

PSORIASIS

THE CORRELATION OF PSORIASIS SEVERITY BASED ON PSORIASIS AREA AND SEVERITY INDEX AND DEGREE OF NONALCOHOLIC FATTY LIVER BASED ON CONTROLLED ATTENUATION PARAMETER

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Background: Psoriasis is a chronic inflammatory skin disease, characterized by erythematous plaques and thick scales. Psoriasis is associated with various comorbidities. Nonalcoholic fatty liver disease (NAFLD) is one common comorbidity that can affect the severity of psoriasis, vice versa.

Objective: To measure the correlation of the severity of psoriasis and NAFLD.

Materials and Methods: A cross-sectional study of adult patients with psoriasis was conducted in Dermatology outpatient clinic of Cipto Mangunkusumo Hospital from December 2017 through February 2018. Psoriasis severity (psoriasis area and severity index [PASI] and body surface area [BSA]) were recorded and compared with NAFLD severity measured by controlled attenuation parameter (CAP).

Results: A total of 36 subjects were enrolled with an average age of 49.08 years (+15.52 years). The proportions of mild, moderate, and severe psoriasis were 50%, 27.8%, and 22.2%, respectively. Median PASI was 6.1 (2-38.4) and BSA was 7.5 (2-93). The proportion of NAFLD was 77.8%. The mean of CAP score was 250.03+45.64. There was no statistically significant correlation between psoriasis severity based on PASI and CAP score ($r = 0.258$; $p = 0.128$). However, based on BSA, we found significant correlation ($r = 0.382$; $p = 0.021$). The body mass index (BMI) and abdominal circumference were significantly correlated with CAP score ($r = 0.448$, $p = 0.006$ and $r = 0.485$, $p = 0.003$, respectively).

Conclusions: In psoriasis, the extent of skin lesions measured by BSA, as well as BMI and abdominal circumference, was correlated with NAFLD severity.