

Critical Urticaria – [Phil Isherwood](#)

Your Skin Will Outlive You – [Valerie Laws](#)

Hope In A Jar – [Char March](#)

Psoriasis tightrope walk

We balance on the brain-skin axis;
our immune systems teeter
in this wind-blown, skin-drying place.
We clutch the balance-pole of self-esteem
a wobbling and unreliable support
that dips and tips us, slips
from our grasp when, for instance,
love looms its possibility.

For who would want to caress us
when we need to hide our hands
in gloves, sheath our bodies
in creams, smear ourselves shut
from the ricocheting horror
of mothers hauling their young
from the swimming pool
when we try to take a dip.

Triggered by stress, exacerbated
by anxiety, revved up by rejection;
we've all known this for years.
Our skin splits and bleeds, breeds
plaques and inflammations, sheds
itself in extravagant profusion.
We wear our hearts on our sleeves:
our skin weeps for us.

© [Char March](#)

Critical Urticaria

The nettle-tongued quip
leaving lingering
tingle pains, jabbing
reminders, reminders.

The skin can heal
in a day
if it isn't picked and
picked and picked.

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YOUR SKIN WILL OUTLIVE YOU

'anticipating the heaven of actual touch,' Elizabeth Smart

Do you know that your skin will outlive you?

My mother's, before they made me
Leave her, smelled so good against my face,
Like a baby's, purged of all impurity through her
Long dying: I didn't know then, it was still alive.

Whether the brain, like hers, dies first, killing
The breath, and with it, the heart: or like my father's,
Holds out until the struggling, suddenly blood-starved
Heart gives up, strangling brain, then breath:
Either way, the rest follows, bowels, liver, kidneys,

Until there's just skin, holding things together
In its quiet way for a day or two more, mute
Witness of our premature grief, the attendant's
Wash cloth, the clutching hands of the bereaved.

No-one told her skin it was time to be dead.
When I let her go for the last time, maybe
It registered, somehow, my hand on her arm.
Left alone, perhaps it was still
Anticipating the heaven of actual touch.

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Hope in a jar

Every morning, quench your skin's needs for moisturisation

Unmasking of axial spondyloarthritis and oligoarthritis following discontinuation of tumour necrosis factor inhibitor therapy for psoriasis

Naturally harness the power of your skin's immune system to repair and renew

Differential expression of elastic fibre components in intrinsically aged skin

Anti-gravity extra-firming wrinkle eye-lift cream

Facial appearance reflects human familial longevity and cardiovascular disease risk in healthy individuals

The most luxurious and effective of all cosmeceutical skin care

Does p40-targeted therapy represent a significant evolution in the management of plaque psoriasis?

Rich emollients shield against dehydration and pollution, and improve skin texture

A temporal analysis of the central neural processing of itch

Extraordinary rejuvenating benefits in a range of patented luxury skin care treatments

Noninvasive measurement of skin autofluorescence is increased in patients with systemic sclerosis: an indicator of increased advanced glycation endproducts?

Wrinkle-relaxing, age-defying results

Cross-linking of structural proteins in ageing skin: an in situ assay for the detection of amine oxidase activity

This medium-weight moisturizer helps premature aging, and shields skin from environmental assaults

An investigation of rheumatoid arthritis loci in patients with early-onset psoriasis validates association of the REL gene