



PSORIASIS

PSORIASIS: A DECADE OF EXPERIENCE IN A STATE HOSPITAL IN PENINSULAR MALAYSIA

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Introduction: Psoriasis is a common skin disorder with complex underlying immune mediated pathology. Worldwide psoriasis prevalence rates range from 0.6-4.8%. A hospital-based study on epidemiology of psoriasis in Malaysia in 2010 indicated that psoriasis is common in Malaysia and its distribution varies with age, ethnicity and gender. While cumulative national epidemiological data is readily available, the same cannot be said for local, institution-based data.

Objective: Recognizing the various aspects of psoriasis in a state hospital may help strategize local treatment policies while improving patients' quality of life.

Materials and Methods: This is a retrospective, single-center study of all patients with psoriasis who attended the Dermatology outpatient clinic in Hospital Tengku Ampuan Afzan (HTAA), Kuantan, Pahang, Malaysia, from 2007 to 2017.

Results: Out of 1,075 individuals, 563 (52.4%) were male, while 855 (79.5%) were of Malay ethnicity. The mean age of patients was 40.5 ± 18.2 years (range: 1-88), with 51% of patients aged 40 years and below. Close to a quarter of our patients were obese. The commonest type of psoriasis was plaque-type (94.5%), followed by pustular and erythrodermic psoriasis (1.3% each). Almost half of the patients has a body surface area (BSA) involvement of more than 10%. Nail involvement was found in 50.6% of patients while psoriatic arthropathy in 9.1%. The majority of patients (96.1%) were on topical therapy while 11.1% were on systemic treatment. There were no patients on phototherapy or biologics during this time period. The mean dermatology life quality index (DLQI) score was 9.42 ± 6.57 , with 37.4% suffering significant impairment.

Conclusions: Plaque psoriasis was the commonest type of psoriasis. Almost half of our patients suffered more than 10% BSA involvement and more than a third had significant impairment in quality of life.

