

PSORIASIS

Dr. Sami Alsuwaidan
 President, Saudi Society of Dermatology & Dermatologic Surgery
 Associate Professor and Consultant
 Department of Dermatology, College of Medicine
 King Saud University

PSORIASIS

Is a life long genetically determined autoimmune skin disease characterized by well circumscribed areas of thick, red, scaly skin

- From the Greek “psoros” meaning “rough, scabby”

PSORIASIS

- **WHAT’S PSORIASIS?**
- **FACTS ABOUT PSORIASIS?**
- **STIGMATA OF PSORIASIS?**
- **MYTHS ABOUT PSORIASIS**
- **RECENT NEWS ABOUT PSORIASIS?**

FACTS ABOUT PROSIASIS

- Affects 2% of population world wide
- Affects more than 5% of US population
- Common disease
- More understanding and clarity
- More advances! More confusion!
- Dynamic!!

STIGMATA OF PSORIASIS

- Typical lesion
- Typical presentation
- Affects almost any part of body skin
- Disfiguring disease
- Significant psychologic associations

Anatomic sites

- **Scalp** (80%)
- **Elbows** (78%)
- **Legs** (74%)
- **Knees** (57%)
- **Nails** (10-55%)
- **Gluteal cleft**
- **Palms/soles** (12%)

CLINICAL VARIANTS

- Chronic plaque psoriasis
- Guttate psoriasis
- Erythrodermic psoriasis
- Generalized pustular psoriasis (von Zumbusch)
 - Palmaris et plantaris
 - Acrodermatitis continua
- Localized pustular psoriasis
 - Palmaris et plantaris
 - Acrodermatitis continua
- Inverse psoriasis

PSORIATIC NAIL CHANGES

- Onycholysis
- “Oil drops”
- Pitting
- Subungual hyperkeratosis
- Splinter hemorrhages

TRIGGERS FOR PSORIASIS

- Direct skin injury (Koebner phenomenon)
- Discontinuation of systemic corticosteroids
- Streptococcal pharyngitis
- Emotional stress
- Alcohol intake
- Smoking
- HIV
- Medications

MYTHS ABOUT PSORIASIS

- It’s a contagious disease!
- It’s only a skin disease!
- Guttate psoriasis is the most common type in children!
- Guttate psoriasis is a curable disease!
- Psoriasis can be managed as Eczema

Recent news

- Psoriasis is a systemic disease
 - Arthritis (old)
 - Metabolic syndrome (new)

Recent news

- **Psoriasis co-morbidities!!!**

PSORIASIS IS NOT JUST A SKIN DISEASE

- **Psoriatic arthritis** occurs in approximately 30% of patients with psoriasis
- **Depression and alcohol abuse** are common in individuals with psoriasis
- **Obesity** tends to make psoriasis worse, and psoriasis tends to make obesity worse
- Severe psoriasis is associated with up to a 7X risk for developing **myocardial infarction**, especially at a younger age
- Severe psoriasis is associated with increased **mortality** (~5 year shorter life span)

PSORIASIS AS A SYSTEMIC DISEASE: CHANGING PRACTICE

- Use systemic therapy more (do TNF- α blockers have beneficial effects on metabolic syndrome/cardiovascular risk/mortality?)
- **More monitoring:** baseline blood pressure, fasting glucose/lipids
- More conversations on smoking and alcohol cessation
- **More referrals to internal medicine, nutrition, cardiology, rheumatology, psychiatry, gastric bypass surgery**

Recent news

- Therapeutic lines
 - Topical
 - Phototherapy
 - Systemic
 - Biologic therapy

BIOLOGIC TREATMENTS FOR PSORIASIS/PSORIATIC ARTHRITIS

- **Etanercept:** soluble TNF- α receptor
- **Adalimumab:** human anti-TNF- α mAb
- **Infliximab:** chimeric anti-TNF- α mAb
- **Golimumab:** human anti-TNF- α mAb
- **Ustekinumab:** human anti-IL-12/IL-23 mAb

APPROXIMATE PASI 75 RESPONSES TO BIOLOGICS AT WEEK 12

- **Etanercept:** 40-50%
- **Adalimumab:** 60-70%
- **Infliximab:** 75-80%
- **Golimumab:** 50%
- **Ustekinumab:** 70% (80% at week 24)

LICHEN PLANUS

- Lichen Plans LP is an inflammatory skin disease that has characteristic clinical and pathologic features and affects the skin, mucous membranes, nails and hair.

