



PSORIASIS

METABOLIC SYNDROME IN PATIENTS WITH PSORIASIS. A CASE CONTROL TYPE STUDY IN QUITO – ECUADOR

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Background: In recent years several population based studies have suggested a relationship between Psoriasis and Metabolic syndrome (MS). There is no data reported in Ecuador.

Objective: To compare the prevalence of metabolic syndrome in patients with psoriasis versus general population (patients without psoriasis) in Quito between October and December 2014.

Materials and Methods: A case control type study was conducted by simple random sampling via the data base of a Skin Center (an outpatient setting). A sample of 32 patients with psoriasis who met the inclusion criteria was obtained and 64 controls in the general population who met the controls inclusion criteria were selected. We determined: sex, age, mass body index, severity of psoriasis, physical activity, abdominal circumference, HDL cholesterol, triglycerides, arterial blood pressure and fasting glucose level. For the statistical analysis we used the SPSS statistical program, Chi square and Exact Fisher Test.

Results: Metabolic syndrome was more prevalent in males than in females.

The mean age of the cases was 45.8. In the classification PASI a group of 27 (84.4%) participants had mild psoriasis and 5 (15.6%) had moderate psoriasis. The mean weight in the cases was 72.3 ($p > 0.05$).

In the cases group, 27 (84.4%) participants performed low physical activity according to the questionnaire IPAQ and 5 (15.6%) performed average physical activity. The values of systolic and diastolic blood pressure between groups was not statistically significant as the values of glucose and HDL cholesterol ($p < 0.05$). The mean of triglycerides was 127.56 in cases and 149.31 in the control group. This difference was statistically significant.

Conclusions: Patients with Psoriasis have no greater prevalence of MS than in general population in Quito. Our study suggests that hypertriglyceridemia is greater in patients with psoriasis.

