DERMOSCOPY AND SKIN IMAGING

DERMOSCOPY OF NAIL PSORIASIS: PROSPECTIVE STUDY OF 50 CASES AND REVIEW OF THE LITERATURE

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Background: Nail involvement is classic in psoriasis. It can be isolated, inaugural or a part of a wider skin involvement. The dermoscope is a non-invasive, rapidly applied and inexpensive tool that facilitates the visualization of subclinical signs and the vascular involvement of nail psoriasis.

Objective: To demonstrate the role of dermoscopy in the in the early diagnosis of nail psoriasis and the evaluation its severity.

Materials and Methods: This is a prospective study carried out over a period of 9 months in dermatology department at university hospital of Rabat. 50 cases of nail psoriasis were collected. Clinical and dermoscopic aspects were noted. Clinical severity and nail involvement were assessed by PASI and NAPSI scores respectively.

Results: The mean age is 43 years, the sex ratio 0.7 and the average duration of the disease 12.6 years. The average number of nails affected per patient is 7.The average PASI and NAPSI scores are 17.3 and 47.5 respectively. Superiority of dermoscopy is demonstrated in detection of different signs of nail psoriasis (nail matrix and nail bed involvement). Vascular involvement particularly affects vessels of nail bed and those of proximal fold. The relationship between PASI/NAPSI and vascular involvement is positive and statistically significant ($p < 0,001$).

Conclusion: We report the results of an original Moroccan series. We demonstrate the superiority of the dermoscope compared to the clinic in the analysis of nail involvement in psoriasis, especially nail bed, nail matrix and vascular abnormalities. The latest, visible at higher magnification, concern particularly the nail bed and the proximal fold. The limit of our work was the difficulty to visualize the hyponichium vessels better analyzed by videodermoscopy.