



PSORIASIS

A TWO MONTH-JOINT PAIN IN PSORIASIS: INITIAL SYMPTOM OF PSORIATIC ARTHRITIS?

R Anggraeni⁽¹⁾ - K Rieka Sulaikha⁽¹⁾ - N Mulianto⁽¹⁾

Dr. Moewardi General Hospital, Sebelas Maret University, Solo, Central Java, Indonesia⁽¹⁾

Background: Psoriatic arthritis (PsA) is an articular inflammatory disease related to psoriasis. About 4 out of 10 people with psoriasis develop PsA. This disease often occurs within 10 years of psoriasis but it can start at any time and any age, usually between 30 and 50 years old. The most common initial symptom is joint pain, thus we should be aware of it to prevent irreversible joint damage.

Observation: A 33-year-old psoriasis (PASI score 4.6) woman came to outpatient clinic of Dr. Moewardi General Hospital Surakarta complained for joint pain in her hands and feet with swelling mainly in the fingers since two months ago without stiffness. She had received meloxicam twice daily from an internist due to rheumatoid arthritis (RA). Two years ago she had few red patches appeared on scalp, arms, trunk, and buttocks and was diagnosed with psoriasis, treated at district hospital and only given steroid topical twice daily. There were decreased leucocytes, calcium ion, and rheumatoid factor <8 (but it was not valuable because our local laboratory used latex). Hands and feet x-ray finding was unremarkable. Based on clinical sign and supportive examinations measured by CASPAR criteria, the diagnosis of PsA could not be established yet because of the low total value so that the diagnosis was RA only. The patient continued the steroid topical and meloxicam. Nevertheless, the joint pain complaint should still be observed in order to prevent a real psoriatic arthritis.

Key message: Developing to PsA requires many years after getting psoriasis in which the psoriasis skin lesions mostly precede the arthritis clinical signs. We should recognize and aware when the joint pain appears in psoriasis patient then consider to give a proper treatment in order to prevent it to be severe leading to PsA.

