

PSORIASIS

EFFECTS OF PHOTOTHERAPY ON SERUM INTERLEUKIN 1(IL-1), IL-4, IL-8, IL-17, IL-37, INTERFERON-GAMMA (IFN- γ), CHEMOKINE LIGAND 1 (CXCL1) LEVELS IN PSORIASIS VULGARIS PATIENTS

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Introduction: Psoriasis is a common inflammatory disease with unknown pathogenesis. Serum markers are commonly used to find out pathogenesis, and treatment response in psoriasis. We aim to specify serum levels of IL-1, IL-4, IL-8, IL-17, IL-37, IFN- γ , CXCL-1 psoriasis patients and determine effect of phototherapy on this markers.

Material and Methods: We included 30 patients with psoriasis (16 female, 14 male, age: 18-76) and 30 healthy controls (16 female, 14 male, age: 18-75). We selected control group with similar age, gender and body mass index. Psoriasis patients were treated with narrowband UVB phototherapy. Venous blood samples were taken after 10-12 hours and, parametres were measured in all patients.

Results: There was no statistically significant difference between control and psoriasis groups in terms of insulin resistance, presence of hypertension, body mass index, and serum parametres ($p>0.05$).

There were no statistically significant difference between pre and post treatment values of psoriasis group of IL-1 (pre-treatment: $0,38 \pm 0,35$ pg/ml, post-treatment: $0,35 \pm 0,31$ pg/ml), IL-4 (pre-treatment: $16,05 \pm 17,79$ pg/ml, post-treatment $18,31 \pm 30,09$ pg/ml), IL-8 (pre-treatment: $2,79 \pm 2,04$ pg/ml, post-treatment: $2,93 \pm 1,84$ pg/ml), IL-17 (pre-treatment: $2,93 \pm 3,1$ pg/ml, post-treatment: $3,11 \pm 2,88$ pg/ml) , IL-37 (pre-treatment: $97,29 \pm 243,24$ pg/ml, post-treatment: $103,9 \pm 264,59$ pg/ml), IFN γ (pre-treatment: $16,92 \pm 68,13$ pg/ml, post-treatment: $18,26 \pm 76,36$ pg/ml), CXCL1 (pre-treatment: $177,39 \pm 72,7$ pg/ml, post-treatment: $182,37 \pm 84,48$ pg/ml) values.

Discussion: In our study effect of phototherapy found to be limited on systemic inflammatory parameters and phototherapy is considered to be a suitable treatment in mild to moderate



psoriasis patients because of the low inflammation severity in these patients.

