



PSORIASIS

## APREMILAST FOR THE TREATMENT OF ACTIVE PSORIATIC ARTHRITIS AND PLAQUE PSORIASIS: A SINGLE CENTER REAL-LIFE EXPERIENCE

*Elena Campione<sup>(1)</sup> - Sara Mazzilli<sup>(1)</sup> - Miriam Teoli<sup>(2)</sup> - Valeria Manfreda<sup>(1)</sup> - Caterina Lanna<sup>(1)</sup> - Carlo Chiaromonte<sup>(1)</sup> - Alessandro Giunta<sup>(1)</sup> - Luca Bianchi<sup>(3)</sup>*

*Tor Vergata Hospital, Tor Vergata Hospital, Rome, Italy<sup>(1)</sup> - Tor Vergata Hospital, Tor Vergata Hospital, Rome, Italy<sup>(2)</sup> - University Of Rome Tor Vergata, Dermatology, Rome, Italy<sup>(3)</sup>*

**Introduction:** Apremilast is an oral small-molecule that inhibits phosphodiesterase 4, increases intracellular cAMP levels, and modulates expression of inflammatory mediators in favour of anti-inflammatory activity. Apremilast is indicated for treatment of adults with psoriasis and psoriatic arthritis.

**Objective:** Our aim was to investigate the long-term efficacy of Apremilast in real-life setting.

**Materials and methods:** We conducted a single-centre observational study on a total of 96 psoriatic arthritis and plaque psoriasis population, treated with a mean follow-up of 52 weeks. Clinical response was assessed by scores: "Psoriasis Area Severity Index" (PASI), "Dermatology Life Quality Index" (DLQI) and Disease Activity Score (DAS28-PCR). We conducted inferential statistical survey with Bonferroni correction.

**Results:** Of the 96 patients started on apremilast, 80 had at least a 6 months of follow-up assessment. A total of 15 patients subjects required drug discontinuation after a mean period of 8 weeks. At week 52, PASI was reduced from baseline by 76,1%, Pain VAS by 79%, DAS28 was decreased by 72%. Inferential statistical survey obtained statistically significant results for PASI at week 24 and week 52 with  $p < 0,01$ , for DAS28-PCR at week 24 and week 52 with  $p < 0.01$ , for BMI at week 24 and week 52 with  $< 0,05$ .

Preliminary results are evaluated in terms of better response in psoriatic patients with "difficult to treat areas" with a great reduction of PASI score in patient group higher than the control population.

**Conclusions:** Our results suggest that Apremilast is an effective treatment for psoriasis and psoriatic arthritis.

