



PSORIASIS

## VITAMIN D SUPPLEMENTATION AND PSORIASIS

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**Introduction:** Vitamin D is suggested to play a role in psoriasis by modulation of the innate and adaptive immunity and through its implication in keratinocyte turnover. Recent studies have demonstrated that patients with psoriasis have lower levels of vitamin D, but the effect of vitamin D supplementation on psoriasis severity was less studied.

**Objective:** The aim of our study was to evaluate if vitamin D supplementation modifies psoriasis severity.

**Materials and Methods:** We carried out a systematic search on this topic on MEDLINE until September 2018. We looked for studies in patients with psoriasis where the evaluated interventions were different vitamin D supplements compared to placebo. The studies outcome was the change of PASI (Psoriasis Area Severity Index). We aimed to select only those English-written randomized placebo – controlled trials (RCT). The reference lists of selected studies were investigated for other potential studies.

**Results:** We found 1376 titles of which 12 studies were retrieved for detailed evaluation. Finally, only 4 studies were RCTs. The analysis of studies' quality according to Cochrane showed a high risk of bias. Furthermore, no benefit of vitamin D supplementation was found in any of them. The meta-analysis of these studies was not possible due to the different ways of reporting the outcomes.

**Conclusion:** More high-quality, large-scale RCTs are needed to evaluate if vitamin D supplementation has an effect on psoriasis severity.

