



PSORIASIS

USEFULNESS OF FIBRO SCAN IN ASSESSING LIVER FIBROSIS IN ADULT PATIENTS WITH PSORIASIS

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Introduction: Psoriatic patients are at increased risk of more severe liver fibrosis over the non- psoriatic cohort as measured by non-invasive NAFLD fibrosis scores. Elderly participants with psoriasis are 70% more likely to have NAFLD than those without psoriasis independent of common NAFLD risk factors. Methotrexate is commonly used in the treatment of psoriasis. Elevated liver enzymes is a predictor of liver fibrosis and indicator to stop Methotrexate. However, 57% of NAFLD patients had normal ALT. Normal ALT can hide liver fibrosis which can worsen with methotrexate.

Aim: To detect the proportion of liver fibrosis in adult patients with psoriasis, which will help in choosing the correct treatment.

Materials and Methods: Hospital based cross sectional study was conducted in 102 adults with mild to moderate psoriasis, without comorbidities, not treated with methotrexate having normal SGPT. Pregnancy, alcohol use, ascites, liver disease and those with active medical device implants were excluded. Fibroscan was done using Fibroscan Machine 402.

Results: There were more females than males, [61 and 41/102] in our study. No statistically significant difference was observed with reference to type and duration of disease. Fibroscan values are in increasing pattern with increase in age ($P = 0.031$). The mean Fibroscan value in psoriasis patients with other precipitating factors excluded was (6.311 ± 2.8) as against 5.3 quoted in literature ($P = 0.001 < 0.01$)

Conclusion: Psoriasis is an independent risk factor for liver fibrosis. It is suggested that fibroscan is done in older patients before initiating methotrexate.

