



PSORIASIS

ASSOCIATION OF WAIST CIRCUMFERENCE WITH SEVERITY OF PSORIASIS - A CROSS SECTIONAL STUDY

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Introduction: Psoriasis is a chronic inflammatory dermatosis with co-morbidities of significant importance. Obesity and metabolic syndrome are determined by BMI and Waist circumference and remain major risk factors in Psoriatic patients. However, metabolic syndrome is subject to variability in terms of causality as it is influenced by genetics, lifestyle and other systemic diseases. Remission of psoriasis requires concomitant conditions to be addressed timely to prevent any unwanted sequels.

Objective: To determine the association of waist circumference with severity of Psoriasis

Materials and Methods: We did a prospective study on 60 psoriasis patients at the Dermatology clinics of Aga Khan University Hospital, Karachi, Pakistan. All outpatients coming with the diagnosis of Psoriasis and willing to consent for the study were included. A detailed questionnaire was filled out including demographics, duration, and types of psoriasis, PASI score and treatment. We took basic anthropometric measurements along with Waist circumference. All findings were statistically analyzed using SPSS v 19.0.

Results: A total of 60 patients were enrolled. They comprised of 35 females and 25 males with ages from 8-64 years with a mean age of 36 years. Waist circumference (WC) was found significantly increased in older patients n: 27(73%) than in younger patients n: 10(27%). Similarly, increased WC was seen with higher PASI score n: 6(100%) than in the patients with lower PASI score n: 31(57.4%). The relations were statistically significant by using Chi Square Test (P value < 0.05). When PASI was stratified with respect to WC and BMI by using independent t test, the relation was significant (<0.05).

Conclusion: Waist circumference was found to be an important risk factor for severity of Psoriasis in our study population. Thus, we recommend dermatologists to address metabolic complications particularly when treating recalcitrant disease.