Clinical Features of Lichen Planus

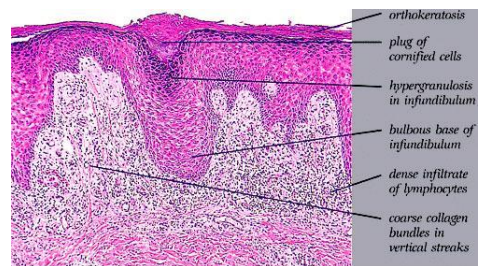
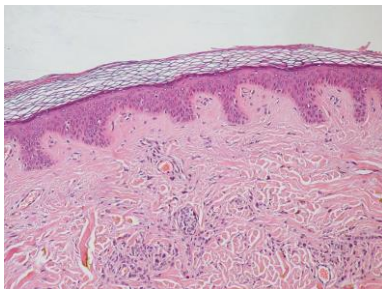
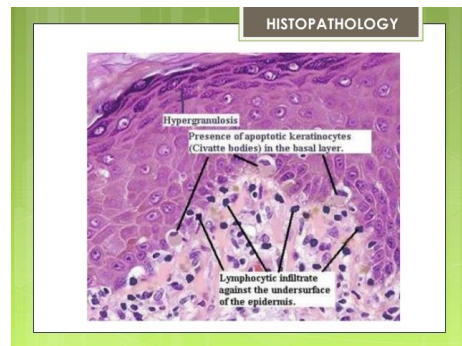
- Typical lesions
- Wickham's striae
- Oral involvement

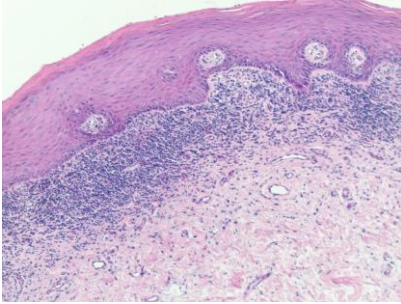
Clinical Features of Lichen Planus

- Nail changes:
 - Thinning/longitudinal ridging
 - Onycholysis/subungual hyperkeratosis
 - Pterygium

Clinical Features of Lichen Planus

- Clinical variants
 - Hypertrophic
 - Annular
 - Lichen planopilaris
 - Ulcerative/Erosive LP





Epidemiology

- **Prevalence: 0.3- 0.8% world wide**
- **30-60 years**
- **Women affected more than men**
- **Rare in children**

Pathogenesis and Etiology

- Unknown etiology
- T-cell disease
- Liver disease association

Diagnosis of Lichen Planus

- **Clinical**
- **Histopathological**

Treatment of Lichen Planus

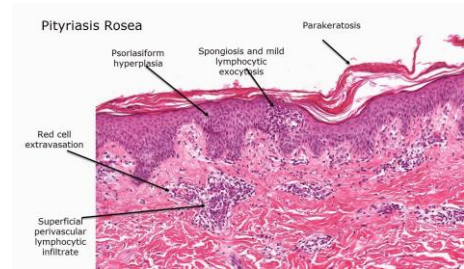
- **Topical corticosteroids**
- **Oral corticosteroids**
- **Systemic retinoides**
- **Hydroxychlorquine**
- **Phototherapy**
- **Cyclosporine**

PITYIASIS ROSEA

- **PR is a common acute self limited inflammatory skin disease. Children and young adults are often affected.**

Clinical Features

PATHOLOGY



PATHOGENESIS AND ETIOLOGY

- T-Cell
- Viral

MANAGEMENT:

- ? Topical
- ? Systemic