



PSORIASIS

STUDY OF ASSOCIATION OF PSORIASIS WITH METABOLIC SYNDROME IN INDIAN POPULATION

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INTRODUCTION: Psoriasis is a common, genetically determined, chronic, recurrent, and inflammatory and proliferative disease of the skin with a wide array of other non-cutaneous and systemic manifestations.

Chronic inflammation is known to be associated with visceral obesity and insulin resistance which is characterized by production of abnormal adipocytokines such as tumor necrosis factor α , interleukin-1 (IL-1), IL-6, leptin, and adiponectin.

The cytokines implicated in the pathogenesis of psoriasis are also known to contribute to the cascade of metabolic syndrome. Data on the association of psoriasis with metabolic syndrome (MS) in Indian context is scarce.

OBJECTIVE: To study the association of Psoriasis with Metabolic syndrome in Indian population.

METHODS: A total of 100 patients of either sex were enrolled. A detailed medical history along with physical examination was undertaken and findings recorded in the proforma like the age, gender, weight, height, BMI, waist circumference, blood pressure, smoking, alcohol, age of psoriasis onset, type and severity of disease, presence of psoriatic arthropathy, concomitant medications, BSA (body surface area) involvement and PASI score. Metabolic syndrome was diagnosed as per criteria of the South Asia modified National Cholesterol Education Program, Adult Treatment Panel III (SAM-NCEP ATP III).

RESULT: The overall prevalence of MS in our study was 49%. Presence of MS did not have any association with the severity of psoriasis as assessed by PASI. Overall presence of abdominal obesity (45%) and hypertension (39%) were the most important factors contributing to increased prevalence of MS. These were followed by dyslipidaemia (30% had high TG and 24% had low HDL) and high FBS level (21%).

CONCLUSION: Since statistically significant association was found with abdominal obesity, hypertension, dyslipidaemia and abnormal plasma glucose levels, dermatologists should investigate for the same.

