



PSORIASIS

FACIAL INVOLVEMENT IN INDIAN PSORIATIC PATIENTS AND ITS ASSOCIATION WITH DISEASE SEVERITY AND METABOLIC SYNDROME- A CROSS-SECTIONAL STUDY

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Introduction: Face was often thought to be spared in psoriasis possibly due to the protective effect of sebum and low-dose ambient UV radiation exposure. Few have suggested that facial involvement is common and indicates disease severity. There is a paucity of data on this, particularly from India. Psoriatics have a higher prevalence of metabolic syndrome (MetS) and, patients with severe disease are at greater risk.

Objective: We decided to study the frequency, type of facial involvement in Indian psoriatic patients and its association with disease severity and MetS.

Materials and Methods: 250 consecutive psoriatic patients were enrolled. Facial psoriatics were divided into peripherofacial(PF), centrofacial(CF) and mixed facial(MF) types. Disease severity was assessed using whole body, scalp, facial Psoriasis area severity index (PASI) scores and Nail area psoriasis severity index (NAPSI) scores. Patients were evaluated for the presence of MetS using NCEP-III criteria. All parameters were compared both between facial and non-facial psoriatics and, between cases with different types of face involvement.

Results: The mean age($p=0.04$) and age of onset of disease($p=0.02$) was lower and median whole body PASI score higher($p<0.001$) in psoriatics with facial involvement than those without. No significant association was found between facial involvement and MetS. MF was the commonest type of facial involvement and there was a significant association of mixed facial involvement with increased total body PASI and head PASI scores. ($p<0.001$).

Conclusion: Facial involvement in psoriatics is associated with severe disease, but not metabolic syndrome. Mixed facial type might be considered a marker of overall psoriasis disease severity in the Indian population.

