



PSORIASIS

THE EFFECT OF THE AVÈNE THERMAL CURE ON THE PSORIASIS ASSOCIATED PRURITUS

D Placintescu⁽¹⁾ - S Petit⁽¹⁾ - D Guerrero⁽²⁾ - C Jean Decoster⁽³⁾

Private Practice, Dermatology, Avene Les Bains, France⁽¹⁾ - Eau Thermale Avene, Consultant, Avene Les Bains, France⁽²⁾ - Eau Thermale Avene, Project Manager, Lavour, France⁽³⁾

Background: Pruritus is a frequent symptom in psoriasis, with big impact in the quality of life of these patients. Its pathogenic role in the severity and duration of psoriasis plaques is still unclear. The newest therapies intend to target specifically this symptom, with variable degree of success reported. This study aims to validate statistically the clinical importance of pruritus, and also the effect of the Avène hydrotherapy on both Psoriasis Area and Severity Index (PASI) and psoriatic pruritus.

Materials and Methods: 1410 patients with plaque psoriasis were evaluated at the beginning and the end of hydrotherapy (day 0 and day 17 respectively), using PASI score and a numeric rating scale for pruritus, from 0 (no itching) to 10 (worst possible itching).

Results: Pruritus was present in 64,76% of the psoriatic patients, 68,6% of women and 61,7% of men. The prevalence of pruritus was maximal for both sexes in the fifth decade (41-50 years old). The PASI score is higher for psoriasis patients with pruritus (9,74% higher for men and 3,16% higher for women). PASI score evolution for general psoriatic population was 38,5%, and PASI evolution in the category of psoriasis patients with pruritus was 37,76%. In this category, the median score of pruritus improved after hydrotherapy from 5,54 to 3,21 (42,5%, 42,15 % for men and 42,66% for women).

Conclusions: Pruritus seems to be statistically correlated with severity scores in patients with psoriasis. Hydrotherapy significantly improves the clinical manifestations and the itching, in similar proportions, being at this moment one of the few available options for both aspects.

