

MANAGEMENT OF PSORIASIS VULGARIS



RISK AND AGGRAVATING FACTORS FOR PSORIASIS

Clinical Practice Guidelines Management of Psoriasis Development Group

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LEARNING OBJECTIVES

- To understand the risk and aggravating factors for Psoriasis

Risk and Aggravating Factors

- It is difficult to differentiate between risk and aggravating factors in psoriasis.
- Retrievable studies discussed these factors interchangeably.
- Few risk factors have been identified as significant risk factors for psoriasis.

Risk and Aggravating Factors

1. Family History

- A positive family history is a significant risk factor for psoriasis (OR ranging from 5.4 to 34).
- Patients with a positive family history have their first symptoms of psoriasis 9.5 years earlier than those without ($p=0.008$).

Risk and Aggravating Factors

2. Alcohol Consumption

- Alcohol consumption of >5 drinks/month (OR=3.4, 95% CI 1.4 to 8.1) is a risk factor in men for psoriasis. However, its role as a risk factor in women is inconclusive.

3. Obesity

- Obesity is a risk factor for psoriasis (Body Mass Index [BMI] >30, RR=1.5, 95% CI 1.2 to 1.9; BMI >35 RR=2.7, 95% CI 2.1 to 3.4).

Risk and Aggravating Factors

4. Smoking

- A significant risk factor for psoriasis is current smoking with OR ranging from 1.7 to 1.9.
- The risk is dose dependent (11 - 20 pack-years, RR=1.6, 95% CI 1.3 to 2.0; >20 pack-years, RR=2.1, 95% CI 1.7 to 2.5)
- The risk remains significant in past smokers, except in those who have quit more than 20 years.
- Environment tobacco exposure is also a significant risk factor (OR=2.3, 95% CI 1.1 to 4.7).

Risk and Aggravating Factors

5. Psychological Factors

- Significant psychological risk factors for psoriasis are stressful life event (OR=2.2, 95% CI 1.4 to 3.4), divorce (OR=5.7, 95% CI 2.3 to 14.3) and change in work condition (OR=8.3, 95% CI 1.9 to 37.4)

6. History of Skin Disorders

- Having a skin disorder within the past year is a risk factor of psoriasis (OR=3.6, 95% CI 3.2 to 4.1).

Risk and Aggravating Factors

7. Recent infections

- A study using the United Kingdom General Practice Research Database showed that having an episode of infectious disease in the last year increased the risk of psoriasis (OR=1.6, 95%CI, 1.5 to 1.9).
- Risk of having psoriasis doubled in patients with infectious skin disorders (OR=2.1, 95% CI, 1.8 to 2.4) and in patients aged 21 to 40 years who had Upper Respiratory Tract Infection in the past month.
- Acute pharyngitis as a risk factor was confirmed by an Italian study (OR=7.8 95% CI 1.8 to 32.5)

Risk and Aggravating Factors

8. Koebner Phenomenon

- Skin injury is a known risk factor for psoriasis (OR=1.6, $p < 0.01$) Koebner phenomenon (development of skin lesions at the site of injury) was observed in 5% of early onset guttate psoriasis in a Swedish study.

Physical Activity

- Vigorous physical activity is associated with a reduced risk of psoriasis (RR=0.66, 95% CI 0.54 to 0.81).

Risk and Aggravating Factors

Drugs

- Several drugs such as beta blocker, NSAIDs, lithium have been associated with psoriasis based on anecdotal reports.
- However, two population-based case-control studies showed no significant association of psoriasis, with the use of antihypertensive agents (Beta Blocker, Angiotension-converting Enzyme Inhibitor and Calcium Channel Blocker), nonsteroidal antiinflammatory drugs, acetaminophen, acetylsalicylic acid, or central nervous system drugs did not confer any significant risk for psoriasis.

TAKE HOME MESSAGES

The following have been identified as significant risk factors for Psoriasis :-

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| <ul style="list-style-type: none">• Family History• Alcohol consumption• Obesity• Smoking | <ul style="list-style-type: none">• History of skin disorders• Recent infections• Koebner Phenomenon• Psychological factors |
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Physical activity is associated with a reduced risk of psoriasis

Malaysian CPG on the management of Psoriasis vulgaris

Risk and aggravating factors

Recommendation

- Patient with psoriasis or psoriatic arthritis should be encouraged to adopt a healthy lifestyle **(Grade C)**
 - regular exercise
 - maintain healthy body weight [Body Mass Index 18.5 - 24.9]
 - stop smoking, stop drinking or drink alcohol in moderation.
- Assessment of patient with psoriasis should include psychosocial measures and patients should be referred to mental health services if necessary. **(Grade C)**
- Drugs reported to aggravate psoriasis such as beta blocker, NSAIDs and lithium should be avoided where possible. **(Grade C)**