PSORIASIS

DRUG SURVIVAL AND EFFICACY OF APREMILAST 52 WEEKS AFTER DRUG INITIATION: REAL WORLD DATA OF A TERTIARY OUTPATIENT CLINIC

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Introduction: Apremilast is the first small molecule used for the treatment of psoriasis since 2015. No real world data are available regarding its long term survival and efficacy.

Objective: The objective of this study was to evaluate drug survival and efficacy of apremilast 12 months after treatment initiation.

Materials and Methods: All patients with psoriasis started on apremilast were followed up 52 weeks after. Their demographics, BMI, previous treatments were recorded. The primary endpoint was to evaluate drug survival 1 year after. The secondary endpoints were the evaluation of apremilast efficacy with PASI and DLQI decrease in patients still on therapy as well as to explore possible differentiation in overweight and heavily pretreated patients.

Results: After 12 months of follow-up, 27 of 51 patients (53%) are still on Apremilast. The mean DLQI decreased from a mean value of 11.1 at baseline, to 2.96. This change represents a 73,33% improvement. ($p \leq 0.0001$ compared to baseline). The mean PASI at baseline was 10.8 and decreased to 1.56 (for patients still on Apremilast after 12 months). This represents a mean drop of 85.55% ($p \leq 0.0001$ compared to baseline). There was no significant difference on duration of drug survival between patients with BMI >25 compared to ≤25, patients with baseline DLQI ≤10 compared to >10 and patients biologics-naïve compared to biologics-exposed.

Conclusions: Apremilast is an effective treatment for psoriasis in daily practice. 54% of our patients continued therapy with apremilast 1 year after drug initiation with a significant reduction in PASI and DLQI.