

# 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