



PSORIASIS

PSORIASIS FREQUENCY AND FEATURES IN COMMON VARIABLE IMMUNODEFICIENCY PATIENTS

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Background: Common variable immunodeficiency (CVID) is the most common symptomatic primary immunodeficiency in adults characterized by hypogammaglobulinemia, recurrent infections, and autoimmune diseases. The association of CVID and autoimmune skin diseases such as vitiligo and lichen planus is well recognized. Psoriasis is one of the most common inflammatory skin disease. Little is known regarding the relationship between CVID and psoriasis.

Objective: To investigate on psoriasis frequency and features in CVID patients.

Materials and Methods: A 1-year observational prospective study was performed. Enrolled patients were CVID subjects consecutively attending the Immunology Clinic of our University. All patients received a complete dermatologic examination during routine outpatient visits particularly focusing on psoriasis.

Results: A total of 58 patients with CVID were included (male 43.1% mean age, 44.9±13.7 years). Fifty patients were under intravenous immunoglobulin (Ig) treatment every 3 weeks and 8 patients were treated with subcutaneous Ig every 3 weeks. Interestingly, psoriasis was observed in 13/58 patients (22.4%). Almost all patients (12/13, 92%) presented a mild form of the dermatosis.

Conclusions: Our study showed that psoriasis is very common among CVID patients with mild form being predominant possibly due to Ig replacement therapy. Routine dermatological evaluation in CVID appears to be strictly required due to increased frequency of skin autoimmune diseases. Only regular follow-up may guarantee a prompt diagnosis and treatment of these skin comorbidities in such a fragile class such as CVID patients.

