



PSORIASIS

PREVALENCE OF PHOTOTHERAPY IN THE AGE OF BIOLOGICS

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Introduction: Prevalence of NB-UVB phototherapy for moderate and severe psoriasis is unknown, because national registries for psoriasis do not monitor this treatment. The same registries showed broad differences in the allocation of patients to the different systemic treatment options

Objectives: to quantify the use of phototherapy, biologics or conventional treatments in psoriasis, in a setting where EMA eligibility criteria for biologics were strictly applied, and phototherapy was included among first line treatments.

Material and Methods: we followed a cohort of 1090 patients without arthritis that were referred to the only centre entitled to prescribe biologics and equipped with NB-UVB phototherapy units in an industrialized area of Northern Italy with 1300000 residents during a 5-year period.

Results: The cumulative number of treatment cycles was: 1047 with NB-UVB phototherapy, 650 with systemic treatments and 239 with biologics; 754 patients received at least one course of NB-UVB phototherapy, 422 at least one course with a systemic treatment and 137 with a biologic; 595 patients were treated only with phototherapy. Phototherapy's failures leading to a switch to another treatments were 138.

Conclusions: NB-UVB is still a valuable, effective and safe, treatment option for moderate and systemic treatment. Its systematic use as first-line treatment and a keen adherence to the EMA eligibility criteria for biologics led to a relatively restricted use of biologics with a significant reduction of the total NHS expenditure for the disease.

