

PSORIASIS

HEPATIC ABNORMALITIES IN PSORIASIS: PREVALENCE AND ASSOCIATED FACTORS OF LIVER FIBROSIS. A CROSS SECTIONAL STUDY

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Background : Psoriasis is a chronic inflammatory skin disease often associated with multiple comorbidities. Recent studies have shown that psoriasis patients are at risk of non-alcoholic fatty liver disease and likely liver fibrosis.

The aim of this study was to investigate the prevalence and evaluate the factors associated with liver steatosis and fibrosis in psoriasis patients.

Methods : A cross-sectional study including 114 psoriasis patients, aged 18 years-old and older enrolled from September 2016 to September 2017. Diagnosis and severity of psoriasis were assessed by dermatologic examination. Blood tests, liver sonography and transient elastography were performed. Significant and advanced liver fibrosis were defined by liver stiffness measurement over 7 kPa and 9.5 kPa respectively.

Results : Mean age was 45 ± 14 years. Metabolic syndrome, dyslipidemia and central obesity were seen in 44%, 28.6% and 67% of patients. Liver assessment included biological testing revealing liver test abnormalities in 27.7% of patients, liver sonography showing liver steatosis in 38% of patients, and liver stiffness measurement in 88 patients: 19% had significant fibrosis and 6% had advanced fibrosis. Hypertension and liver test abnormalities were significantly associated with liver steatosis. Waist circumference was significantly higher in patients with liver steatosis. Mean methotrexate cumulative dose was significantly higher in patients with liver fibrosis. Hypertension, hypertriglyceridemia, metabolic syndrome and hepatic cytolysis were significantly associated with liver fibrosis in psoriasis patients.

Conclusion : Based upon the results of our study and the literature review, we suggest a guideline to screen patients with psoriasis for liver disease, including liver fibrosis and non-alcoholic fatty liver disease.