

PSORIASIS

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DEFINITION

- **Psoriasis is a common, chronic, scaly skin eruption that affects people of all ages (about 2% of the population)**
- **Polygenic disease (genetic, environmental etc)**
- **Bimodal age distribution (20-30) and (50-60)**
- **Males = Females**
- **No racial prediliction**

PSORIASIS

Types of psoriasis

- **Plaque** (also called *psoriasis vulgaris*)
- **Guttate**
- **Localised e.g Inverse** (*also called flexural psoriasis or intertriginous psoriasis*), nail, scalp
- **Pustular**
- **Erythrodermic** (also called exfoliative psoriasis)























FACTORS

- **Genetic influences**
- **Stress**
- **Infections** (bacterial, HIV)
- **Injury** (the Koebner phenomenon)
- **Hormones**
- **Medications** Lithium, Beta blockers , Anti-malarials, NSAIDs

FACTORS

- **Ultraviolet light**
- **Obesity**
- **HIV infection**
- **Alcohol and smoking**

COMPLICATIONS

- Psoriatic arthritis is a painful, inflammatory condition of the joints in association with psoriasis of the skin. (Up to 40%)
- Ankylosing spondylitis
- Reactive arthritis
- Enteropathic arthropathy

TREATMENT (CONT..)

TOPICAL THERAPY

- **Tar**
[Coal tar](#)
- **Dithranol**
[Dithranol](#) (also called anthralin)
- **Topical steroids**
- **Vitamin D-like compounds**
[Calcipotriol](#) (also called calcipotriene)
Daivonex[®]

TREATMENT (CONT..)

TOPICAL THERAPY

- **Calcineurin inhibitors**
[Tacrolimus ointment](#) and [pimecrolimus cream](#)
- **UVB**
[Broadband UVB](#) or [Narrowband UVB](#) phototherapy
- **PUVA**
Psoralens plus long wave **Ultra Violet A** radiation, known as [photochemotherapy](#) or PUVA

TREATMENT (CONT..)

SYSTEMIC THERAPY

- [Methotrexate](#)
- [Cyclosporin](#)
- [Azathioprine](#)
- [Biologic response modifiers](#) (Etanercept, Infliximab, Alefacept)

DIFFERENTIAL

- Rheumatoid arthritis / O.A
- [Gout](#)
- Reactive arthritis / [Reiter syndrome](#)
- Ankylosing spondylitis
- ILVEN
- Acro.d CoH





PROGNOSIS

- Most people with psoriatic arthritis will have ongoing problems with arthritis throughout the rest of their life
- Remissions are uncommon; occurring in less than 20% of patients with less than 10% of patients having a complete remission off all medication with no signs of joint damage on X-rays